



ALLERGEN GUIDE

CANADA RESTAURANTS

Information Valid 7/10/2017 - 9/3/2017

Because of the handcrafted nature of our menu items, the shared cooking and preparation areas of our kitchens, and our reliance on suppliers for accurate information, we cannot eliminate the risk of cross-contact or guarantee that any item is free of any allergen. Please also note that this information does not indicate which items may have been made in a facility with an allergen. * Lack of gluten-containing ingredients **does not** necessarily meet the definition of "gluten-free" for those who are highly sensitive. When placing your order, please let your server know if you have a food allergy or intolerance.

Unless noted, information excludes the sides, dressings and dipping sauces that may be automatically served with your meal, shown separately within this guide.

| Key to this Guide | PREPARATION | COMMON ALLERGENS | | | | | | | | | | | OTHER | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|------------------|----------|-----|-----|-------|-------|---------|----------------------------------------------------------|-----------------------------------------------|--------------|----------|------------------------------------------|-----|--|
| | | Peanut | Tree Nut | Soy | Egg | Dairy | Wheat | Finfish | Molluscan Shellfish oysters, clams, mussels, scallops | Crustacean Shellfish shrimp, crab, lobster | Sesame Seeds | Sulfites | Gluten* identified within ingredients | MSG | |
| Yes = Menu item contains this specific allergen Blank = means specific allergen is not in the Menu Item <ul style="list-style-type: none"> Menu item presents a special risk of cross-contamination of all allergens due to the cooking method. | Risk of possible contamination due to cooking method | | | | | | | | | | | | | | |
| CRABFEST® | | | | | | | | | | | | | | | |
| Crab Cakes and Crab-Oscar Salmon | • | | | Yes | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Crabfest® Ultimate Surf & Turf | • | | | Yes | Yes | Yes | Yes | | | | Yes | | Yes | Yes | |
| Crab Lover's Dream® | • | | | Yes | | Yes | Yes | | | | Yes | | Yes | Yes | |
| Crab-Oscar Topping | | | | Yes | Yes | Yes | | | | | Yes | | | | |
| Dueling Crab Legs™ | • | | | | | | | | | | Yes | | | | |
| Shrimp-Topped Crab Cake Dinner with Wild Rice Pilaf | | | | Yes | Yes | Yes | Yes | | | | Yes | | Yes | Yes | |
| Southern King Crab Legs Dinner | • | | | | | | | | | | Yes | | | | |
| FEATURED APPETIZER | | | | | | | | | | | | | | | |
| Three-Cheese Crab Dip with artisan bread | • | | | | | Yes | Yes | | | | Yes | | | Yes | |

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| SEAFOOD LOVER'S LUNCH™ (MONDAY - FRIDAY) | | | | | | | | | | | | | | |
| Crab Melt Sandwich | • | | | | | Yes | Yes | | | Yes | | | Yes | |
| 1/2 Red Lobster Signature Pizza | | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Seafood -Stuffed Mushrooms | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| SEASIDE STARTERS | | | | | | | | | | | | | | |
| Crispy Calamari and Vegetables | • | | | Yes | Yes | Yes | Yes | | Yes | | | Yes | Yes | |
| Crispy Shrimp Lettuce Wraps | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Escargot with grilled artisan bread | • | | | Yes | | Yes | Yes | | Yes | | | Yes | Yes | |
| Island Jumbo Coconut Shrimp | • | | Yes | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Lobster-Artichoke-and-Seafood Dip with tortilla chips | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Mozzarella Cheesesticks | • | | | Yes | | Yes | Yes | | | | | | Yes | |
| Red Lobster Signature Pizza | | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Seafood -Stuffed Mushrooms | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Seaside Sampler | • | | Yes | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Signature Shrimp Cocktail | • | | | | | | | | | Yes | | Yes | | |
| Sweet Chili Shrimp | • | | | Yes | Yes | | Yes | | | Yes | | Yes | Yes | |
| White Wine and Roasted-Garlic Mussels with grilled artisan bread | • | | | Yes | | Yes | Yes | | Yes | | | Yes | Yes | |
| Create Your Own Appetizer – Chicken Breast Strips | • | | | Yes | | | Yes | | | | | Yes | Yes | |
| Create Your Own Appetizer – Clam Strips | • | | | Yes | Yes | Yes | Yes | Yes | Yes | | | | Yes | |
| SOUPS & SALADS | | | | | | | | | | | | | | |
| Classic Caesar Salad | | | | Yes | Yes | Yes | Yes | Yes | | | | | Yes | |
| Classic Caesar Salad with Grilled Chicken | • | | | Yes | Yes | Yes | Yes | Yes | | | | | Yes | |

