



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 4/23/2018 - 5/27/2018

| 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) |
|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| CREATE YOUR OWN SHRIMP TRIO™ | | | | | | | | | | | |
| Cajun Chicken Linguini Alfredo | 710 | 290 | 32 | 10 | 0.5 | 105 | 1870 | 68 | 6 | 11 | 39 |
| Crab-Topped Shrimp Skewer | 220 | 140 | 16 | 5 | 0 | 120 | 500 | 4 | 0 | 1 | 16 |
| Popcorn Shrimp | 420 | 180 | 19 | 1.5 | 0 | 90 | 1800 | 47 | 4 | 8 | 15 |
| Savoury Garlic Shrimp | 210 | 150 | 17 | 2.5 | 0 | 105 | 920 | 2 | 1 | 1 | 12 |
| Shrimp-and-Lobster Pasta | 700 | 320 | 35 | 10 | 0.5 | 185 | 1550 | 62 | 5 | 9 | 36 |
| Shrimp Linguini Alfredo | 650 | 280 | 31 | 9 | 0.5 | 145 | 1350 | 63 | 5 | 10 | 29 |
| Spring Roll-Crusted Shrimp | 470 | 280 | 31 | 3.5 | 0 | 90 | 1110 | 34 | 1 | 14 | 13 |
| Teriyaki-Grilled Shrimp Skewer | 70 | 10 | 1 | 0 | 0 | 100 | 135 | 5 | 0 | 4 | 11 |
| Truffle-Infused Garlic Shrimp | 320 | 250 | 28 | 5 | 0.5 | 100 | 960 | 4 | 0 | 1 | 12 |
| Fire-Grilled Petite Lobster Tail Add-on | 410 | 350 | 39 | 22 | 0 | 195 | 810 | 1 | 1 | 0 | 13 |
| Fire-Grilled Salmon Add-on | 310 | 170 | 19 | 3.5 | 0 | 90 | 490 | 1 | 0 | 0 | 32 |
| Fire-Grilled Sirloin Add-on | 270 | 90 | 10 | 3.5 | 0 | 130 | 970 | 2 | 0 | 1 | 44 |
| SEASIDE STARTERS | | | | | | | | | | | |
| Escargot | 300 | 120 | 13 | 5 | 0 | 85 | 1370 | 30 | 3 | 2 | 17 |
| Island Jumbo Coconut Shrimp | 610 | 350 | 39 | 11 | 0 | 95 | 990 | 52 | 5 | 21 | 15 |
| Lobster-Artichoke-and-Seafood Dip | 1200 | 660 | 73 | 23 | 1 | 160 | 2520 | 102 | 11 | 8 | 36 |
| Mozzarella Cheesesticks | 660 | 300 | 33 | 11 | 0.5 | 55 | 1810 | 60 | 4 | 5 | 54 |
| Peppercorn-Panko Calamari | 970 | 680 | 76 | 7 | 0 | 235 | 3450 | 49 | 4 | 10 | 27 |
| Red Lobster Signature Pizza | 660 | 470 | 61 | 18 | 0.5 | 145 | 1760 | 54 | 3 | 11 | 40 |
| Seafood-Stuffed Mushrooms | 460 | 290 | 32 | 16 | 1 | 80 | 920 | 21 | 2 | 4 | 24 |
| Seaside Sampler | 840 | 440 | 49 | 19 | 1 | 230 | 2140 | 62 | 5 | 27 | 40 |
| Signature Jumbo Shrimp Cocktail | 120 | 5 | 0 | 0 | 0 | 165 | 1020 | 9 | 1 | 6 | 20 |
| Sweet Chili Shrimp | 1070 | 680 | 75 | 10 | 1 | 200 | 1900 | 77 | 3 | 51 | 23 |
| White Wine and Roasted-Garlic Mussels | 780 | 480 | 53 | 12 | 0.5 | 75 | 2110 | 44 | 3 | 5 | 27 |
| Create Your Own Appetizer – Chicken Breast Strips | 420 | 140 | 16 | 1.5 | 0 | 35 | 1130 | 48 | 1 | 15 | 20 |

| 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) |
|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| Create Your Own Appetizer – Clam Strips | 560 | 370 | 41 | 5 | 0.5 | 30 | 890 | 39 | 1 | 4 | 11 |
| Create Your Own Appetizer – Dragon Broccoli | 460 | 230 | 26 | 2 | 0 | 0 | 1690 | 49 | 5 | 10 | 8 |
| Create Your Own Appetizer – Escargot | 300 | 120 | 13 | 5 | 0 | 85 | 1370 | 30 | 3 | 2 | 17 |
| Create Your Own Appetizer – Mozzarella Cheesesticks | 380 | 180 | 20 | 6 | 0 | 30 | 1120 | 35 | 3 | 4 | 31 |
| Create Your Own Appetizer – Seafood-Stuffed Mushrooms | 310 | 190 | 21 | 10 | 0.5 | 55 | 620 | 14 | 1 | 3 | 16 |
| TASTING PLATES | | | | | | | | | | | |
| Dragon Broccoli | 460 | 230 | 26 | 2 | 0 | 0 | 1690 | 49 | 5 | 10 | 8 |
