



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 1/27/2020 - 4/19/2020

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®											
Butter-Poached Maritime Lobster Meat	500	410	45	28	0	190	920	2	0	0	20
Butter-Poached Maritime Lobster Tail	250	200	23	14	0	160	520	0	0	0	12
Fried Petite Maritime Lobster Tail	200	120	13	1	0	65	720	11	0	0	10
Lobster and Chips	1100	550	61	7	1	80	2690	120	10	18	19
Lobster Lover's Dream®	1540	890	99	46	1	560	3950	83	6	27	79
Lobster Mac and Cheese (Half)	610	310	34	20	1	180	1710	45	2	3	32
Lobster Mac and Cheese (Full)	1230	620	69	41	2	360	3420	90	3	6	64
Lobster-Topped Salmon	500	330	36	8	0	120	950	3	0	1	39
New England Lobster and Seafood Bake	1860	1180	132	47	1	480	4440	90	13	11	75
Seafarer's Feast	950	620	68	26	0	390	3850	37	4	7	47
Ultimate Lobsterfest® Surf and Turf	1580	1010	112	46	2	420	2720	62	9	4	80
FEATURED COCKTAIL											
Strawberry Shoreline	210	0	0	0	0	0	10	35	1	30	0
FEATURED APPETIZER											
Chilled Lobster Claw and Shrimp Cocktail	260	10	1	0	0	210	2060	20	1	12	43
SEASIDE STARTERS											
Escargot	300	120	13	5	0	85	1370	30	3	2	17
Hand-Breaded Calamari	910	510	57	5	0	237	2420	78	6	9	24
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	430	260	29	14	0.5	70	890	22	3	5	25
Seaside Sampler	1000	520	58	22	1	276	2360	73	6	28	52
Shrimp Potstickers	380	90	10	1	0	80	1870	57	3	19	17

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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
White Wine and Roasted-Garlic Mussels	760	450	50	12	0.5	75	2250	44	3	4	27
Create Your Own Appetizer - Chicken Breast Strips	420	140	16	1.5	0	35	1130	48	1	15	20
Create Your Own Appetizer - Clam Strips	590	390	43	6	0	30	1050	39	3	4	10
Create Your Own Appetizer - Dragon Broccoli	440	220	24	2	0	0	1620	48	4	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	430	260	29	14	1	72	890	22	3	0	25
SOUPS & SALADS											
Classic Caesar Salad	520	420	46	9	1	50	1040	19	4	3	9
Add a salad topping - Fire-Grilled Chicken	100	30	3.5	0.5	0	70	740	1	0	1	18
Add a salad topping - Fire-Grilled Salmon	310	170	19	3.5	0	90	490	0	0	0	32
Add a salad topping - Fire-Grilled Shrimp	120	70	8	2	0	110	700	1	0	1	5
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
PERFECT PAIRINGS											
Fire-Grilled Sea Scallops	90	40	4.5	1	0	30	570	1	0	0	12
Fire-Grilled Shrimp	90	35	4	1	2	100	570	1	0	0	12
Garlic Shrimp	200	150	17	3	0	89	840	1	0	0	10
Jumbo Fried Shrimp	200	80	9	1	0	90	1390	18	1	6	12
Lobster Mac and Cheese	610	310	34	20	1	178	1710	45	2	3	32
Maritime Lobster Tail (Classic)	360	310	34	21	0	185	620	1	0	0	12
Maritime Lobster Tail (Fire-Grilled)	410	350	39	22	0	190	800	1	1	0	13
Walt's Favourite Shrimp	300	110	12	1	0	80	1760	35	3	9	12
DINNER ENTRÉES											
Admiral's Feast	1190	650	72	8	1.5	185	3690	92	6	11	43
Bar Harbor Lobster Bake	1250	510	57	13	1	325	3340	107	9	4	74
Cajun Chicken Linguini Alfredo	1410	550	61	15	1	180	4590	146	11	40	71
Canadian Snow Crab Legs	510	320	35	21	0	260	2260	1	0	0	48
Chef's Signature Lobster and Shrimp Pasta	1550	850	95	23	1	230	2840	110	11	7	60
Crab Linguini Alfredo	1240	490	54	14	1	105	2870	135	8	38	52
Double Lobster Tails	500	350	39	22	0	305	1250	1	1	0	35
Dragon Shrimp	880	220	24	2	0	114	4020	136	8	33	30
Fire-Grilled Chicken	210	60	7	1	0	140	1470	2	0	1	36
Add Maple Glaze	60	0	0	0	0	0	70	15	0	14	0
Add Yucatan Shrimp	250	200	22	7	0	80	1080	6	1	3	9
Add Fire-Grilled Shrimp Skewer	90	35	4	1	2	100	570	1	0	0	12
Fire-Grilled Lobster, Shrimp and Salmon	700	450	50	17	1	320	1820	6	1	1	56

