



Due to the handcrafted nature of our menu items, and the inherent size variations of seafood, nutritional content may vary.

Supplemental nutritional information is available on our website.

If you have other nutrition questions, please contact us at: 800-562-7837 (Monday-Friday 10am-5pm EST).

Information Valid 4/12/2021 - 5/10/2021

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugar (g)	Protein (g)
LOBSTERFEST®											
Bar Harbor Lobster Bake	1110	500	55	13	1	330	3390	81	7	4	69
Kung Pao Noodles with Crispy Maritime Lobster	1320	470	53	8	0	90	4090	173	12	67	39
Lobster-and-Shrimp Linguini Alfredo	1080	440	49	13	1	340	3310	101	6	34	59
Lobster Lover's Dream®	1810	1000	110	49	1	720	4990	104	8	34	97
Lobster, Shrimp and Salmon	700	450	50	17	1	320	1820	6	1	1	56
Ultimate Surf & Turf	820	0	0	0	0	0	0	0	0	0	0
STARTERS											
Bacon-Wrapped Sea Scallops	390	260	29	7	0	68	1420	7	1	4	21
Escargot	300	120	13	5	0	85	1370	30	3	2	17
Housemade Crab Cakes	560	380	43	7	1	62	1440	26	2	10	20
Island Jumbo Coconut Shrimp	610	350	39	11	0	95	990	52	5	21	15
Lobster-Artichoke-and-Seafood Dip	1120	630	70	19	1	135	2250	91	11	7	33
Mozzarella Cheesesticks	660	300	33	11	0.5	55	1810	60	4	5	54
Seafood-Stuffed Mushrooms	490	310	35	16	1	76	1180	23	2	8	26
Signature Jumbo Shrimp Cocktail	120	5	0	0	0	165	1020	9	1	6	20
Sweet Chili Shrimp	890	560	62	8	1	155	2290	64	3	42	20
Tempura Calamari	1270	570	63	7	0	100	2390	158	6	9	15
White Wine and Roasted-Garlic Mussels	760	450	50	12	0.5	75	2250	44	3	4	27
BOWLS											
Classic Caesar Salad	520	420	46	9	1	50	1040	19	4	3	9
Caesar Salad with Fire-Grilled Chicken	620	440	50	10	1	120	1770	20	4	4	27
Caesar Salad with Fire-Grilled Salmon	830	590	66	13	1	140	1530	19	4	3	41
Caesar Salad with Fire-Grilled Shrimp	640	480	54	11	1	160	1730	19	4	4	14

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Sesame-Soy Salmon Bowl	1020	430	48	12	0	91	2070	98	12	25	51
SOUPS											
Lobster Bisque (Cup)	270	170	19	11	0	80	820	14	0	4	9
Lobster Bisque (Bowl)	520	340	38	22	1	150	1570	27	1	8	15
New England Clam Chowder (Cup)	170	100	11	6	0	40	620	11	1	4	6
New England Clam Chowder (Bowl)	330	190	22	12	0.5	80	1250	22	1	8	12
SANDWICHES											
Crispy Cod Sandwich	910	420	46	7	1	125	1410	60	5	11	45
Nashville Hot Chicken Sandwich	770	400	44	6	0	76	4490	201	11	28	35
Wagyu Bacon Cheeseburger	780	610	68	22	2	131	3170	132	10	22	52
PERFECT PAIRINGS											
Bacon-Wrapped Sea Scallops	350	240	27	7	0	70	1310	3	0	2	20
Housemade Crab Cake (single)	350	260	29	5	1	34	800	13	1	5	10
Maritime Lobster Tail (Fire-Grilled)	410	350	39	22	0	190	800	1	1	0	13
ENTRÉES											
Admiral's Feast	1240	670	74	8	1	200	3630	93	6	11	51
Bar Harbor Lobster Bake	1110	500	55	13	1	330	3390	81	7	4	69
Cajun Chicken Linguini Alfredo	1170	490	55	14	1	177	4290	110	9	36	63
Canadian Snow Crab Legs	510	320	35	21	0	260	2260	1	0	0	48
Crab Linguini Alfredo	1200	600	67	16	1	124	2830	101	5	34	49
Crispy Thai Shrimp	670	370	41	5	0	290	2490	44	3	14	31
Double Lobster Tails	500	350	39	22	0	305	1250	1	1	0	35
Grilled Salmon	630	350	39	7	0	180	980	1	0	0	64
Grilled Shrimp Skewers	170	70	8	1.5	4	195	1150	2	0	1	24
Fish and Chips	1240	600	66	8	1	122	3040	117	10	20	42
Hand-Breaded Chicken Tenders	670	300	34	2	0	120	1360	36	1	14	51
Island Jumbo Coconut Shrimp	1220	690	76	18	0	253	1790	96	9	28	39
Island Jumbo Coconut Shrimp (Add six more)	560	320	36	7	0	120	870	41	4	8	19
Kung Pao Noodles with Crispy Maritime Lobster	1320	470	53	8	0	90	4090	173	12	67	39
Kung Pao Noodles with Chicken	1250	370	41	8	0	136	4550	160	11	68	61
Kung Pao Noodles with Crispy Shrimp	1360	480	54	8	0	115	4470	177	13	67	42
Live Maritime Lobster Dinner (Classic)	440	310	34	21	0	295	290	1	0	0	33
Live Maritime Lobster Dinner (Stuffed)	600	360	40	24	0	310	700	20	1	2	39
Lobster Lover's Dream®	1810	1000	110	49	1	720	4990	104	8	34	97
Lobster, Shrimp and Salmon	700	450	50	17	1	320	1820	6	1	1	56
Salmon New Orleans (Half)	580	370	41	11	0	185	1340	10	2	3	42
Salmon New Orleans (Full)	910	550	61	14	0	280	1650	13	4	3	75
Seafarer's Feast	1080	730	82	28	1	390	4030	40	4	10	47
Seaside Shrimp Trio	1520	700	78	16	1	480	5610	136	9	41	70