| Loaded Seaside Fries | 790 | 370 | 41 | 9 | 0 | 55 | 1950 | 81 | 5 | 3 | 24 |
| Petite Red Lobster Roll | 330 | 170 | 19 | 10 | 0 | 90 | 510 | 25 | 1 | 8 | 14 |
| Shrimp Potstickers | 210 | 35 | 4 | 0 | 0 | 40 | 1220 | 35 | 1 | 16 | 9 |
| Yucatán Shrimp | 260 | 150 | 17 | 10 | 0 | 90 | 860 | 17 | 2 | 3 | 9 |
| SOUPS & SALADS | | | | | | | | | | | |
| Classic Caesar Salad | 520 | 400 | 45 | 8 | 1 | 45 | 1090 | 22 | 4 | 6 | 9 |
| Classic Caesar Salad with Fire-Grilled Chicken | 640 | 430 | 48 | 9 | 0.5 | 120 | 1600 | 19 | 4 | 3 | 34 |
| Classic Caesar Salad with Fire-Grilled Salmon | 830 | 580 | 65 | 13 | 0.5 | 135 | 1540 | 18 | 4 | 3 | 42 |
| Classic Caesar Salad with Fire-Grilled Shrimp | 610 | 435 | 49 | 10 | 0.5 | 170 | 1420 | 18 | 4 | 3 | 25 |
| Lobster Bisque (Cup) | 250 | 170 | 19 | 11 | 0 | 70 | 750 | 14 | 0 | 4 | 6 |
| Lobster Bisque (Bowl) | 510 | 340 | 38 | 22 | 1 | 140 | 1500 | 27 | 1 | 8 | 12 |
| Mediterranean Vegetable Soup (Cup) | 90 | 20 | 2 | 0 | 0 | 0 | 530 | 15 | 2 | 3 | 4 |
| Mediterranean Vegetable Soup (Bowl) | 180 | 40 | 4 | 0.5 | 0 | 0 | 1060 | 30 | 4 | 6 | 7 |
| New England Clam Chowder (Cup) | 190 | 130 | 14 | 8 | 0 | 45 | 580 | 11 | 1 | 0 | 6 |
| New England Clam Chowder (Bowl) | 390 | 250 | 28 | 17 | 0 | 95 | 1160 | 22 | 1 | 1 | 12 |
| PERFECT PAIRINGS | | | | | | | | | | | |
| Fire-Grilled Sea Scallops | 220 | 100 | 11 | 2 | 0 | 45 | 920 | 7 | 0 | 0 | 22 |
| Fire-Grilled Shrimp | 130 | 60 | 7 | 1.5 | 2.5 | 120 | 740 | 2 | 0 | 0 | 15 |
| Garlic Shrimp | 220 | 150 | 17 | 2.5 | 0 | 120 | 530 | 2 | 0 | 0 | 17 |
| Maritime Lobster Tail (Fire-Grilled) | 480 | 440 | 49 | 24 | 0 | 170 | 760 | 1 | 0 | 0 | 9 |
| Maritime Lobster Tail (Steamed) | 440 | 390 | 44 | 23 | 0 | 170 | 680 | 1 | 0 | 0 | 9 |
| Topped Maritime Lobster Tail | 300 | 230 | 25 | 6 | 0 | 110 | 820 | 3 | 0 | 1 | 16 |
| Walt's Favourite Shrimp | 320 | 130 | 14 | 1.5 | 0 | 90 | 1590 | 37 | 2 | 8 | 12 |
| DINNER ENTRÉES | | | | | | | | | | | |
| Admiral's Feast | 1130 | 600 | 67 | 8 | 0.5 | 180 | 3340 | 91 | 4 | 13 | 42 |
| Bar Harbor Lobster Bake | 1340 | 530 | 59 | 13 | 1 | 335 | 2810 | 115 | 8 | 5 | 82 |
| Cajun Chicken Linguini Alfredo | 1440 | 600 | 67 | 20 | 1 | 215 | 3600 | 132 | 8 | 22 | 80 |
| Canadian Snow Crab Legs | 440 | 310 | 34 | 21 | 0 | 205 | 1600 | 1 | 0 | 0 | 32 |
| Crab Linguini Alfredo | 1370 | 580 | 65 | 19 | 1 | 160 | 2730 | 128 | 7 | 20 | 69 |
| Dragon Shrimp | 950 | 360 | 40 | 3.5 | 0 | 190 | 3200 | 111 | 7 | 37 | 34 |
| Fire-Grilled Lobster, Shrimp and Salmon | 1040 | 600 | 66 | 26 | 0.5 | 360 | 2380 | 46 | 2 | 3 | 61 |
| Fire-Grilled Shrimp | 260 | 130 | 14 | 3 | 5 | 235 | 1480 | 3 | 1 | 1 | 29 |
| Fire-Grilled Sirloin and Fire-Grilled Shrimp | 400 | 150 | 17 | 5 | 3 | 245 | 1710 | 3 | 1 | 1 | 59 |
| Fire-Grilled Sirloin and Garlic Shrimp | 500 | 240 | 26 | 6 | 0.5 | 250 | 1490 | 3 | 1 | 1 | 61 |
| Add a Fire-Grilled Shrimp Skewer | 130 | 60 | 7 | 1.5 | 2.5 | 120 | 740 | 2 | 0 | 0 | 15 |

| 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) |
|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| Add a Garlic Shrimp Skewer | 220 | 150 | 17 | 2.5 | 0 | 120 | 530 | 2 | 0 | 0 | 17 |
