



## Nutrition Facts

We invite you to use the following nutritional information for our complete menu to make choices that are right for you. Whether you are monitoring calories, fat, sodium or carbohydrates, you will find what you need to make informed selections that fit into your lifestyle.

### LightHouse Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Lobster</b>					
Live Maine Lobster - (1 1/4 lb, Steamed)	45	.48	.12	350	0
<b>Fresh Fish Half Portion with Broccoli</b>					
Rainbow Trout, Wood-Grilled or Broiled	225	9.5	2.5	390	6
Salmon, Wood-Grilled or Broiled	265	8.5	2	320	8
Tilapia, Wood-Grilled or Broiled	205	3	1	235	9
<b>Shrimp</b>					
Chilled Jumbo Shrimp Cocktail	120	1	0	590	9
<b>Sides</b>					
Fresh Asparagus (Seasonal)	60	3	1.5	270	5
Fresh Broccoli	45	.5	0	200	6
Garden Salad (Before Dressing)	90	3	.46	105	13
Petite Shrimp Salad Topping	15	0	0	130	0
<b>Dressings &amp; Dipping Sauces (1oz)</b>					
Balsamic Vinaigrette	60	5	.5	190	4
Cocktail Sauce	25	0	0	320	6
Pico de Gallo	10	0	0	170	2

### Fresh Fish Menu

<b>Half Portion Wood-Grilled or Broiled, with Broccoli</b>					
Arctic Char	335	19.5	4	255	10
Barramundi	235	5.5	1.5	275	9
Cobia	405	27.5	9	255	6
Cod	175	2	.26	270	8
Corvina	185	1.5	.33	305	8
Flounder	195	1.5	.16	350	9
Grouper	205	1.5	.29	285	6
Haddock	175	1.5	.21	270	6
Mahi-Mahi	205	1	.16	305	6
Monchong	195	1.5	21	290	8
Opah	275	12.5	3	290	6

### Fresh Fish Menu

<b>Half Portion (cont.)</b>					
Perch	175	2	.32	290	6
Pompano	235	6.5	2.5	295	7
Red Rockfish	175	2.5	.43	290	8
Salmon	265	8.5	2	320	8
Seabass	225	6.5	1.5	280	6
Snapper	205	1.5	.28	335	8
Sole	145	2	.37	260	6
Tilapia	205	3	1	235	9
Trout, Rainbow	225	9.5	2.5	390	6
Tuna	205	1	.14	420	7
Wahoo	225	2	.5	390	8
Walleye	175	2	.35	410	8
Blackened with Cajun spices Preparation Add:	40	.5	0	140	1
<b>Chef's Creations Add:</b>					
In a Bag	110	5	1	790	6
New Orleans	250	19	8	770	0
Topped with Honey BBQ Shrimp	180	11	4.5	890	11
Topped with Lobster Butter Sauce	260	12.5	7	660	21.5
Topped with Maple-Glaze and Shrimp	200	10	2	685	17

### Full Portion Wood-Grilled or Broiled, with Broccoli

Arctic Char	625	38.5	8	310	14
Barramundi	425	1.5	3	350	12
Cobia	765	54.5	18	310	6
Cod	305	3.5	.52	340	10
Corvina	325	2.5	.66	410	10
Flounder	345	2.5	.32	500	12
Grouper	365	2.5	.58	370	6
Haddock	305	2.5	.44	340	6
Mahi-Mahi	365	1.5	.32	410	6

### Fresh Fish Menu

<b>Full Portion (cont.)</b>					
Monchong	345	2.5	42	380	10
Opah	505	24.5	6	380	6
Perch	305	3.5	.64	380	6
Pompano	425	12.5	5	390	8
Red Rockfish	305	4.5	.86	380	10
Salmon	485	16.5	4	440	10
Seabass	405	12.5	3	360	6
Snapper	365	2.5	.56	470	10
Sole	245	3.5	.74	320	6
Tilapia	365	5.5	2	270	12
Trout, Rainbow	405	18.5	5	580	6
Tuna	365	1.5	.28	640	8
Wahoo	405	3.5	1	580	10
Walleye	305	3.5	.7	620	10
Blackened with Cajun spices Preparation Add:	80	1	0	280	2
<b>Chef's Creations Add:</b>					
In a Bag	110	5	1	790	6
New Orleans	250	19	8	770	0
Topped with Honey BBQ Shrimp	180	11	4.5	890	11
Topped with Lobster Butter Sauce	260	12.5	7	660	21.5
Topped with Maple-Glaze and Shrimp	200	10	2	685	17