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Shrimp Linguini Alfredo	1040	440	49	13	1	310	3080	101	6	34	49
Steaks: 7 oz. Sirloin	290	100	12	3	0	130	740	2	0	1	46
Steaks: 6 oz. Filet Mignon	260	100	11	3	0	110	550	1	0	0	38
Steaks: 10 oz. New York Strip	470	200	22	9	1	140	1090	2	1	1	62
Tilapia & Scallops	550	320	35	14	1	160	1690	6	1	1	54
Ultimate Feast®	930	600	66	25	0	410	3840	35	3	7	49
Ultimate Surf & Turf	820	0	0	0	0	0	0	0	0	0	0
Walt's Favourite Shrimp	530	220	24	2	0	155	2870	58	4	7	22
Walt's Favourite Shrimp (Add six more)	280	110	12	1	0	80	1700	33	2	6	11
Create Your Own Combination – Bacon-Wrapped Sea Scallops	350	240	27	7	0	68	1310	3	0	2	20
Create Your Own Combination – Fire-Grilled Salmon	310	175	19	4	0	91	490	0	0	0	32
Create Your Own Combination – Fire-Grilled Tilapia	220	50	6	1.5	0	90	800	1	0	0	41
Create Your Own Combination – Garlic Shrimp	390	300	33	5	1	178	1670	3	1	1	20
Create Your Own Combination – Housemade Crab Cakes	530	360	40	7	1	62	1320	24	1	8	20
Create Your Own Combination – Island Jumbo Coconut Shrimp	660	360	41	11	0	133	910	55	5	20	20
Create Your Own Combination – Shrimp Linguini Alfredo	630	250	27	7	0.5	125	1560	71	5	19	26
Create Your Own Combination – Walt's Favourite Shrimp	280	110	12	1	0	78	1700	33	2	6	11
Create Your Own Combination – 7 oz. Fire-Grilled Sirloin	250	80	9	3	0	120	950	2	1	1	41
DAILY DEALS											
MONDAY: Crispy Thai Shrimp (initial)	670	370	41	5	0	290	2490	44	3	14	31
MONDAY: Crispy Thai Shrimp (refill)	370	210	23	3	0	148	1300	25	2	9	16
MONDAY: Garlic Shrimp (initial order)	400	300	33	5	1	178	1670	3	1	1	20
MONDAY: Garlic Shrimp (refill)	200	150	17	3	0	89	840	1	0	0	10
MONDAY: Grilled Shrimp Skewer (initial order)	120	70	8	2	0	110	700	1	0	1	5
MONDAY: Grilled Shrimp Skewer (refill)	60	30	4	1	0	56	350	0	0	0	3
MONDAY: Island Jumbo Coconut Shrimp (initial order)	660	360	41	11	0	133	910	55	5	20	20
MONDAY: Island Jumbo Coconut Shrimp (refill)	660	360	41	11	0	133	910	55	5	20	20
MONDAY: Walt's Favourite Shrimp (initial)	300	110	12	1	0	78	1760	35	3	9	12
MONDAY: Walt's Favourite Shrimp (refill)	300	110	12	1	0	78	1760	35	3	9	12
TUESDAY: Sirloin and Fried Shrimp	530	200	23	4	0	257	2570	26	3	7	57
WEDNESDAY: Fish & Chips	1240	600	66	8	1	120	3040	117	10	20	42
THURSDAY: Seafarer's Feast for Two (each)	1080	730	82	28	1	390	4030	40	4	10	47
FRIDAY: Walt's Favourite Shrimp	530	220	24	2	0	157	2870	58	4	7	22