| Fire-Grilled Tacos with Chicken | 440 | 170 | 19 | 2.5 | 0 | 75 | 1560 | 45 | 6 | 4 | 26 |
| Fire-Grilled Tacos with Crunchy Fish | 610 | 260 | 29 | 3 | 0 | 90 | 2190 | 48 | 6 | 4 | 44 |
| Fire-Grilled Tacos with Maritime and Norway Lobster Meat | 510 | 240 | 27 | 3.5 | 0 | 80 | 1530 | 47 | 6 | 4 | 25 |
| Fire-Grilled Tacos with Shrimp | 460 | 190 | 21 | 3 | 0 | 140 | 1770 | 48 | 6 | 7 | 14 |
| Fire-Grilled Tacos with Tilapia | 560 | 210 | 23 | 3.5 | 0 | 100 | 1940 | 44 | 6 | 3 | 49 |
| Fish and Chips | 1020 | 530 | 59 | 7 | 1 | 125 | 2300 | 84 | 7 | 20 | 39 |
| Island Jumbo Coconut Shrimp | 960 | 550 | 61 | 16 | 0 | 150 | 1620 | 77 | 8 | 27 | 24 |
| Island Jumbo Coconut Shrimp (Add five more) | 530 | 300 | 33 | 10 | 0 | 80 | 830 | 46 | 4 | 20 | 12 |
| Live Maritime Lobster (Steamed) | 440 | 310 | 34 | 21 | 0 | 295 | 290 | 1 | 0 | 0 | 33 |
| Live Maritime Lobster (Stuffed) | 580 | 360 | 40 | 23 | 0 | 310 | 640 | 17 | 1 | 2 | 38 |
| Maple-Glazed Chicken | 260 | 30 | 3 | 1 | 0 | 135 | 1570 | 22 | 1 | 21 | 37 |
| Rock Lobster Tail | 550 | 390 | 44 | 23 | 0 | 225 | 950 | 2 | 0 | 1 | 35 |
| Rock Lobster and Steak - 6 oz. Filet Mignon | 740 | 510 | 57 | 30 | 0 | 290 | 1410 | 4 | 1 | 1 | 53 |
| Rock Lobster and Steak - 12 oz. New York Strip | 1170 | 760 | 85 | 41 | 2.5 | 405 | 3180 | 4 | 1 | 2 | 97 |
| Salmon New Orleans (Half) | 560 | 330 | 37 | 8 | 0 | 185 | 840 | 8 | 2 | 1 | 45 |
| Salmon New Orleans (Full) | 870 | 510 | 56 | 12 | 0 | 275 | 930 | 8 | 2 | 1 | 77 |
| Seaport Lobster and Shrimp | 740 | 580 | 65 | 26 | 0 | 370 | 1750 | 2 | 1 | 1 | 36 |
| Seaside Shrimp Trio | 1240 | 610 | 67 | 14 | 1 | 325 | 3460 | 103 | 6 | 19 | 57 |
| Shrimp Linguini Alfredo | 1360 | 620 | 69 | 20 | 1 | 230 | 2710 | 128 | 7 | 20 | 57 |
| Shrimp Lover's Tuesday – Fried Shrimp | 360 | 150 | 17 | 1.5 | 0 | 155 | 1400 | 28 | 2 | 6 | 24 |
| Shrimp Lover's Tuesday – Garlic Shrimp | 250 | 150 | 17 | 2.5 | 0 | 170 | 610 | 2 | 1 | 0 | 24 |
| Shrimp Lover's Tuesday – Popcorn Shrimp | 410 | 160 | 18 | 1.5 | 0 | 145 | 1930 | 47 | 4 | 9 | 17 |
| Sole (Golden-Fried) | 740 | 400 | 44 | 6 | 0.5 | 175 | 820 | 13 | 0 | 5 | 73 |
| Sole (Oven-Broiled) | 420 | 90 | 10 | 0.5 | 0 | 205 | 530 | 1 | 0 | 0 | 70 |
| Sole (Baked with broccoli, rice, and cheese stuffing) | 760 | 360 | 41 | 11 | 0.5 | 185 | 2040 | 32 | 2 | 11 | 61 |
| Steaks: 7 oz. Sirloin | 270 | 90 | 10 | 3.5 | 0 | 130 | 970 | 2 | 0 | 1 | 44 |
| Steaks: 6 oz. Filet Mignon | 190 | 80 | 9 | 3 | 0 | 75 | 560 | 2 | 0 | 0 | 27 |
| Steaks: 12 oz. New York Strip | 630 | 330 | 37 | 14 | 2.5 | 190 | 2340 | 2 | 1 | 1 | 71 |
| Add to Steak: Creamy Norway and Maritime Lobster Beurre Blanc Topping | 120 | 80 | 9 | 5 | 0 | 75 | 440 | 7 | 0 | 3 | 8 |
| Ultimate Feast® | 1010 | 630 | 70 | 26 | 0 | 440 | 3400 | 40 | 3 | 9 | 54 |
| Walt's Favourite Shrimp | 610 | 260 | 28 | 3 | 0 | 180 | 2670 | 66 | 4 | 11 | 24 |
| Walt's Favourite Shrimp (Add 1/2 dozen more) | 320 | 130 | 14 | 1.5 | 0 | 90 | 1590 | 37 | 2 | 8 | 12 |
| Yucatán Tilapia and Shrimp | 800 | 370 | 41 | 22 | 0 | 270 | 2130 | 50 | 3 | 7 | 59 |