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| Classic Caesar Salad with Grilled Shrimp | • | | | Yes | Yes | Yes | Yes | Yes | | Yes | | Yes | Yes | |
| Classic Caesar Salad with Grilled Salmon | • | | | Yes | Yes | Yes | Yes | Yes | | | | | Yes | |
| Langostino and Lobster Bisque | | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| New England Clam Chowder | | | | Yes | | Yes | Yes | | Yes | | | | Yes | |
| ENTRÉES | | | | | | | | | | | | | | |
| Admiral's Feast | • | | | Yes | Yes | Yes | Yes | Yes | Yes | Yes | | Yes | Yes | |
| Bar Harbor Lobster Bake | • | | | Yes | | Yes | Yes | | Yes | Yes | | Yes | Yes | |
| Cajun Chicken Linguini Alfredo | • | | | Yes | | Yes | Yes | | | | | Yes | Yes | |
| Canadian Snow Crab Legs | • | | | | | | | | | Yes | | | | |
| Cheese-Crusted Tilapia | • | | | Yes | | Yes | Yes | Yes | | | | Yes | Yes | |
| Crab Linguini Alfredo | | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Fire-Grilled Lobster, Shrimp and Salmon | • | | | Yes | | Yes | | Yes | | Yes | | Yes | | |
| Fire-Grilled Peppercorn Sirloin | • | | | Yes | | Yes | | | | | | Yes | | |
| Fire-Grilled Peppercorn Sirloin and Garlic Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Fire-Grilled Peppercorn Sirloin and Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Fire-Grilled Tacos with Chicken | • | | | | Yes | Yes | Yes | | | | | Yes | Yes | |
| Fire-Grilled Tacos with Crunchy Fish | • | | | Yes | Yes | Yes | Yes | Yes | | | | Yes | Yes | |
| Fire-Grilled Tacos with Fresh Tilapia | • | | | | Yes | Yes | Yes | Yes | | | | Yes | Yes | |
| Fire-Grilled Tacos with Maritime Lobster Meat | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Fire-Grilled Tacos with Shrimp | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Garlic Grilled Shrimp Skewer | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Grilled NY Strip Steak | • | | | Yes | | Yes | | | | | | Yes | | |
| Fish and Chips | • | | | Yes | Yes | | Yes | Yes | | | | Yes | Yes | |

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| Island Jumbo Coconut Shrimp | • | | Yes | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Maple-Glazed Chicken | • | | | Yes | | | Yes | | | | | | Yes | |
| New York Strip and Rock Lobster Tail | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Roasted Maritime Lobster Bake | • | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Rock Lobster Tail | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Salmon New Orleans | • | | | Yes | | Yes | | Yes | | Yes | | Yes | | |
| Seaport Lobster and Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Seaside Shrimp Trio | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Shrimp Linguini Alfredo | • | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Sole – Baked with shrimp, broccoli, rice and cheese stuffing | • | | | Yes | Yes | Yes | Yes | Yes | | Yes | | Yes | Yes | |
| Sole – Golden-fried | • | | | | | Yes | Yes | Yes | | | | Yes | Yes | |
| Sole – Oven-broiled | • | | | Yes | | | | Yes | | | | | | |
| Ultimate Feast® | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Walt's Favourite Shrimp | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Create Your Own Combination – Fire-Grilled Chicken Breast | • | | | Yes | | | | | | | | Yes | | |
| Create Your Own Combination – Fire-Grilled Fresh Tilapia | • | | | Yes | | | | Yes | | | | | | |
| Create Your Own Combination – Garlic-Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Create Your Own Combination – Garlic Shrimp | • | | | Yes | | | | | | Yes | | Yes | | |
| Create Your Own Combination – Island Jumbo Coconut Shrimp | • | | Yes | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Create Your Own Combination – Peppercorn-Grilled Sirloin | • | | | Yes | | Yes | | | | | | Yes | | |