### Dinner Menu

<b>Seaside Starters</b>					
Buffalo Chicken Wings*	680	39	9	1750	0
Chicken Breast Strips	690	40	3.5	2200	46
Chilled Jumbo Shrimp Cocktail	120	1	0	590	9
Crispy Calamari and Vegetables	1520	98	12	3060	116

\* = Regional Items Item availability varies by restaurant. Due to the handcrafted nature of our menu items and the inherent size variations of seafood, nutritional content may vary. Guests who have special food sensitivities or dietary needs should not rely solely on this information. Nutritional information valid only for US restaurants. Nutritional content does not include condiments, dipping sauces or optional accompaniments.

## Dinner Menu

### Seaside Starters

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Buffalo Chicken Wings*	680	39	9	1750	0
Chicken Breast Strips	690	40	3.5	2200	46
Chilled Jumbo Shrimp Cocktail	120	1	0	590	9
Crispy Calamari and Vegetables	1520	98	12	3060	116
Create Your Own Appetizer Combination					
Chicken Breast Strips	414	24	2	1320	28
Clam Strips	370	22	2	820	31
Crispy Calamari and Vegetables	775	49	6	1530	58
Mozzarella Cheesesticks	340	20	7	955	25
Stuffed Mushrooms	220	12	6	740	12
Fried Crawfish*	1180	75	8	2050	88
Fried Oysters*	590	32	3.5	1100	58
Hand-Shucked Oysters - 1 Dozen*	100	2	0	340	8
Lobster Pizza	720	30	13	1390	69
Lobster, Artichoke and Seafood Dip	1200	74	20	1950	101
Lobster, Crab & Seafood Stuffed Mushrooms	380	21	11	1050	20
Mozzarella Cheesesticks	680	39	14	1910	49
New England Seafood Sampler	760	42	11	2270	46
Pan-Seared Crab Cakes	360	22	3.5	1200	15
Parrot Bay Jumbo Coconut Shrimp	588	33	7	1170	54
Peach-Bourbon BBQ Scallops	580	35	5	1880	40
Southwestern Lobster Rolls	870	51	13	1430	74
Steamed Clams*	430	15	3.5	1120	10
Ultimate Fondue	1490	80	40	3580	124

### Soups and Salads

Bayou Seafood Gumbo-Cup	190	6	2	1130	15
Bayou Seafood Gumbo-Bowl	380	12	3.5	2260	31
Creamy Potato Bacon Soup-Cup	220	15	9	790	19
Creamy Potato Bacon Soup-Bowl	440	30	18	1580	38
Manhattan Clam Chowder-Cup*	80	1	0	690	12
Manhattan Clam Chowder-Bowl*	160	2	1	1380	24
New England Clam Chowder-Cup	240	16	10	680	13

## Dinner Menu

### Soups and Salads (cont.)

New England Clam Chowder-Bowl	480	33	19	1360	26
Seafood Gumbo-Cup*	230	8	2.5	1180	26
Seafood Gumbo-Bowl*	470	17	5	2360	51
Spicy Shrimp Soup-Cup*	160	6	2.5	1010	15
Spicy Shrimp Soup-Bowl*	320	12	5	2020	30
Hand-Tossed Caesar Salad	520	48	9	1060	14
with Wood-Grilled Chicken	670	51	10	1710	14
with Wood-Grilled Shrimp	620	51	10	1370	14