| Create Your Own Combination – Fire-Grilled Chicken Breast | 90 | 15 | 1.5 | 0.5 | 0 | 70 | 560 | 0 | 0 | 1 | 18 |
| Create Your Own Combination – Fire-Grilled Fresh Tilapia | 310 | 140 | 15 | 3 | 0 | 90 | 300 | 2 | 0 | 0 | 41 |
| Create Your Own Combination – Fire-Grilled Sea Scallops | 220 | 100 | 11 | 2 | 0 | 45 | 920 | 7 | 0 | 0 | 22 |
| Create Your Own Combination – Fire-Grilled Shrimp | 320 | 90 | 10 | 2 | 2.5 | 120 | 1240 | 40 | 1 | 2 | 18 |

| 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) |
|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| Create Your Own Combination – Garlic Shrimp | 250 | 150 | 17 | 2.5 | 0 | 170 | 610 | 2 | 1 | 0 | 24 |
| Create Your Own Combination – Island Jumbo Coconut Shrimp | 790 | 450 | 50 | 14 | 0 | 120 | 1310 | 65 | 6 | 24 | 19 |
| Create Your Own Combination – 7 oz. Fire-Grilled Sirloin | 270 | 90 | 10 | 3.5 | 0 | 130 | 970 | 2 | 0 | 1 | 44 |
| Create Your Own Combination – Stuffed Sole (with broccoli, rice and cheese stuffing) | 380 | 180 | 20 | 6 | 0 | 90 | 1020 | 16 | 1 | 5 | 31 |
| Create Your Own Combination – Shrimp Linguini Alfredo | 700 | 330 | 36 | 10 | 0.5 | 115 | 1350 | 64 | 3 | 10 | 28 |
| Create Your Own Combination – Soy-Ginger Salmon | 360 | 170 | 19 | 3.5 | 0 | 90 | 770 | 10 | 0 | 8 | 33 |
| Create Your Own Combination – Walt's Favourite Shrimp | 420 | 170 | 19 | 2 | 0 | 120 | 1950 | 47 | 3 | 9 | 16 |
| 4-Course Feast – Cajun Chicken Linguini Alfredo | 740 | 320 | 35 | 10 | 0.5 | 105 | 1790 | 66 | 4 | 11 | 40 |
| 4-Course Feast – Fire-Grilled Fresh Tilapia | 310 | 140 | 15 | 3 | 0 | 90 | 300 | 2 | 0 | 0 | 41 |
| 4-Course Feast – Fire-Grilled Shrimp | 450 | 150 | 17 | 3.5 | 5 | 235 | 1980 | 42 | 1 | 3 | 32 |
| 4-Course Feast – Fire-Grilled 7 oz. Sirloin | 270 | 90 | 10 | 3.5 | 0 | 130 | 970 | 2 | 0 | 1 | 44 |
| 4-Course Feast – Island Jumbo Coconut Shrimp | 780 | 450 | 50 | 14 | 0 | 120 | 1310 | 65 | 6 | 24 | 19 |
| 4-Course Feast – Shrimp Linguini Alfredo | 700 | 330 | 36 | 10 | 0.5 | 115 | 1350 | 64 | 3 | 10 | 28 |
| 4-Course Feast – Soy-Ginger Salmon | 360 | 170 | 19 | 3.5 | 0 | 90 | 770 | 10 | 0 | 8 | 33 |
| TODAY'S FRESH FISH (pending availability) | | | | | | | | | | | |
| Arctic Char | 350 | 140 | 16 | 4 | 0 | 50 | 150 | 1 | 0 | 0 | 41 |
| Catfish | 220 | 100 | 12 | 2.5 | 0 | 90 | 170 | 1 | 0 | 0 | 26 |
| Lake Whitefish | 310 | 130 | 14 | 2 | 0 | 130 | 110 | 1 | 0 | 0 | 42 |
| Perch | 190 | 30 | 3 | 0 | 0 | 170 | 115 | 3 | 1 | 1 | 36 |
| Pickeral | 210 | 35 | 4 | 0.5 | 0 | 180 | 110 | 1 | 0 | 0 | 40 |
| Pacific Snapper | 170 | 35 | 4 | 0.5 | 0 | 90 | 130 | 1 | 0 | 0 | 33 |
| Rainbow Trout | 490 | 200 | 22 | 4.5 | 0 | 200 | 170 | 1 | 0 | 0 | 67 |
| Salmon (Lunch/Half) | 310 | 170 | 19 | 3.5 | 0 | 90 | 90 | 1 | 0 | 0 | 32 |
| Salmon (Full) | 630 | 350 | 39 | 7 | 0 | 185 | 180 | 1 | 0 | 0 | 64 |
| Swordfish | 310 | 140 | 15 | 3.5 | 0 | 135 | 170 | 1 | 0 | 0 | 40 |
| Tilapia (Lunch/Half) | 220 | 50 | 6 | 1.5 | 0 | 90 | 90 | 1 | 0 | 0 | 41 |
| Tilapia (Full) | 430 | 100 | 11 | 3 | 0 | 180 | 180 | 1 | 0 | 0 | 82 |
| Yellowtail Tuna | 250 | 25 | 2.5 | 0 | 0 | 85 | 95 | 1 | 0 | 0 | 52 |
| Live Maritime Lobster (Steamed) | 440 | 310 | 34 | 21 | 0 | 295 | 290 | 1 | 0 | 0 | 33 |