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| Create Your Own Combination – Shrimp Linguini Alfredo | • | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Create Your Own Combination - Soy Ginger Salmon | • | | | Yes | | | Yes | Yes | | | | | Yes | |
| Create Your Own Combination – Stuffed Sole | • | | | Yes | Yes | Yes | Yes | Yes | | Yes | | Yes | Yes | |
| Create Your Own Combination – Walt's Favourite Shrimp | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Shrimp Lover's Tuesday – Fried Shrimp | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Shrimp Lover's Tuesday – Garlic Shrimp | • | | | Yes | | | | | | Yes | | Yes | | |
| Shrimp Lover's Tuesday – Popcorn Shrimp | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| 4-COURSE FEAST (unique items) | | | | | | | | | | | | | | |
| Cajun Chicken Linguini Alfredo | • | | | Yes | | Yes | Yes | | | | | Yes | Yes | |
| Fire-Grilled Sirloin | • | | | Yes | | Yes | | | | | | Yes | | |
| Garlic-Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Jumbo Coconut Shrimp | • | | Yes | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Shrimp Linguini Alfredo | • | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Soy-Ginger Salmon | • | | | Yes | | | Yes | Yes | | | | | Yes | |
| Dessert – Triple-Chocolate Brownie à la Mode | | | | Yes | Yes | Yes | Yes | | | | | | Yes | |
| TODAY'S FRESH FISH (pending availability) | | | | | | | | | | | | | | |
| Blackened Preparation | • | | | | | | | | | | | | | |
| Broiled Preparation | • | | | | | | | | | | | | | |
| Crab Cake Dinner with Lemon Aioli | | | | Yes | Yes | Yes | Yes | | | Yes | Yes | | Yes | |
| Grilled Preparation | • | | | | | | | | | | | | | |
| King Crab Legs | • | | | | | | | | | Yes | | | | |

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| Live Maritime Lobster – Steamed | • | | | | | | | | | Yes | | | | |
| Live Maritime Lobster – Stuffed | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Soy Ginger Glaze | • | | | Yes | | | Yes | | | | | | Yes | |
| LUNCH ENTRÉES (unique items – please see main menu section) | | | | | | | | | | | | | | |
| Captain's Catch | • | | | Yes | Yes | Yes | Yes | Yes | | Yes | | Yes | Yes | |
| Chicken Breast Strips | • | | | Yes | | | Yes | Yes | | | | Yes | Yes | |
| Coastal Soup and Grilled Shrimp Salad Combinations <i>does not include soup or dressing choice</i> | • | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Crunchy Popcorn Shrimp | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Fire-Grilled Cheeseburger | • | | | Yes | Yes | Yes | Yes | | | | | | Yes | |
| Fire-Grilled Chicken Sandwich | • | | | Yes | Yes | Yes | Yes | | | | | | Yes | |
| Fire-Grilled Shrimp Skewers | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Fish Sandwich - with fried fish | • | | | | Yes | Yes | Yes | Yes | | | | Yes | Yes | |
| Garlic Shrimp | • | | | Yes | | | | | | Yes | | Yes | | |
| Hand-Breaded Shrimp | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Shrimp and Fire-Grilled Chicken – Fire-Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Shrimp and Fire-Grilled Chicken – Garlic Shrimp | • | | | Yes | | | | | | Yes | | Yes | | |
| Shrimp and Fire-Grilled Chicken – Hand-Breaded Shrimp <i>with rice</i> | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Sole – Baked with shrimp, broccoli, rice and cheese stuffing | • | | | Yes | Yes | Yes | Yes | Yes | | Yes | | Yes | Yes | |
| Sole – Golden-fried | • | | | | | Yes | Yes | Yes | | | | Yes | Yes | |
| Sole – Oven-broiled | • | | | Yes | | | | Yes | | | | | | |

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| Create Your Own Lunch – Bay Scallops – Broiled | • | | | Yes | | | | | Yes | | | | | |
| Create Your Own Lunch – Bay Scallops – Fried | • | | | | | Yes | Yes | | Yes | | | Yes | Yes | |
| Create Your Own Lunch – Chicken Breast Strips | • | | | Yes | | | Yes | | | | | Yes | Yes | |
| Create Your Own Lunch – Fish Fillets- Broiled | • | | | Yes | | | | Yes | | | | | | |
| Create Your Own Lunch – Fish Fillets-Fried | • | | | | | | Yes | Yes | | | | Yes | Yes | |
| Create Your Own Lunch – Garlic Shrimp | • | | | Yes | | | | | | Yes | | Yes | | |
| Create Your Own Lunch – Hand-Breaded Shrimp | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Create Your Own Lunch – Lightly Breaded Clam Strips | • | | | Yes | Yes | Yes | Yes | Yes | Yes | | | | Yes | |
| KIDS' MENU | | | | | | | | | | | | | | |
| Broiled Fish | • | | | Yes | | | | Yes | | | | | | |
| Chicken Fingers | • | | | Yes | | | Yes | | | | | Yes | Yes | |
| Garlic-Grilled Shrimp | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Grilled Chicken | • | | | | | | | | | | | | | |
| Macaroni and Cheese | | | | Yes | | Yes | Yes | | | | | | Yes | |
| Popcorn Shrimp | • | | | Yes | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| Petite Lobster Tail | • | | | | | | | | | Yes | | | | |
| DESSERTS | | | | | | | | | | | | | | |
| Brownie Overboard™ | | | Yes | Yes | Yes | Yes | Yes | | | | | | Yes | |
| Chocolate Wave | | | | Yes | Yes | Yes | Yes | | | | | Yes | Yes | |