### Wood-Fire Grilled Shellfish

Garlic-Grilled Jumbo Shrimp	365	6	1.5	1850	42
Jumbo Shrimp with Lobster Butter	590	23	12	2260	61
Maui Luau Shrimp and Salmon	790	16	3.5	2150	101
Peach-Bourbon BBQ Shrimp and Scallops	490	12	3.5	1880	55
Wood-Grilled Lobster, Shrimp and Scallops	720	33	17	2630	59
Wood-Grilled Scallops, Shrimp and Chicken	580	10	2.5	2580	58

### Wood-Fire Grilled Steak and Chicken

Center-Cut NY Strip Steak	480	26	11	820	0
Honey BBQ Grilled Chicken and Shrimp	710	30	12	2630	26
Maple-Glazed Chicken	570	10	2.5	1950	62
Add a skewer of Maple-Glazed Shrimp	60	.5	0	370	0
NY Strip and Rock Lobster Tail	570	27	11	1330	0
Steak Lobster-and-Shrimp Oscar	990	60	26	2410	20
Wood-Grilled Sirloin and Shrimp	500	12	4	1750	35

### Lobster and Crab

Chef's Sig. Lobster and Shrimp Pasta-Half Portion	510	25	11	1090	43
Chef's Sig. Lobster and Shrimp Pasta-Full Portion	1020	50	22	2180	86
Crab Linguini Alfredo-Half Portion	560	25	12	1310	47
Crab Linguini Alfredo-Full Portion	1120	50	24	2620	94
Live Maine Lobster - 1 1/4 Pound	45	.48	.12	350	0

## Dinner Menu

### Lobster and Crab (cont.)

North Pacific King Crab Legs	390	3	0	3570	3
Rock Lobster Tail	90	1	.2	300	2
Rockzilla*	125	1	0	475	2.5
Snow Crab Legs-1 Pound	160	1	0	1900	0

### Shrimp

Crunchy Popcorn Shrimp	560	29	3	2144	52
Parrot Bay Jumbo Coconut Shrimp	980	36	8	1038	50
Add 4 More	392	48	11	1384	67
Shrimp Linguini Alfredo-Half Portion	550	29	10	1580	41
Shrimp Linguini Alfredo-Full Portion	1100	58	20	3160	82
Shrimp Your Way					
Coconut Shrimp Bites	290	18	3	830	19
Fried Shrimp	190	11	1	1010	9
Popcorn Shrimp	180	9	1	670	16
Scampi	130	9	1.5	690	1
Walt's Favorite Shrimp	700	40	3	2440	52
Add 1/2 Dozen More	349	20	1.5	1220	26

### Traditional Favorites

Broiled Seafood Platter	280	8	2.02	1660	10
Cajun Chicken Linguini Alfredo-Half Portion	630	27	10	1550	45
Cajun Chicken Linguini Alfredo-Full Portion	1260	54	20	3100	90
Classic Fried Seafood Platter	1090	62	6.5	2830	90
Farm-Raised Catfish-Blackened	380	18	3	300	0
Farm-Raised Catfish-Fried	440	24	3	560	5
Flounder-Broiled	280	3	.64	560	0
Flounder-Fried	440	16	1	520	4
Frozen Walleye-Beer Battered *	700	42	4	1200	24
Frozen Walleye-Blackened *	300	8	1	420	10
Frozen Walleye-Broiled *	260	4	1	560	0
Frozen Walleye-Fried *	600	30	3	1000	36
Seafood-Stuffed Flounder	320	11	3.5	1550	13

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## Dinner Menu

### Create Your Own Feast

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Fried Oysters	590	32	3.5	1100	58
Fried Crawfish *	755	46	5	1395	64
Garlic Shrimp Scampi	195	13.5	2.5	1035	1.5
Garlic-Grilled Jumbo Shrimp	105	1	.12	900	6.6
Parrot Bay Jumbo Coconut Shrimp	784	44	9	1560	72
Seafood-Stuffed Flounder	160	6	1.5	780	6
Shrimp Linguini Alfredo	550	29	10	1580	41
Steamed Snow Crab Legs	80	.5	0	950	0
Walt's Favorite Shrimp	466	26.4	2	1628	35
Wood-Grilled Fresh Salmon	210	9	2	235	<1
Wood-Grilled Sirloin	250	7	3	640	0

