



RED LOBSTER

Allergen Menu



U.S. Restaurants Only

ALLERGEN LEGEND:

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MENU ITEM LEGEND:

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4/24/2012 - 5/28/2012

MENU ITEM:	SEAFOOD								Wheat/Gluten	Eggs	Peanuts	Tree Nuts	Dairy	Soy
	Clams	Crab	Crawfish	Lobster	Mussels	Oysters	Scallops	Shrimp						
SEASIDE STARTERS														
Chilled Jumbo Shrimp Cocktail								●	●					●
Crispy Calamari and Vegetables*									●	●				●
Crispy Onion Rings*										●				●
Lobster Pizza				●						●				●
Lobster, Artichoke and Seafood Dip*				●				●	●	●	●			●
Lobster, Crab and Seafood-Stuffed Mushrooms		●	●	●					●	●	●			●
Mozzarella Cheesesticks*										●	●			●
New England Seafood Sampler*	●	●	●	●			●		●	●	●			●
Pan-Seared Crab Cakes		●							●	●	●			●
Parrot Isle Jumbo Coconut Shrimp*								●		●		●		●
Shrimp Nachos*								●						●
Wood-Grilled Shrimp Bruschetta**				▲			▲	●		●	●			●
Create Your Own App-Chicken Strips*										●	●			●
Create Your Own App-Clam Strips*	●									●	●			●
SOUPS & ENTRÉE SALADS														
Creamy Potato Bacon Soup										●				●
Hand-Tossed Caesar Salad - Chicken**									●	●	●			●
Hand-Tossed Caesar Salad - Shrimp**				▲			▲	●	●	●	●			●
Lobster Bisque				●						●				●
New England Clam Chowder	●								●	●				●
REGIONAL APPETIZERS														
Batterfried Crawfish*			●						●	●	●			●
Buffalo Chicken Wings*											●			●
Fried Oysters*							●		●	●	●			●
Manhattan Clam Chowder	●									●				●
Oysters on the Half Shell							●		●	●				●
Seafood Gumbo	●			●				●	●	●	●			●
Seaside Sampler*		●	●	●					●	●	●		●	●
Steamed Clams	●									●				●
DINNER ENTREES														
Admiral's Feast*	●							●	●	●	●			●
Broiled Seafood Platter		●						●	●	●	●			●
Cajun Chicken Linguini Alfredo										●				●
Center-Cut NY Strip Steak***										●	●			●
Chef's Signature Lobster and Shrimp Pasta		●		●				●		●				●
Crab Linguini Alfredo		●								●				●

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	Clams	Crab	Crawfish	Lobster	Mussels	Oysters	Scallops	Shrimp							Fish
DINNER ENTREES (con't)															
Crunchy Popcorn Shrimp*								●	●	●	●			●	●
Flounder - Broiled										●					●
Flounder - Fried*										●	●				●
Garlic-Grilled Jumbo Shrimp (with wild rice pilaf)**				▲			▲	●		●	●				●
Hand-Battered Fish and Chips (with french fries)*									●	●	●				●
Maple-Glazed Chicken (with wild rice pilaf)**										●					●
Maple-Glazed Chicken w/ Shrimp Skewer (with wild rice pilaf)**									●	●					●
Maple-Cherry Glazed Shrimp and Salmon (with wild rice pilaf)**									●	●					●
New England Lobster Rolls (with potato chips)***				●						●	●				●
NY Strip and Rock Lobster Tail***				●						●	●				●
Parmesan Crusted Tilapia (with fresh broccoli)									●	●					●
Parrot Isle Jumbo Coconut Shrimp*									●	●			●		●
Pecan-Crusted Shrimp (with wild rice pilaf)**									●	●			●		●
Peach-Bourbon BBQ Shrimp and Scallops (with crispy onion rings)***								●	●	●					●
Rock Lobster Tail				●						●					●
Seafood-Stuffed Flounder		●							●	●	●				●
Seaside Shrimp Trio*									●	●					●
Shrimp Linguini Alfredo									●	●					●
Snow Crab Legs		●													●
Steak Lobster-and-Shrimp Oscar (with mashed potatoes)**		●		●					●	●	●				●
Ultimate Feast*		●		●					●	●					●
Walt's Favorite Shrimp*									●	●					●
Wood-Grilled Lobster, Shrimp and Scallops (with wild rice pilaf)**				●				●	●	●	●				●
Wood-Grilled Peppercorn Sirloin and Shrimp (with mashed potatoes)**				▲				▲	●	●	●				●
Wood-Grilled Scallops, Shrimp and Chicken (with wild rice pilaf)**				▲				●	●	●	●				●
Create Your Own Feast - Garlic-Grilled Shrimp (with wild rice pilaf)**				▲				▲	●	●	●				●
Create Your Own Feast - Garlic Shrimp Scampi									●						●
Create Your Own Feast - Parrot Isle Jumbo Coconut Shrimp*									●	●			●		●
Create Your Own Feast - Peppercorn-Grilled Sirloin**										●	●				●
Create Your Own Feast - Seafood Stuffed Flounder		●							●	●	●				●
Create Your Own Feast - Shrimp Linguini Alfredo									●	●					●
Create Your Own Feast - Steamed Snow Crab Legs		●													●
Create Your Own Feast - Walt's Favorite Shrimp*									●	●					●
Create Your Own Feast - Wood-Grilled Fresh Fish**									●						●
Shrimp Your Way/Shrimp Lover's Monday & Tuesday - Coconut Shrimp Bites*									●	●			●		●
Shrimp Your Way/Shrimp Lover's Monday & Tuesday - Fried Shrimp*									●	●					●
Shrimp Your Way/Shrimp Lover's Monday & Tuesday - Popcorn Shrimp*									●	●					●
Shrimp Your Way/Shrimp Lover's Monday & Tuesday - Scampi									●						●