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)
Fire-Grilled Shrimp	170	70	8	1.5	4	195	1150	2	0	1	24
Fire-Grilled Sirloin and Fire-Grilled Shrimp	340	110	13	4	2.5	215	1520	3	1	1	53
Fire-Grilled Sirloin and Garlic Shrimp	450	230	25	6	1	206	1780	3	2	1	52
Add Fire-Grilled Shrimp Skewer	90	35	4	1	2	100	570	1	0	0	12
Add Garlic Shrimp	200	150	17	2.5	0	105	920	1	0	0	12
Fire-Grilled Tacos with Chicken	450	170	19	2.5	0	75	1740	48	6	6	26
Fire-Grilled Tacos with Crunchy Fish	820	400	44	3.5	0	80	2240	77	8	6	33
Fire-Grilled Tacos with Shrimp	420	160	18	2.5	0	120	1610	47	6	6	13
Fire-Grilled Tacos with Tilapia	540	190	21	3	0	95	1720	43	5	3	49
Fish and Chips	1020	520	58	7	0.5	120	2270	86	8	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
Jumbo Fried Shrimp	370	160	18	1	0	190	2250	28	2	7	24
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 Mac and Cheese	1230	620	69	41	2	360	3420	90	3	6	64
Maritime Lobster and 6 oz. Filet Mignon	620	420	46	26	1	280	1680	4	2	2	47
Maritime Lobster and 10 oz. New York Strip	950	620	69	34	2	370	2700	5	3	2	79
Rockfish and Scallops	1150	410	46	15	1	195	2030	46	2	2	61
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
Seaport Lobster and Shrimp	690	520	58	25	0	391	2340	3	1	1	37
Seaside Shrimp Trio	1120	510	56	11	1	294	4090	105	7	26	48
Shrimp Linguini Alfredo	1230	490	55	14	1	255	3130	134	8	39	51
Shrimp Lover's Tuesday – Fried Shrimp	280	120	14	1	0	139	1620	24	2	6	16
Shrimp Lover's Tuesday – Garlic Shrimp	220	150	17	3	0	141	1140	2	1	1	16
Shrimp Lover's Tuesday – Popcorn Shrimp	420	180	20	2	0	90	1800	47	4	8	15
Steaks: 7 oz. Sirloin	250	80	9	3	0	120	950	2	1	1	41
Steaks: 6 oz. Filet Mignon	230	90	10	4	0.5	90	480	2	1	1	34
Steaks: 10 oz. New York Strip	560	290	32	13	2	175	1500	3	2	2	66
Ultimate Feast®	930	600	66	25	0	410	3840	35	3	7	49
Yucatán Tilapia and Shrimp	860	290	33	10	0	165	2580	84	3	6	57
Create Your Own Combination – Fire-Grilled Chicken Breast	110	30	3	1	0	68	740	2	0	1	18
Create Your Own Combination – Fire-Grilled Tilapia	220	50	6	1.5	0	90	800	1	0	0	41
Create Your Own Combination – Fire-Grilled Sea Scallops	90	35	4	0.5	0	30	560	1	0	0	12
Create Your Own Combination – Fire-Grilled Shrimp	90	30	4	1	2	100	575	1	0	0	12
Create Your Own Combination – Garlic Shrimp	220	150	17	2.5	0	140	1140	2	1	1	16