| Live Maritime Lobster (Roasted and Stuffed) | 580 | 360 | 40 | 23 | 0 | 310 | 640 | 17 | 1 | 2 | 38 |
| Crab Cake Dinner | 560 | 330 | 37 | 6 | 0.5 | 245 | 1330 | 19 | 3 | 3 | 38 |
| Split King Crab Dinner | 480 | 320 | 35 | 21 | 0 | 210 | 1560 | 1 | 0 | 0 | 41 |
| Blackened Fish Seasoning | 15 | 0 | 0 | 0 | 0 | 0 | 280 | 3 | 1 | 0 | 1 |
| Broiled Fish Seasoning | 10 | 0 | 0 | 0 | 0 | 0 | 460 | 2 | 1 | 0 | 0 |
| Creamy Norway Lobster-and-Shrimp Topping | 240 | 150 | 16 | 7 | 0 | 140 | 900 | 6 | <1 | 1 | 17 |
| Soy-Ginger Glaze | 40 | 0 | 0 | 0 | 0 | 0 | 270 | 10 | 0 | 8 | 1 |

| 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) |
|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| LUNCH ENTRÉES | | | | | | | | | | | |
| Cajun Chicken Linguini Alfredo (Lunch) | 700 | 310 | 34 | 10 | 0.5 | 80 | 1350 | 64 | 3 | 10 | 34 |
| Cajun Chicken Linguini Alfredo (Full) | 1440 | 600 | 67 | 20 | 1 | 215 | 3600 | 132 | 8 | 22 | 80 |
| Captain's Catch | 620 | 350 | 39 | 6 | 0 | 250 | 1770 | 17 | 2 | 6 | 49 |
| Chicken Breast Strips | 650 | 240 | 27 | 2.5 | 0 | 60 | 1700 | 70 | 2 | 16 | 34 |
| Classic Caesar Salad | 540 | 430 | 48 | 9 | 1 | 45 | 1060 | 19 | 3 | 5 | 9 |
| Classic Caesar Salad with Chicken | 640 | 430 | 48 | 9 | 0.5 | 120 | 1600 | 19 | 4 | 3 | 34 |
| Classic Caesar Salad with Fresh Salmon | 830 | 580 | 65 | 13 | 0.5 | 135 | 1540 | 18 | 4 | 3 | 42 |
| Classic Caesar Salad with Shrimp | 610 | 435 | 49 | 10 | 0.5 | 170 | 1420 | 18 | 4 | 3 | 25 |
| Coastal Soup and Grilled Shrimp Salad (Lobster Bisque) | 650 | 400 | 44 | 23 | 1 | 205 | 2060 | 40 | 3 | 12 | 18 |
| Coastal Soup and Grilled Shrimp Salad (Mediterranean Vegetable Soup) | 320 | 90 | 10 | 1.5 | 0 | 65 | 1610 | 43 | 6 | 9 | 12 |
| Coastal Soup and Grilled Shrimp Salad (New England Clam Chowder) | 530 | 310 | 34 | 18 | 0 | 160 | 1710 | 35 | 3 | 4 | 17 |
| Crab Linguini Alfredo (Lunch) | 700 | 310 | 34 | 10 | 0.5 | 80 | 1350 | 64 | 3 | 10 | 34 |
| Crab Linguini Alfredo (Full) | 1370 | 580 | 65 | 19 | 1 | 160 | 2730 | 128 | 7 | 20 | 69 |
| Crunchy Popcorn Shrimp | 410 | 160 | 18 | 1.5 | 0 | 145 | 1930 | 47 | 4 | 9 | 17 |
| Fire-Grilled Shrimp Skewers | 360 | 100 | 11 | 2 | 0 | 130 | 1500 | 47 | 4 | 5 | 12 |
| Fire-Grilled Tacos with Chicken | 440 | 170 | 19 | 2.5 | 0 | 75 | 1560 | 45 | 6 | 4 | 26 |
| Fire-Grilled Tacos with Crunchy Fish | 610 | 260 | 29 | 3 | 0 | 90 | 2190 | 48 | 6 | 4 | 44 |
| Fire-Grilled Tacos with Maritime & Norway Lobster Meat | 510 | 240 | 27 | 3.5 | 0 | 80 | 1530 | 47 | 6 | 4 | 25 |
| Fire-Grilled Tacos with Shrimp | 460 | 190 | 21 | 3 | 0 | 140 | 1770 | 48 | 6 | 7 | 14 |
| Fire-Grilled Tacos with Tilapia | 560 | 210 | 23 | 3.5 | 0 | 100 | 1940 | 44 | 6 | 3 | 49 |
| Fish and Chips | 840 | 450 | 50 | 7 | 0.5 | 75 | 1880 | 76 | 6 | 20 | 22 |
| Garlic Shrimp | 220 | 150 | 17 | 2.5 | 0 | 120 | 530 | 2 | 0 | 0 | 17 |
| Hand-Breaded Shrimp | 290 | 120 | 14 | 1.5 | 0 | 125 | 1230 | 24 | 2 | 6 | 19 |
| Maple-Glazed Chicken | 170 | 15 | 1.5 | 0.5 | 0 | 70 | 830 | 21 | 0 | 20 | 18 |
| Petite Red Lobster Roll with Fries | 1010 | 450 | 50 | 20 | 0 | 180 | 2110 | 106 | 6 | 29 | 32 |