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	Clams	Crab	Crawfish	Lobster	Mussels	Oysters	Scallops	Shrimp						
REGIONAL DINNER ENTREES (con't)														
New England Lobster and Crab Bake		•		•			•	•		•			•	•
North Pacific King Crab Legs		•											•	
Snow or King Crab Legs (with roasted corn and potatoes)		•											•	•
Rockzilla				•						•			•	•
Walleye - Batterfried*										•	•			•
Walleye - Broiled										•				•
Walleye - Fried*										•	•		•	•
Create Your Own Feast - Batterfried Crawfish*			•							•	•		•	•
Create Your Own Feast - Fried Oysters*						•				•	•		•	•
TODAY'S FRESH FISH (pending availability)														
Fresh Fish - Blackened (with fresh broccoli)										•				•
Fresh Fish - Broiled (with fresh broccoli)										•				•
Fresh Fish - Wood-Grilled (with fresh broccoli)**										•				•
Fresh Salmon with Citrus Hollandaise (with fresh broccoli)**		•								•			•	•
Live Maine Lobster - Steamed				•									•	
Live Maine Lobster - Stuffed		•		•						•	•		•	•
New Orleans Fresh Fish (with fresh broccoli)										•			•	•
Parmesan Crusted Tilapia (with fresh broccoli)										•			•	•
Peppercorn Salmon with Soy Wasabi Sauce (with wild rice pilaf)**										•	•		•	•
LUNCH ENTREES														
Chicken Breast Strips*										•	•			•
Coastal Soup and Salad (does not include soup/dressing choice)**										•	•		•	•
Crispy Beer-Battered Shrimp (with potato chips)*										•	•		•	•
Crunch-Fried Fish Sandwich (with potato chips)*										•	•		•	•
Crunchy Popcorn Shrimp*										•	•		•	•
Farm-Raised Catfish - Blackened										•				
Farm-Raised Catfish - Fried*										•	•		•	•
Flounder - Broiled										•				•
Flounder - Fried*										•	•		•	•
Garlic Shrimp Scampi										•			•	•
Hand-Battered Fish and Chips (with french fries)*										•	•		•	•
Hand-Breaded Shrimp*										•	•		•	•
Maple-Glazed Chicken (with wild rice pilaf)**										•			•	•
Maple-Glazed Chicken w/ Shrimp Skewer (with wild rice pilaf)**										•			•	•
New England Lobster Rolls (with potato chips)***				•						•	•		•	•
Sailor's Platter*										•	•		•	•
Seafood-Stuffed Flounder		•								•	•		•	•
Shrimp and Wood-Grilled Chicken-Hand-Breaded Shrimp (with wild rice pilaf)***										•	•		•	•
Shrimp and Wood-Grilled Chicken-Garlic Shrimp Scampi (with wild rice pilaf)**										•			•	•
Shrimp and Wood-Grilled Chicken-Wood-Grilled Shrimp (with wild rice pilaf)**										•	•		•	•