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Create Your Own Combination – Island Jumbo Coconut Shrimp	780	450	50	14	0	120	1310	65	6	24	19
Create Your Own Combination – Jumbo Fried Shrimp	200	80	9	1	0	93	1390	18	1	6	12
Create Your Own Combination – Nashville Hot Shrimp with Honey	440	170	19	1.5	0	95	1230	53	2	15	15
Create Your Own Combination – 7 oz. Fire-Grilled Sirloin	250	80	9	3	0	120	950	2	1	1	41
Create Your Own Combination – Shrimp Linguini Alfredo	630	250	27	7	0.5	125	1560	71	5	19	26
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	370	150	16	1.5	0	105	2090	41	3	6	15
3-Course Feast – Cajun Chicken Linguini Alfredo	1410	550	61	15	1	180	4590	146	11	40	71
3-Course Feast – Fire-Grilled Tilapia	430	100	11	3	0	180	1560	1	0	0	82
3-Course Feast – Fire-Grilled Salmon	310	170	19	4	0	90	490	0	0	0	32
3-Course Feast – Fire-Grilled Shrimp	170	70	8	2	4	200	1150	2	0	0	24
3-Course Feast – Fire-Grilled 7 oz. Sirloin	250	80	9	3	0	120	950	2	1	1	41
3-Course Feast – Island Jumbo Coconut Shrimp	1040	580	64	15	0	210	1500	82	8	25	32
3-Course Feast – Shrimp Linguini Alfredo	1230	490	55	14	1	260	3130	134	8	39	51
WEEKDAY SPECIALS (MONDAY-FRIDAY, available all day)											
MONDAY: Endless Fire-Grilled Shrimp Skewer (initial)	310	90	10	2	0	110	1190	39	1	3	8
MONDAY: Endless Fire-Grilled Shrimp Skewer (refill)	120	60	7	1	0	126	750	1	1	0	13
MONDAY: Endless Garlic Shrimp (initial order)	400	300	33	5	0	178	1670	3	1	1	20
MONDAY: Endless Garlic Shrimp (refill)	200	150	17	3	0	89	840	1	0	0	10
MONDAY: Endless Hand-Breaded Shrimp (initial order)	280	120	14	1	0	140	1620	24	2	6	16
MONDAY: Endless Hand-Breaded Shrimp (refill)	200	80	9	1	0	95	1250	19	1	6	11
MONDAY: Endless Shrimp Linguini Alfredo (initial order)	630	250	27	7	0.5	125	1560	71	5	19	26
MONDAY: Endless Shrimp Linguini Alfredo (refill)	630	250	27	7	0.5	125	1560	71	5	19	26
MONDAY: Endless Nashville Hot Shrimp (initial)	440	170	19	1.5	0	95	1230	53	2	15	15
MONDAY: Endless Nashville Hot Shrimp (refill)	320	120	13	1	0	60	890	41	2	15	10
TUESDAY: Sirloin and Jumbo Fried Shrimp	450	160	18	4	0	210	2330	20	2	7	54
WEDNESDAY: Fish and Chips Dinner	1020	520	58	7	0.5	120	2270	86	8	20	39
THURSDAY: Seafarer's Feast for Two (entrée)	1140	780	87	35	0.5	460	4220	37	4	7	52
FRIDAY: Jumbo Fried Shrimp	370	160	18	1	0	190	2250	28	2	7	24
TODAY'S CATCH (pending availability)											
Rainbow Trout (Lunch/Half)	250	100	11	2.5	0	100	85	<1	0	0	34
Rainbow Trout (Full)	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
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