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PARTY PLATTERS											
Chicken Breast Strips	3890	2010	224	19	0	340	11950	271	22	107	198
Crunchy Popcorn Shrimp	2470	1050	117	10	1	540	10050	267	24	40	91
Island Jumbo Coconut Shrimp	2870	1570	174	48	1	570	3860	245	20	99	83
Mozzarella Cheesesticks	1890	870	97	30	2	150	5470	173	13	17	152
Petite Maritime Lobster Tails	510	35	4	1	0	585	4690	49	5	30	74
Savoury Garlic Shrimp	990	750	83	13	1	440	4180	8	2	2	51
Seafood-Stuffed Mushrooms	1730	1030	115	56	3	290	3550	88	11	20	100
Signature Jumbo Shrimp Cocktail (1 1/4 lb.)	470	15	1.5	0.5	0	665	4010	38	2	23	81
Signature Jumbo Shrimp Cocktail (2 lbs.)	760	25	2.5	1	0.5	1165	6170	49	3	30	141
Walt's Favourite Shrimp	1220	460	51	4	0	325	7600	148	10	32	47
White Wine and Roasted-Garlic Mussels	1510	900	101	24	1	150	4490	88	6	9	54
FAMILY MEALS											
Admiral's Family Feast	4320	2380	265	30	4	710	13080	323	22	46	164
Cajun Chicken Linguini Alfredo	3270	1410	157	40	2	390	10540	320	23	105	152
Chicken Breast Strips	2900	1210	137	10	0	490	6340	195	6	104	206
Crab Linguini Alfredo	3320	1620	181	44	3	290	7620	302	16	101	123
Family Fish Fry	3060	2030	225	27	2	360	5990	156	11	23	104
Garlic Shrimp Family Meal	1580	1200	133	21	2	710	6700	14	4	4	81
Island Jumbo Coconut Shrimp	3280	1810	201	51	1	660	4560	270	23	97	98
Salmon Family Meal	1260	700	78	14	0	370	1970	3	1	0.5	128
Seaside Shrimp Trio Family Feast	5090	2350	262	53	4	1590	20000	454	30	135	233
Shrimp Linguini Alfredo	3110	1310	146	38	3	920	9340	303	18	102	147
Ultimate Family Feast	3980	2600	289	116	1	1710	15900	147	13	31	198
Walt's Favourite Shrimp	1660	660	73	6	0	470	9490	188	13	30	67
Create Your Own Family Feast – Island Jumbo Coconut Shrimp	1580	840	93	30	1	300	1930	145	10	72	41
Create Your Own Family Feast – Savoury Garlic Shrimp	790	600	67	10	1	360	3350	7	2	2	41
Create Your Own Family Feast – Walt's Favourite Shrimp	660	220	25	2	0	160	4720	89	6	27	24
Create Your Own Family Feast – Golden-Fried Whitefish	2560	1760	196	25	2	290	4680	122	9	20	78
Family French Fries	1730	550	62	5	1	0	5770	271	21	42	22
Family Green Beans	260	120	14	1	0	0	1310	33	12	14	8
Family Mashed Potatoes	570	240	26	11	1	40	1790	73	8	5	11
Family Rice	680	78	9	1	0	0	1750	135	3	6	11
Signature Biscuits (Half Dozen)	920	470	52	22	1	0	2350	100	3	4	14
Signature Biscuits (One Dozen)	1840	940	104	44	2	0	4700	200	6	8	28
Chocolate Wave Cake (14 slices)	13020	6720	746	226	9	1190	9400	1564	82	1085	118