### Signature Combinations

Admiral's Feast	1506	93.4	8.63	4662	101
Seaside Shrimp Trio	1030	58	13	3490	68
Ultimate Feast ®	638	40.18	16.4	2524	20

### Monday and Tuesday Specials

Crab Crackin' Monday - 1 pound	160	1	0	1900	0
Shrimp Lover's Tuesday					
Coconut Shrimp Bites	290	18	3	830	19
Fried Shrimp	190	11	1	560	9
Popcorn Shrimp	180	9	1	670	16
Scampi	130	9	1.5	690	1

### Add to Any Meal

Maine Lobster Tail	60	.5	0	610	0
North Pacific King Crab Legs - 1/2 pound	130	1	0	1190	1
Snow Crab Legs - 1/2 pound	80	.5	0	950	0

### Accompaniments

Baked Potato	190	1	0	900	40
Add Butter	90	10	6	80	1
Add Sour Cream	30	2.5	1.5	10	1
Caesar Salad	270	21	4.5	560	13
Add Petite Shrimp	15	0	0	130	0
Cheddar Bay Biscuit™ (each)	150	8	2.5	350	16
Coleslaw	200	15	2.5	250	13
Creamy Lobster-Topped Baked Potato	370	12	7	1110	48
Creamy Lobster-Topped Mashed Potatoes	360	22	12	1110	23

## Dinner Menu

### Accompaniments (cont.)

Fresh Asparagus (seasonal)	60	3	1.5	270	5
Fresh Broccoli	45	.5	0	200	6
Fries	330	17	1.5	740	40
Garden Salad	90	3	.46	105	13
Add Petite Shrimp	15	0	0	130	0
Home-style Mashed Potatoes	180	9	4	610	22
Saltines	25	.5	0	80	4
Wild Rice Pilaf	180	3	.5	650	34

### Dressings & Dipping Sauce

Dressings, 1oz					
Balsamic Vinaigrette	60	5	.5	190	4
Blue Cheese	170	18	3.5	190	1
Caesar	200	21	3.5	370	<1
French	120	11	1.5	300	7
Honey Mustard	100	11	2	160	5
Ranch	110	11	2	210	1
Fat-Free Ranch	40	0	0	340	10
Thousand Island	130	13	2	180	5
Dipping Sauces, 1oz except where noted					
Cocktail Sauce	25	0	0	320	6
Honey Mustard Sauce	240	22	4	320	10
Ketchup	30	0	0	310	8
Marinara Sauce	30	1	0	220	6
Pico de Gallo	10	0	0	170	2
Piña Colada Sauce - 2oz.	120	5	4	20	16
Remoulade	150	15	2.5	150	4
Sweet and Spicy Glaze	90	0	0	220	21
Tartar Sauce	130	13	2	110	4
100% Pure Melted Butter	230	25	15	20	1

## Lunch Menu

### Seaside Starters

Buffalo Chicken Wings*	680	39	9	1750	0
Chicken Breast Strips	690	40	3.5	2200	46
Chilled Jumbo Shrimp Cocktail	120	1	0	590	9
Crispy Calamari and Vegetables	1520	98	12	3060	116

## Lunch Menu

### Seaside Starters (cont.)

Create Your Own Appetizer Combination					
Chicken Breast Strips	414	24	2	1320	28
Clam Strips	370	22	2	820	31
Crispy Calamari and Vegetables	775	49	6	1530	58
Mozzarella Cheesesticks	340	20	7	955	25
Stuffed Mushrooms	220	12	6	740	12
Fried Crawfish*	1180	75	8	2050	88
Fried Oysters*	590	32	3.5	1100	58
Hand-Shucked Oysters - 1 Dozen*	100	2	0	340	8
Lobster Pizza	720	30	13	1390	69
Lobster, Artichoke and Seafood Dip	1200	74	20	1950	101
Lobster, Crab & Seafood Stuffed Mushrooms	380	21	11	1050	20
Mozzarella Cheesesticks	680	39	14	1910	49
New England Seafood Sampler	760	42	11	2270	46
Pan-Seared Crab Cakes	360	22	3.5	1200	15
Parrot Bay Jumbo Coconut Shrimp	588	33	7	1170	54
Peach-Bourbon BBQ Scallops	580	35	5	1880	40
Southwestern Lobster Rolls	870	51	13	1430	74
Steamed Clams*	430	15	3.5	1120	10
Ultimate Fondue	1490	80	40	3580	124