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| Key Lime Pie | | | | Yes | Yes | Yes | Yes | | | | | Yes | Yes | |
| Kids' Surf's Up Sundae | | | | Yes | | Yes | | | | | | Yes | | |
| Vanilla Bean Cheesecake | | | | Yes | Yes | Yes | Yes | | | | | | Yes | |
| Warm Apple Crostada | | | | Yes | Yes | Yes | Yes | | | | | | Yes | |
| Warm Chocolate Chip Lava Cookie | | | | Yes | Yes | Yes | Yes | | | | | | Yes | |
| SIDES & ADDITIONS | | | | | | | | | | | | | | |
| Asparagus - Seasonal | | | | Yes | | Yes | Yes | | | | | | Yes | |
| Baked Potato | | | | | | | | | | | | | | |
| Broccoli | | | | Yes | | | Yes | | | | | | Yes | |
| Caesar Salad | | | | Yes | Yes | Yes | Yes | Yes | | | | | Yes | |
| Chesapeake Corn | • | | | | | Yes | | | | | | | | |
| Coleslaw | | | | | Yes | | | | | | | | | |
| Coconut Shrimp Add-On | • | | Yes | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Creamy Lobster Baked Potato | | | | Yes | | Yes | Yes | | | Yes | | | Yes | |
| Creamy Lobster Mashed Potatoes | | | | Yes | | Yes | Yes | | | Yes | | | Yes | |
| French Fries | • | | | | | | | | | | | | | |
| Fresh Fruit – Orange Wedges | | | | | | | | | | | | | | |
| Garden Salad <i>does not include dressing choice</i> | | | | | | Yes | Yes | | | | | | Yes | |
| Garlic-Grilled Shrimp Skewer Add-On | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Garlic-Grilled Sea Scallops Add-On | • | | | Yes | | Yes | | | Yes | | | Yes | | |
| Garlic Shrimp Add-On | • | | | Yes | | | | | | Yes | | Yes | | |

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| Grilled Zucchini and Squash | • | | | Yes | | Yes | Yes | | | | | Yes | Yes | |
| Maritime Lobster Tail Add-On – Fire-Grilled | • | | | Yes | | Yes | | | | Yes | | Yes | | |
| Maritime Lobster Tail Add-On – Roasted | • | | | Yes | | | | | | Yes | | | | |
| Mashed Potatoes | | | | Yes | | Yes | | | | | | | | |
| Rice | | | | Yes | | | | | | | | Yes | | |
| Signature Biscuits | | | | Yes | | Yes | Yes | | | | | | Yes | |
| Tomato Caprese | | | | | | Yes | | | | | | Yes | | |
| Topped Maritime Lobster Tail Add-On | | | | Yes | | Yes | Yes | | | Yes | | Yes | Yes | |
| Walt's Favourite Shrimp Add-On | • | | | | Yes | Yes | Yes | | | Yes | | Yes | Yes | |
| DRESSINGS & SAUCES | | | | | | | | | | | | | | |
| 100% Pure Melted Butter | | | | | | Yes | | | | | | | | |
| Add Butter to Baked Potato | | | | Yes | | Yes | | | | | | | | |
| Add Sour Cream to Baked Potato | | | | | | Yes | | | | | | | | |
| Blue Cheese Dressing | | | | | Yes | Yes | | | | | | | | |
| Caesar Dressing | | | | Yes | Yes | Yes | | Yes | | | | | | |
| Champagne Vinaigrette | | | | | | | | | | | | Yes | | |
| Cocktail Sauce | | | | Yes | | | | | | | | | | |
| French Dressing | | | | Yes | | | | | | | | | | |
| Honey Mustard Dressing | | | | | Yes | | | | | | | | | |
| Ketchup | | | | | | | | | | | | | | |
| Marinara Sauce | | | | | | | | | | | | | | |
| Mayonnaise | | | | Yes | Yes | | | | | | | | | |

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| Mustard | | | | | | | | | | | | | | |
| Pico de Gallo | | | | | | | | | | | | | | |
| Piña Colada Dipping Sauce | | | Yes | | | Yes | | | | | | | | |
| Ranch Dressing | | | | | Yes | Yes | | | | | | | | Yes |
| Tartar Sauce | | | | Yes | Yes | | | | | | | | | |
| Thousand Island Dressing | | | | Yes | Yes | | | | | | | | | |