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Vanilla Bean Cheesecake (12 slices)	8190	5410	601	360	19	2290	4240	673	12	543	98
DESSERTS											
Brownie Overboard™	980	470	53	26	1	170	390	121	5	81	12
Chocolate Wave	1070	520	58	19	1	100	750	134	6	90	10
Vanilla Bean Cheesecake	730	450	50	30	1.5	190	350	68	3	54	9
Warm Apple Crostada	550	230	26	12	0	15	470	74	2	33	6
SIDES & ADDITIONS											
Baked Potato	210	20	2	0	0	0	20	45	5	2	5
Add Butter	60	60	7	3.5	0	10	35	0	0	0	0
Add Sour Cream	15	10	1.5	1	0	5	5	1	0	0	0
Caesar Salad	320	240	27	6	0.5	35	640	12	1	3	6
Coleslaw	190	110	12	2	0	15	370	16	4	9	3
Creamy Norway and Maritime Lobster Baked Potato	370	140	16	4.5	0	30	490	48	5	3	11
Creamy Norway and Maritime Lobster Mashed Potatoes	350	210	23	8	0	45	1070	27	3	3	9
Crispy Brussels Sprouts	470	210	24	8	0	0	830	55	13	18	13
French Fries	510	180	20	2	0	0	1390	74	6	0	7
Green Beans	90	40	5	0	0	0	440	11	4	5	3
Mashed Potatoes	170	70	8	3	0	13	540	22	3	2	3
Rice	230	26	3	0	0	0	580	45	1	2	4
Signature Biscuits (each)	150	80	9	3.5	0	0	390	17	0	1	2
DRESSINGS & CONDIMENTS											
100% Pure Melted Butter	300	300	33	21	0	90	290	0	0	0	0
Blue Cheese Dressing	230	220	24	5	0	25	300	2	0	1	2
Butter	60	60	7	3.5	0	10	35	0	0	0	0
Caesar Dressing	300	290	32	5	0.5	30	590	1	0	0	2
Champagne Vinaigrette Dressing	70	40	4	0.5	0	0	390	9	0	7	0
Cocktail Sauce	35	0	0	0	0	0	520	9	0	6	0
Ketchup	60	0	0	0	0	0	480	15	1	12	1
Marinara Sauce	35	20	2	0	0	0	230	4	0	2	1
Pico de Gallo	10	0	0	0	0	0	170	2	0	1	0
Piña Colada Sauce	100	40	4.5	3.5	0	10	40	14	0	12	1
Plum Sauce	60	0	0	0	0	0	270	15	0	14	0
Ranch Dressing	130	130	15	2.5	0	20	350	2	0	1	1
Sour Cream	15	10	1.5	1	0	5	5	1	0	0	0
Tartar Sauce	210	190	22	3.5	0	15	150	4	0	2	0
Thousand Island Dressing	190	160	18	3	0	15	240	6	0	3	0
ALCOHOLIC DRINKS											
Alotta Colada™	550	60	6	6	0	0	95	102	2	98	1
Bahama Mama	340	0	0	0	0	0	55	63	1	59	0

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Berry Mango Daiquiri	320	0	0	0	0	0	40	55	2	49	0
Liquor (1 oz.)	50	0	0	0	0	0	0	0	0	0	0
Liqueur (1 oz.)	100	0	0	0	0	0	0	11	0	11	0
Lobsterita® – Strawberry	440	0	0	0	0	0	10	81	3	68	1
Lobsterita® – Traditional	160	0	0	0	0	0	640	13	0	12	0
Lobsterita® – Raspberry	440	0	0	0	0	0	10	82	3	69	1
Lobster Caesar™	130	0	0	0	0	35	1660	12	1	7	5
Long Island Iced Tea	180	0	0	0	0	0	10	15	0	15	0
Malibu Hurricane	170	0	0	0	0	0	10	30	1	24	0
Mango Mai Tai	200	0	0	0	0	0	10	35	1	29	0
Margarita – Classic (Frozen)	180	0	0	0	0	0	480	23	0	22	0
Margarita – Classic (Rocks)	120	0	0	0	0	0	480	7	0	6	0
Margarita – Grand Patrón	200	0	0	0	0	0	480	15	1	14	0
Margarita - Peach (Frozen)	290	0	0	0	0	0	0	48	1	43	1
Margarita - Peach (Rocks)	170	0	0	0	0	0	0	19	1	17	0
Margarita - Raspberry (Frozen)	280	0	0	0	0	0	0	46	2	40	0
Margarita - Raspberry (Rocks)	170	0	0	0	0	0	0	19	1	16	0
Margarita – Strawberry (Frozen)	280	0	0	0	0	0	0	47	2	40	0
Margarita – Strawberry (Rocks)	170	0	0	0	0	0	0	20	1	17	0
Mojito	160	0	0	0	0	0	10	21	1	19	0
Piña Colada	330	35	4	4	0	0	60	67	2	63	0
Shrimp Caesar®	130	0	0	0	0	25	1630	12	1	7	4
Sunset Passion Colada	310	30	3	3	0	0	50	67	2	61	1
Triple Berry Sangria	210	0	0	0	0	0	50	36	3	31	1
Tropical White Sangria	150	0	0	0	0	0	10	24	2	15	0
WINE											
Wine (6 oz.)	150	0	0	0	0	0	5	5	0	1	0
Wine (9 oz.)	220	0	0	0	0	0	10	7	0	2	0
Wine (Bottle)	630	0	0	0	0	0	30	19	0	5	1
Wine (Litre)	850	0	0	0	0	0	40	26	0	6	1
BEER											
Light Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	1
Regular Beer (12 oz.)	150	0	0	0	0	0	15	13	0	0	2
Can (15 oz.)	150	0	0	0	0	0	30	12	0	12	7
Light Draft Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	1
Regular Draft Beer (12 oz.)	150	0	0	0	0	0	15	13	0	0	2
Light Draft Beer (20 oz.)	170	0	0	0	0	0	25	10	0	1	1
Regular Draft Beer (20 oz.)	260	0	0	0	0	0	25	21	0	0	3
NONALCOHOLIC DRINKS											
Boston Iced Tea (Classic Cranberry)	80	0	0	0	0	0	25	22	0	21	0