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Live Maritime Lobster (Classic)	440	310	34	21	0	295	290	1	0	0	33
Live Maritime Lobster (Roasted and Stuffed)	600	360	40	24	0	310	700	20	1	2	39
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
Grilled Fish Seasoning (per fillet)	0	0	0	0	0	0	1000	0	0	0	0
Blackened Fish Seasoning (per fillet)	15	0	0	0	0	0	280	3	1	0	1
Broiled Fish Seasoning (per fillet)	10	0	0	0	0	0	460	2	1	0	0
Creamy Norway and Maritime Lobster Topping	170	130	15	4.5	0	30	490	3	0	1	6
Soy-Ginger Glaze	40	0	0	0	0	0	270	10	0	8	1
LUNCH ENTRÉES											
Cajun Chicken Linguini Alfredo (Lunch)	720	280	31	8	0	90	2290	76	6	20	36
Cajun Chicken Linguini Alfredo (Full)	1410	550	61	15	1	180	4590	146	11	40	71
Captain's Catch	390	140	16	2.5	0	230	1870	16	2	6	43
Chef's Signature Lobster and Shrimp Pasta	770	430	47	11	0	110	1420	56	5	4	30
Chicken Breast Strips	650	240	27	2.5	0	60	1700	70	2	16	34
Crab Linguini Alfredo (Lunch)	640	250	27	7	0	50	1430	71	4	19	27
Crab Linguini Alfredo (Full)	1240	490	54	14	1	105	2870	135	8	38	52
Dragon Power Bowl with Crispy Shrimp	450	110	12	1	0	60	2080	68	5	14	16
Dragon Power Bowl with Fire-Grilled Chicken	390	60	6	1	0	70	2120	60	5	15	26
Dragon Power Bowl with Fire-Grilled Salmon	600	200	22	4	0	90	1880	59	4	14	40
Dragon Power Bowl with Fire-Grilled Shrimp	410	90	10	2	0	110	2080	60	5	15	13
Fire-Grilled Tacos with Chicken	450	170	19	2.5	0	75	1740	48	6	6	26
Fire-Grilled Tacos with Crunchy Fish	820	400	44	3.5	0	80	2240	77	8	6	33
Fire-Grilled Tacos with Shrimp	420	160	18	2.5	0	120	1610	47	6	6	13
Fire-Grilled Tacos with Tilapia	540	190	21	3	0	95	1720	43	5	3	49
Fish and Chips	840	440	48	6	0.5	70	1850	78	7	20	23
Harvest Power Bowl with Crispy Shrimp	770	320	37	5	0	63	1920	90	13	12	24
Harvest Power Bowl with Fire-Grilled Chicken	730	310	35	6	0	118	1930	81	12	13	20
Harvest Power Bowl with Fire-Grilled Salmon	930	415	47	8	0	98	1720	80	12	12	47
Harvest Power Bowl with Fire-Grilled Shrimp	730	310	35	6	0	118	1930	81	12	13	20
Lobster Mac and Cheese	610	310	34	20	1	180	1710	45	2	3	32
Maple-Glazed Chicken	190	30	3.5	0.5	0	70	830	21	0	20	18
Rockfish and Scallops	1150	410	46	15	1	195	2030	46	2	2	61
Shrimp Linguini Alfredo (Lunch)	630	250	27	7	0.5	125	1560	71	5	19	26
Shrimp Linguini Alfredo (Full)	1230	490	55	14	1	255	3130	134	8	39	51
Shrimp and Fire-Grilled Chicken – Hand-Breaded Shrimp	440	110	12	1.5	0	135	2270	55	2	8	29
Shrimp and Fire-Grilled Chicken – Garlic Shrimp	490	200	22	4	0	156	2070	41	1	3	32
Shrimp and Fire-Grilled Chicken – Fire-Grilled Shrimp Skewer	360	90	10	2	0	125	1580	40	1	3	24
Sole (Golden-Fried)	710	460	51	6	0	85	1460	38	3	5	26
Sole (Oven-Broiled)	200	35	4	0	0	100	310	1	0	0	35