| Shrimp Linguini Alfredo (Lunch) | 700 | 330 | 36 | 10 | 0.5 | 115 | 1350 | 64 | 3 | 10 | 28 |
| Shrimp Linguini Alfredo (Full) | 1360 | 620 | 69 | 20 | 1 | 230 | 2710 | 128 | 7 | 20 | 57 |
| Shrimp and Fire-Grilled Chicken – Hand-Breaded Shrimp | 470 | 110 | 12 | 1.5 | 0 | 140 | 2170 | 57 | 2 | 8 | 33 |
| Shrimp and Fire-Grilled Chicken – Garlic Shrimp | 410 | 110 | 12 | 2 | 0 | 155 | 1540 | 40 | 1 | 3 | 33 |
| Shrimp and Fire-Grilled Chicken – Fire-Grilled Shrimp Skewer | 350 | 70 | 8 | 1.5 | 0 | 130 | 1630 | 40 | 1 | 3 | 24 |
| Sole (Golden-fried) | 480 | 300 | 33 | 4.5 | 0.5 | 95 | 490 | 9 | 0 | 4 | 37 |
| Sole (Oven-broiled) | 210 | 50 | 5 | 0 | 0 | 100 | 250 | 1 | 0 | 0 | 35 |
| Sole (Baked with broccoli, rice and cheese stuffing) | 380 | 180 | 20 | 6 | 0 | 90 | 1020 | 16 | 1 | 5 | 31 |
| Create Your Own Lunch – Bay Scallops – Broiled | 130 | 50 | 6 | 1 | 0 | 30 | 850 | 6 | 1 | 0 | 15 |
| Create Your Own Lunch – Bay Scallops – Fried | 150 | 40 | 4.5 | 0.5 | 0 | 25 | 900 | 17 | 1 | 6 | 11 |
| Create Your Own Lunch – Chicken Breast Strips | 420 | 140 | 16 | 1.5 | 0 | 35 | 1130 | 48 | 1 | 15 | 20 |
| Create Your Own Lunch – Fish Fillet – Broiled | 370 | 230 | 26 | 4 | 0 | 125 | 700 | 2 | 1 | 0 | 31 |

| 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) |
|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| Create Your Own Lunch – Fish Fillet – Fried | 470 | 330 | 36 | 5 | 0.5 | 75 | 1110 | 19 | 1 | 3 | 18 |
| Create Your Own Lunch – Garlic-Grilled Shrimp | 70 | 35 | 4 | 1 | 0 | 65 | 390 | 0 | 0 | 0 | 3 |
| Create Your Own Lunch – Garlic Shrimp | 130 | 80 | 8 | 1.5 | 0 | 85 | 310 | 1 | 0 | 0 | 12 |
| Create Your Own Lunch – Hand-Breaded Shrimp | 190 | 70 | 8 | 1 | 0 | 70 | 930 | 18 | 1 | 6 | 11 |
| Create Your Own Lunch – Lightly Breaded Clam Strips | 570 | 370 | 41 | 5 | 0.5 | 30 | 890 | 39 | 1 | 4 | 11 |
| LIMITED TIME ONLY LUNCH (MONDAY THROUGH FRIDAY, 11 A.M. - 3 P.M.) | | | | | | | | | | | |
| Crab Melt Sandwich with Garden Salad | 790 | 380 | 42 | 15 | 1 | 125 | 1690 | 68 | 5 | 9 | 37 |
| Crab Melt Sandwich with Caesar Salad | 1010 | 580 | 65 | 20 | 1.5 | 150 | 2140 | 69 | 4 | 10 | 40 |
| DESSERTS | | | | | | | | | | | |
| Brownie Overboard™ | 1000 | 500 | 55 | 25 | 1 | 165 | 400 | 119 | 6 | 81 | 12 |
| Chocolate Wave | 1040 | 510 | 57 | 18 | 1 | 95 | 730 | 129 | 6 | 87 | 10 |
| Key Lime Pie | 400 | 130 | 14 | 8 | 0 | 145 | 200 | 59 | 1 | 49 | 8 |
| Triple-Chocolate Brownie a la Mode | 320 | 150 | 16 | 8 | 0 | 50 | 135 | 42 | 2 | 28 | 4 |
| Vanilla Bean Cheesecake | 710 | 440 | 48 | 30 | 1 | 175 | 350 | 62 | 2 | 49 | 8 |
| Warm Apple Crostada | 520 | 220 | 24 | 11 | 0 | 10 | 450 | 69 | 2 | 30 | 5 |
| SIDES & ADDITIONS | | | | | | | | | | | |
| Add Grilled Shrimp to Your Salad | 50 | 30 | 3 | 0.5 | 0 | 50 | 310 | 0 | 0 | 0 | 2 |
| Asparagus (seasonal) | 80 | 60 | 7 | 4 | 0 | 20 | 470 | 4 | 2 | 2 | 3 |
| 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 | 20 | 15 | 2 | 1 | 0 | 5 | 10 | 1 | 0 | 0 | 0 |
| Broccoli | 40 | 5 | 0 | 0 | 0 | 0 | 35 | 8 | 3 | 2 | 3 |
| Caesar Salad | 290 | 220 | 25 | 4.5 | 0 | 25 | 620 | 14 | 1 | 4 | 5 |