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Boston Iced Tea (Peach)	180	0	0	0	0	0	25	45	1	42	1
Boston Iced Tea (Raspberry)	170	0	0	0	0	0	25	44	1	39	0
Coffee	0	0	0	0	0	0	0	0	0	0	0
Coke®	190	0	0	0	0	0	60	52	0	52	0
Diet Coke®	0	0	0	0	0	0	55	0	0	0	0
Fruit Smoothie (Peach)	470	50	6	3.5	0	25	240	96	1	84	7
Fruit Smoothie (Raspberry)	460	50	6	3.5	0	25	240	94	2	79	7
Fruit Smoothie (Strawberry)	460	50	6	3.5	0	25	240	95	3	79	7
Hand-Crafted Lemonade (Classic)	140	0	0	0	0	0	10	37	0	35	0
Hand-Crafted Lemonade (Peach)	220	0	0	0	0	0	10	56	1	52	0
Hand-Crafted Lemonade (Strawberry)	210	0	0	0	0	0	10	55	1	49	0
Hot Tea	0	0	0	0	0	0	5	1	0	0	0
IBC™ Root Beer	160	0	0	0	0	0	60	43	0	43	0
Sweet Iced Tea	130	0	0	0	0	0	50	34	0	34	0
Minute Maid® Raspberry Lemonade	240	0	0	0	0	0	30	64	0	60	0
Sprite®	190	0	0	0	0	0	85	51	0	51	0
KIDS' MENU											
Casco Bay Cooler (Peachy Breezy Smoothie)	190	0	0	0	0	0	115	45	1	40	3
Casco Bay Cooler (Raspberry Bay Smoothie)	190	0	0	0	0	0	115	44	1	37	3
Casco Bay Cooler (Sunset Strawberry Smoothie)	190	0	0	0	0	0	115	44	1	37	3
Juice	110	0	0	0	0	0	15	27	0	24	2
Lemonade	80	0	0	0	0	0	5	22	0	21	0
Milk 1%	100	20	2.5	1.5	0	10	105	12	0	12	8
Chocolate Milk	140	20	2.5	1.5	0	10	150	24	0	23	7
Raspberry Lemonade	90	0	0	0	0	0	10	24	0	23	0
Broccoli	40	5	0	0	0	0	35	8	3	2	3
Grilled Tilapia	220	50	6	1.5	0	90	440	1	0	0	41
Caesar Salad	320	240	27	6	0.5	35	640	12	1	3	6
Chicken Fingers	420	140	16	1.5	0	35	1130	48	1	15	20
Golden-Fried Fish	240	80	9	1	0	50	900	24	1	13	17
Garlic-Grilled Shrimp	90	35	4	1	2	100	580	2	0	0	12
Grilled Chicken	170	30	3.5	0.5	0	70	1010	16	1	15	18
Macaroni and Cheese	280	90	10	3	0	15	550	39	1	9	10
Petite Maritime Lobster Tail	360	320	35	21	0	175	580	1	0	0	10
Popcorn Shrimp	250	90	10	1	0	45	1120	34	3	13	8
Surf's Up Sundae	160	50	6	3	0	15	80	25	0	15	2