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Endless Salad - Caesar (initial and refill)	320	240	27	6	0.5	35	640	12	1	3	6
Endless Salad - Garden (initial and refill)	60	15	1.5	0	0	0	130	11	2	3	2
Endless Soup - New England Clam Chowder (initial)	330	190	22	12	0.5	80	1250	22	1	8	12
Endless Soup - New England Clam Chowder (refill)	170	100	11	6	0	40	620	11	1	4	6
Endless Soup - Lobster Bisque (initial)	520	340	38	22	1	150	1570	27	1	8	15
Endless Soup - Lobster Bisque (refill)	270	170	19	11	0	80	820	14	0	4	9
Create Your Own Lunch – Bay Scallops – Broiled	70	15	1.5	0	0	35	500	3	1	0	11
Create Your Own Lunch – Bay Scallops – Fried	220	90	9	1	1	45	980	21	1	6	13
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	170	35	4	0.5	0	125	490	2	1	0	31
Create Your Own Lunch – Fish Fillet – Fried	470	330	36	5	0.5	75	1110	18	1	3	18
Create Your Own Lunch – Fire-Grilled Chicken	110	30	3	1	0	68	740	2	0	1	18
Create Your Own Lunch – Fire-Grilled Shrimp	60	35	4	1	0	55	350	0	0	0	3
Create Your Own Lunch – Garlic Shrimp	200	150	17	3	0	89	840	2	1	1	10
Create Your Own Lunch – Hand-Breaded Shrimp	150	60	7	0.5	0	65	1030	16	1	6	8
Create Your Own Lunch – Lightly Breaded Clam Strips	590	390	43	6	0	30	1050	39	3	4	10
Create Your Own Lunch – Popcorn Shrimp	230	90	10	1	0	45	1160	28	2	7	8
PARTY PLATTERS AND FAMILY FEASTS											
Chicken Breast Strips (25 pieces)	3890	2010	224	19	0	340	11950	271	22	107	198
Crunchy Popcorn Shrimp (2 1/4 lbs.)	2470	1050	117	10	1	540	10050	267	24	40	91
Island Jumbo Coconut Shrimp (25 shrimp)	2870	1570	174	48	1	570	3860	245	20	99	83
Maple-Glazed Chicken Breasts with rice	2540	320	36	6	0	340	8230	432	8	133	118
Mozzarella Cheesesticks (25 pieces)	1890	870	97	30	2	150	5470	173	13	17	152
Petite Maritime Lobster Tails (8 tails)	510	35	4	1	0	585	4690	49	5	30	74
Savoury Garlic Shrimp (30 pieces)	990	750	83	13	1	440	4180	8	2	2	51
Seafood-Stuffed Mushrooms (24 pieces)	1730	1030	115	56	3	290	3550	88	11	20	100
Shrimp Potstickers (25 pieces)	1500	370	41	4	0	330	6620	213	14	60	69
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 (25 shrimp)	1220	460	51	4	0	325	7600	148	10	32	47
White Wine and Roasted-Garlic Mussels (1 1/2 lbs.)	1510	900	101	24	1	150	4490	88	6	9	54
Family Feast - Bar Harbor Lobster Bake	2500	1020	114	25	2	650	6670	215	19	9	147
Family Feast - Cajun Chicken Linguini Alfredo	4490	1760	195	54	4	468	12030	469	33	149	215
Family Feast - Crab Linguini Alfredo	4440	1840	205	54	3	370	10660	468	27	148	181
Family Feast - Fire-Grilled Salmon	1890	1050	116	22	0	550	2950	4	1	1	192
Family Feast - Shrimp Linguini Alfredo	4400	1850	207	55	4	805	11230	465	29	148	172
Create Your Own Family Feast – Fire-Grilled Shrimp	1110	230	25	5	8	390	4290	158	4	8	61
Create Your Own Family Feast – Fire-Grilled Tilapia	690	190	21	5	0	270	2390	2	0	0	123
Create Your Own Family Feast – Island Jumbo Coconut Shrimp	2030	1090	121	38	1	390	2550	183	13	87	54