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	Clams	Crab	Crawfish	Lobster	Mussels	Oysters	Scallops	Shrimp							Fish
LUNCH ENTREES (con't)															
Shrimp Flatbread and Grilled Shrimp Salad (does not include dressing choice)**								●		●	●			●	●
Shrimp Jambalaya								●		●				●	●
Wood-Grilled Chicken Sandwich (with potato chips)***										●				●	●
Wood-Grilled Shrimp Skewers (with wild rice pilaf)**				▲			▲	●		●	●			●	●
Create Your Own Lunch - Bay Scallops - Broiled								●		●					●
Create Your Own Lunch - Bay Scallops - Fried*								●	●	●				●	●
Create Your Own Lunch - Chicken Breast Strips*										●	●				●
Create Your Own Lunch - Crunch-Fried Fish*									●	●	●			●	●
Create Your Own Lunch - Garlic Shrimp Scampi								●						●	●
Create Your Own Lunch - Hand-Breaded Shrimp*								●	●	●	●			●	●
Create Your Own Lunch - Lightly Breaded Clam Strips*	●									●	●			●	●
REGIONAL LUNCH ENTREES															
Walleye - Batterfried*								●		●	●				●
Walleye - Blackened								●		●					●
Walleye - Broiled								●		●					●
Walleye - Fried*								●		●	●			●	●
Create Your Own Lunch - Batterfried Crawfish*			●					●		●	●			●	●
KIDS' MENU															
Broiled Fish								●		●					●
Chicken Fingers*								●		●					●
Garlic-Grilled Shrimp**				▲			▲	●		●	●			●	●
Grilled Chicken**										●	●				●
Macaroni and Cheese										●				●	
Popcorn Shrimp*								●	●	●	●			●	●
REGIONAL KIDS' MENU															
Snow Crab Legs		●												●	
Petite Lobster Tail (with wild rice pilaf)				●						●				●	●
DESSERTS															
Chocolate Wave										●	●			●	●
Key Lime Pie										●	●			●	●
New York-Style Cheesecake with Strawberries											●			●	
Surf's Up Sundae														●	●
Warm Apple Crumble à la Mode										●	●		●	●	●
Warm Chocolate Chip Lava Cookie										●	●			●	●

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	Clams	Crab	Crawfish	Lobster	Mussels	Oysters	Scallops	Shrimp							Fish
ADD-ON/ACCOMPAINMENTS															
Add Petite Shrimp to Your Salad								●							
Baked Potato															●
Caesar Salad										●	●			●	●
Cheddar Bay Biscuits										●	●			●	●
Coleslaw											●				●
Creamy Langostino Lobster Baked Potato		●		●				●		●				●	●
Creamy Langostino Lobster Mashed Potatoes		●		●				●		●				●	●
French Fries*															●
Fresh Asparagus										●				●	●
Fresh Broccoli										●					●
Fresh Fruit - Orange Wedges															
Garden Salad (does not include dressing choice)										●				●	●
Garlic Grilled Jumbo Shrimp Add-On**				▲			▲	●		●	●			●	●
Home-Style Mashed Potatoes														●	●
Maine Lobster Tail Add-On - Roasted				●										●	●
Maine Lobster Tail Add-On - Wood-Grilled**				●						●	●			●	●
North Pacific King Crab Legs Add-On - regional		●												●	
Snow Crab Legs Add-On		●												●	
Wild Rice Pilaf										●					●
DRESSINGS/SAUCES															
100% Pure Melted Butter														●	
Add Butter to Baked Potato														●	●
Add Sour Cream to Baked Potato														●	
Balsamic Vinaigrette															●
Blue Cheese Dressing											●			●	●
Caesar Dressing								●			●			●	●
Cocktail Sauce								●							●
French Dressing															●
Honey Mustard Dressing											●				●
Ketchup															
Marinara Sauce										●					●
Pico de Gallo															
Pina Colada Dipping Sauce													●	●	
Ranch Dressing											●			●	●
Red Wine Vinaigrette															●
Tartar Sauce											●				●
Thousand Island Dressing											●				●

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PROMOTIONAL ITEMS - FESTIVAL OF SHRIMP														
Festival of Shrimp - Cajun Shrimp (with wild rice pilaf)							●		●				●	●
Festival of Shrimp - Crab-and-Seafood Stuffed Shrimp		●		●			●	●	●	●			●	●
Festival of Shrimp - Crunchy Potato-Crusted Shrimp (with bacon-ranch dip)*							●		●	●			●	●
Festival of Shrimp - Coconut Shrimp Bites*							●		●			●	●	●
Festival of Shrimp - Garlic Shrimp Scampi							●						●	●
Festival of Shrimp - Hand Breaded Shrimp*							●	●	●	●			●	●
Festival of Shrimp - Shrimp Linguini Alfredo							●		●				●	●
Festival of Shrimp - Tequila-Lime Grilled Shrimp Tacos**							●		●	●			●	●
Festival of Shrimp - Wood-Grilled Shrimp with BBQ Glaze (with wild rice pilaf and pineapple relish)**							●		●				●	●
Creamy Bacon-Ranch Dip										●			●	●
Harborside Lobster and Shrimp (with wild rice pilaf)**				●			▲	●	●	●			●	●

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