### Soups

Bayou Seafood Gumbo-Cup	190	6	2	1130	15
Bayou Seafood Gumbo-Bowl	380	12	3.5	2260	31
Creamy Potato Bacon Soup-Cup	220	15	9	790	19
Creamy Potato Bacon Soup-Bowl	440	30	18	1580	38
Manhattan Clam Chowder-Cup*	80	1	0	690	12
Manhattan Clam Chowder-Bowl*	160	2	1	1380	24
New England Clam Chowder-Cup	240	16	10	680	13
New England Clam Chowder-Bowl	480	33	19	1360	26
Seafood Gumbo-Cup*	230	8	2.5	1180	26
Seafood Gumbo-Bowl*	470	17	5	2360	51

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## Lunch Menu

### Soups (cont.)

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Spicy Shrimp Soup-Cup*	160	6	2.5	1010	15
Spicy Shrimp Soup-Bowl*	320	12	5	2020	30

### Wood-Fire Grilled Shellfish

Garlic-Grilled Jumbo Shrimp	365	6	1.5	1850	42
Jumbo Shrimp with Lobster Butter	590	23	12	2260	61
Maui Luau Shrimp and Salmon	790	16	3.5	2150	101
Peach-Bourbon BBQ Shrimp and Scallops	490	12	3.5	1880	55
Wood-Grilled Lobster, Shrimp and Scallops	720	33	17	2630	59
Wood-Grilled Scallops, Shrimp and Chicken	580	10	2.5	2580	58

### Wood-Fire Grilled Steak and Chicken

Center-Cut NY Strip Steak	480	26	11	820	0
Honey BBQ Grilled Chicken and Shrimp	710	30	12	2630	26
NY Strip and Rock Lobster Tail	570	27	11	1330	0
Steak Lobster-and-Shrimp Oscar	990	60	26	2410	20
Wood-Grilled Sirloin and Shrimp	500	12	4	1750	35

### Quick Catches for Lunch

Beer-Battered Shrimp and Chips	540	34	3.5	1170	40
Coastal Soup and Salad (bread wedges only, not bowl)					
with Bayou Seafood Gumbo	660	22	4	2035	85
with Creamy Potato Bacon Soup	690	30	11	1795	84
with New England Clam Chowder	710	31	12	1685	78
with Seafood Gumbo*	680	23	4	1995	82
with Spicy Shrimp Soup*	630	21	5	2015	80
Crunch-Fried Fish Sandwich	730	37	9	1540	68
Hand-Tossed Caesar Salad					
with Wood-Grilled Chicken	670	51	10	1710	14
with Wood-Grilled Shrimp	620	51	10	1370	14
Shrimp and Wood-Grilled Chicken					
with Garlic Shrimp Scampi	390	7.5	1.75	1690	36
with Hand-Breaded Shrimp	530	17.5	2.5	2310	43
with Wood-Grilled Shrimp Skewer	390	8	1.5	1460	34

## Lunch Menu

### Quick Catches for Lunch (cont.)

Wood-Grilled Chicken BLT, with Freshly Cooked Chips	1030	58	11	2480	68
Wood-Grilled Salmon BLT, with Freshly Cooked Chips	1110	63	11	1890	73
Wood-Grilled Shrimp Skewers	365	5.5	.5	1850	42