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 Family Feast – Savoury Garlic Shrimp	790	600	67	10	1	360	3350	7	2	2	41
Create Your Own Family Feast – Shrimp Linguini Alfredo	1270	490	55	14	1	250	3120	141	9	38	53
Create Your Own Family Feast – Walt's Favourite Shrimp	850	300	33	3	0	210	5840	111	7	31	31
Create Your Own Family Feast – Whitefish (Broiled)	1330	170	18	2	0	300	2710	155	4	7	118
Create Your Own Family Feast – Whitefish (Fried)	2630	1820	202	25	2	290	4720	120	9	21	78
Fire-Grilled Chicken Taco Bar	5770	2540	283	83	4	880	18040	568	49	82	278
Fire-Grilled Shrimp Taco Bar	5350	2370	260	78	5	1340	16970	541	49	65	236
Family Caesar Salad	1440	1140	127	27	2.5	140	2880	52	6	12	24
Family Garden Salad	340	80	9	0.5	0	0	750	58	9	15	10
Family Lobster Bisque	1390	920	102	59	2.5	415	4270	73	2	21	44
Family New England Clam Chowder	890	520	58	33	2	210	3330	60	3	21	33
Family Baked Potatoes (with butter and sour cream)	1230	450	50	23	1	20	320	180	19	10	23
Family Broccoli	150	20	2	0	0	0	150	30	12	8	13
Family Mashed Potatoes	760	320	35	15	1	60	2390	97	11	7	15
Family Rice	770	90	10	2	0	0	1990	153	3	7	13
Signature Biscuits (Half Dozen)	920	470	52	22	1	0	2350	100	3	4	14
Signature Biscuits (One Dozen)	1840	940	105	43	2.5	5	4700	201	6	9	29
Chocolate Wave Cake (14 slices)	13020	6720	746	226	9	1190	9400	1564	82	1085	118
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
Triple-Chocolate Brownie a la Mode	320	150	16	8	0	50	135	42	2	28	4
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											
Add Grilled Shrimp to Your Salad	50	25	3	0.5	0	45	280	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	15	10	1.5	1	0	5	5	1	0	0	0
Broccoli	40	5	0	0	0	0	35	8	3	2	3
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 Dragon Broccoli	440	210	24	2	0	0	1620	48	4	10	8

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French Fries	290	100	12	1	0	0	610	42	3	0	4
Garden Salad <i>does not include dressing choice</i>	60	15	1.5	0	0	0	130	11	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
Roasted Harvest Vegetables	260	120	13	3	0	6	550	32	7	6	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
Baileys and Coffee	200	90	10	6	0	35	45	15	0	11	2
Berry Mango Daiquiri	320	0	0	0	0	0	40	55	2	49	0
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
Irish Coffee	200	50	5	3.5	0	20	15	17	0	15	1
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
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

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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	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
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	160	0	0	0	0	0	10	21	1	19	0
Old Fashioned	120	0	0	0	0	0	5	14	1	13	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
Strawberry Daiquiri	270	0	0	0	0	0	5	52	3	43	1
Sunset Passion Colada	310	30	3	3	0	0	50	67	2	61	1
Tiki Passion Punch	200	0	0	0	0	0	20	38	1	35	0
Triple Berry Sangria	210	0	0	0	0	0	50	36	3	31	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
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
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

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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
Broiled 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
Garden Salad <i>does not include dressing choice</i>	60	15	1.5	0	0	0	130	11	2	3	2
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