| Coleslaw | 190 | 110 | 12 | 2 | 0 | 15 | 370 | 16 | 4 | 9 | 3 |
| Creamy Norway and Maritime Lobster Baked Potato | 370 | 150 | 16 | 4.5 | 0 | 30 | 450 | 48 | 5 | 3 | 12 |
| Creamy Norway and Maritime Lobster Mashed Potatoes | 350 | 210 | 23 | 8 | 0 | 45 | 1030 | 27 | 3 | 3 | 10 |
| French Fries | 290 | 100 | 12 | 1 | 0 | 0 | 610 | 42 | 3 | 0 | 4 |
| Garden Salad <i>does not include dressing choice</i> | 70 | 15 | 2 | 0 | 0 | 0 | 160 | 13 | 2 | 3 | 2 |
| Mashed Potatoes | 190 | 80 | 9 | 4 | 0 | 15 | 600 | 24 | 3 | 2 | 4 |
| Rice | 190 | 20 | 2.5 | 0 | 0 | 0 | 500 | 38 | 1 | 2 | 3 |
| Signature Biscuits (each) | 150 | 80 | 9 | 3.5 | 0 | 0 | 390 | 17 | 0 | 1 | 2 |
| Tomato-Mozzarella Caprese | 130 | 80 | 9 | 5 | 0 | 20 | 510 | 7 | 1 | 4 | 7 |
| Zucchini Zoodles | 200 | 180 | 20 | 2 | 0 | 0 | 530 | 5 | 1 | 3 | 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 |

| 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) |
|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| 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 | 20 | 15 | 2 | 1 | 0 | 5 | 10 | 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™ | 580 | 60 | 7 | 7 | 0 | 0 | 30 | 109 | 7 | 98 | 2 |
| Bahama Mama | 340 | 0 | 0 | 0 | 0 | 0 | 10 | 62 | 3 | 52 | 1 |
| Berry Mango Daiquiri | 320 | 0 | 0 | 0 | 0 | 0 | 10 | 54 | 3 | 44 | 1 |
| Caramel Appletini | 200 | 0 | 0 | 0 | 0 | 0 | 85 | 27 | 0 | 23 | 1 |
| Chocolate Martini | 340 | 20 | 2 | 1.5 | 0 | 10 | 50 | 48 | 1 | 42 | 3 |
| Cosmopolitan | 170 | 0 | 0 | 0 | 0 | 0 | 5 | 10 | 0 | 9 | 0 |
| Liquor (1 oz.) | 60 | 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 | 280 | 0 | 0 | 0 | 0 | 0 | 630 | 42 | 0 | 42 | 0 |
| Lobsterita® – Raspberry | 440 | 0 | 0 | 0 | 0 | 0 | 10 | 82 | 3 | 69 | 1 |
| 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 |
| Manhattan | 170 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 0 | 4 | 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 – Perfect 1800 | 160 | 0 | 0 | 0 | 0 | 0 | 480 | 12 | 1 | 11 | 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 | 20 | 0 | 18 | 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 |
| Margarita – Top-Shelf (Frozen) | 220 | 0 | 0 | 0 | 0 | 0 | 480 | 26 | 0 | 25 | 0 |
| Margarita – Top-Shelf (Rocks) | 160 | 0 | 0 | 0 | 0 | 0 | 480 | 10 | 0 | 9 | 0 |
| Martini | 160 | 15 | 1.5 | 0 | 0 | 0 | 260 | 1 | 0 | 0 | 0 |
| Mojito | 200 | 0 | 0 | 0 | 0 | 0 | 5 | 32 | 1 | 28 | 0 |
| Mojito – Strawberry | 260 | 0 | 0 | 0 | 0 | 0 | 10 | 47 | 1 | 42 | 0 |
| Mudslide | 520 | 200 | 22 | 13 | 1 | 70 | 95 | 53 | 1 | 43 | 6 |
| Old Fashioned | 120 | 0 | 0 | 0 | 0 | 0 | 5 | 14 | 1 | 13 | 0 |
| Piña Colada | 340 | 40 | 4 | 4 | 0 | 0 | 20 | 70 | 4 | 63 | 2 |
| Shrimp Caesar | 130 | 0 | 0 | 0 | 0 | 35 | 1650 | 12 | 1 | 7 | 4 |

| 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) |
|---|-----------------|--------------------------|----------------------|---------------------|-----------------------|-------------------------|--------------------|-----------------|------------------|------------------|--------------------|
| Strawberry Daiquiri | 270 | 0 | 0 | 0 | 0 | 0 | 5 | 52 | 3 | 43 | 1 |
| Sunset Passion Colada | 330 | 30 | 3.5 | 3.5 | 0 | 0 | 15 | 70 | 4 | 61 | 2 |
| Triple Berry Sangria | 270 | 0 | 0 | 0 | 0 | 0 | 55 | 51 | 3 | 46 | 1 |
| 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 |
| White (Litre) | 820 | 0 | 0 | 0 | 0 | 0 | 50 | 26 | 0 | 10 | 1 |
| Red (Litre) | 850 | 0 | 0 | 0 | 0 | 0 | 40 | 26 | 0 | 6 | 1 |
| Sparkling (Bottle) | 630 | 0 | 0 | 0 | 0 | 0 | 40 | 38 | 0 | 38 | 2 |
| Sparkling (Split) | 160 | 0 | 0 | 0 | 0 | 0 | 10 | 10 | 0 | 10 | 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.) | 180 | 0 | 0 | 0 | 0 | 0 | 35 | 14 | 0 | 14 | 9 |
| 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.) | 100 | 0 | 0 | 0 | 0 | 0 | 15 | 6 | 0 | 0 | 1 |
| Regular Draft Beer (20 oz.) | 150 | 0 | 0 | 0 | 0 | 0 | 15 | 13 | 0 | 0 | 2 |
| NONALCOHOLIC DRINKS | | | | | | | | | | | |
| Boston Iced Tea (Classic Cranberry) | 80 | 0 | 0 | 0 | 0 | 0 | 25 | 22 | 0 | 21 | 0 |
| 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) | 240 | 0 | 0 | 0 | 0 | 0 | 15 | 65 | 0 | 62 | 0 |
| Hand-Crafted Lemonade (Peach) | 230 | 0 | 0 | 0 | 0 | 0 | 10 | 59 | 1 | 55 | 0 |
| Hand-Crafted Lemonade (Strawberry) | 230 | 0 | 0 | 0 | 0 | 0 | 10 | 60 | 2 | 53 | 0 |
| Hot Tea | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 1 | 0 | 0 | 0 |
| IBC™ Cream Soda | 180 | 0 | 0 | 0 | 0 | 0 | 75 | 48 | 0 | 48 | 0 |
| IBC™ Root Beer | 160 | 0 | 0 | 0 | 0 | 0 | 60 | 43 | 0 | 43 | 0 |
| 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 |
| AFTER DINNER DRINKS | | | | | | | | | | | |
| Baileys and Coffee | 200 | 90 | 10 | 6 | 0 | 35 | 45 | 15 | 0 | 11 | 2 |
| Irish Coffee | 200 | 50 | 5 | 3.5 | 0 | 20 | 15 | 17 | 0 | 15 | 1 |

| 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) |
|--|----------|-------------------|---------------|--------------|----------------|------------------|-------------|----------|-----------|-----------|-------------|
| 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 | 90 | 0 | 0 | 0 | 0 | 0 | 5 | 24 | 0 | 23 | 0 |
| Milk 1% | 100 | 20 | 2.5 | 1.5 | 0 | 10 | 105 | 12 | 0 | 12 | 8 |
| Raspberry Lemonade | 90 | 0 | 0 | 0 | 0 | 0 | 10 | 24 | 0 | 23 | 0 |
| Broccoli | 40 | 5 | 0 | 0 | 0 | 0 | 220 | 8 | 3 | 2 | 3 |
| Broiled Fresh Tilapia | 220 | 50 | 5 | 0 | 0 | 100 | 250 | 1 | 0 | 0 | 35 |
| Caesar Salad | 290 | 220 | 25 | 4.5 | 0 | 25 | 620 | 14 | 1 | 4 | 5 |
| Chicken Fingers | 480 | 150 | 16 | 1.5 | 0 | 35 | 1610 | 63 | 2 | 27 | 21 |
| Garden Salad <i>does not include dressing choice</i> | 70 | 15 | 2 | 0 | 0 | 0 | 160 | 13 | 2 | 3 | 2 |
| Golden-Fried Fish | 290 | 140 | 16 | 1.5 | 0 | 50 | 670 | 23 | 1 | 1 | 15 |
| Garlic-Grilled Shrimp | 130 | 60 | 7 | 1.5 | 2.5 | 120 | 740 | 2 | 0 | 0 | 15 |
| Grilled Chicken | 290 | 180 | 20 | 3.5 | 0 | 85 | 1030 | 10 | 0 | 9 | 19 |
| Macaroni and Cheese | 280 | 90 | 10 | 3 | 0 | 15 | 550 | 39 | 1 | 9 | 10 |
| Petite Maritime Lobster Tail | 360 | 310 | 35 | 21 | 0 | 170 | 590 | 1 | 0 | 0 | 9 |
| Petite Red Lobster Roll | 330 | 160 | 17 | 9 | 0 | 90 | 470 | 25 | 0 | 8 | 14 |
| Popcorn Shrimp | 250 | 80 | 9 | 1 | 0 | 75 | 1180 | 34 | 2 | 14 | 9 |
| Surf's Up Sundae | 120 | 40 | 4.5 | 2.5 | 0 | 15 | 60 | 20 | 0 | 12 | 1 |