### Lunch Classics

Cajun Chicken Linguini Alfredo-Half Portion	630	27	10	1550	45
Cajun Chicken Linguini Alfredo-Full Portion	1260	54	20	3100	90
Chef's Sig. Lobster and Shrimp Pasta-Half Portion	510	25	11	1090	43
Chef's Sig. Lobster and Shrimp Pasta-Full Portion	1020	50	22	2180	86
Chicken Breast Strips	690	40	3.5	2200	46
Crab Linguini Alfredo-Half Portion	560	25	12	1310	47
Crab Linguini Alfredo-Full Portion	1120	50	24	2620	94
Crunchy Popcorn Shrimp	280	14.5	1.5	1072	26
Farm-Raised Catfish-Blackened	190	9	1.5	150	0
Farm-Raised Catfish-Fried	220	12	1.5	280	2
Flounder - Broiled	140	1.5	.37	660	0
Flounder -Fried	220	8	.5	260	2
Frozen Walleye-Beer Battered*	350	21	2	600	12
Frozen Walleye-Blackened*	150	4	.5	210	5
Frozen Walleye-Broiled*	130	2	.39	280	0
Frozen Walleye-Fried*	300	15	1.5	500	18
Garlic Shrimp Scampi	130	9	1.5	690	1
Hand-Breaded Shrimp	228	12	1	690	15
Maple-Glazed Chicken	410	6.5	1.5	1300	62
Add a skewer of Maple-Glazed Shrimp	60	.5	0	370	0
Sailor's Platter	263	5.5	.72	1006	5
Seafood-Stuffed Flounder	160	6	1.5	780	6
Shrimp Linguini Alfredo-Half Portion	550	29	10	1580	41
Shrimp Linguini Alfredo-Full Portion	1100	58	20	3160	82

### Create Your Own Lunch

Bay Scallops-Broiled	70	1	.27	490	2
Bay Scallops-Fried	140	7	.5	780	9

## Lunch Menu

### Create Your Own Lunch (cont.)

Chicken Breast Strips	414	24	2	1320	28
Crunch-Fried Fish	410	24	2	1200	27
Fried Crawfish*	425	29	3.5	655	24
Garlic Shrimp Scampi	91	2	.5	685	4
Hand-Breaded Shrimp	133	7	.5	417	9
Lightly Breaded Clam Strips	370	22	2	820	31

### Lobster, Crab & Shrimp

North Pacific King Crab Legs	390	3	0	3570	3
Parrot Bay Jumbo Coconut Shrimp	980	36	8	1038	50
Add 4 More	392	48	11	1384	67
Rock Lobster Tail	90	1	.2	300	2
Shrimp Your Way					
Coconut Shrimp Bites	290	18	3	830	19
Fried Shrimp	190	11	1	1010	9
Popcorn Shrimp	180	9	1	670	16
Scampi	130	9	1.5	690	1
Snow Crab Legs-1 pound	160	1	0	1900	0
Walt's Favorite Shrimp	700	40	3	2440	52
Add 1/2 Dozen More	349	20	1.5	1220	26

### Create Your Own Feast

Fried Oysters	590	32	3.5	1100	58
Fried Crawfish*	755	46	5	1395	64
Garlic Shrimp Scampi	195	13.5	2.5	1035	1.5
Garlic-Grilled Jumbo Shrimp	105	1	.12	900	6.6
Parrot Bay Jumbo Coconut Shrimp	784	44	9	1560	72
Seafood-Stuffed Flounder	160	6	1.5	780	6
Shrimp Linguini Alfredo	550	29	10	1580	41
Steamed Snow Crab Legs	80	.5	0	950	0
Walt's Favorite Shrimp	466	26.4	2	1628	35
Wood-Grilled Fresh Salmon	210	9	2	235	<1
Wood-Grilled Sirloin	250	7	3	640	0

### Signature Combinations

Admiral's Feast	1506	93.4	8.63	4662	101
Broiled Seafood Platter	280	8	2.02	1660	10
Classic Fried Seafood Platter	1090	62	6.5	2830	90
Seaside Shrimp Trio	1030	58	13	3490	68
Ultimate Feast ®	638	40.18	16.4	2524	20

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## Lunch Menu

### Monday and Tuesday Specials

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Crab Crackin' Monday - 1 pound	160	1	0	1900	0
Shrimp Lover's Tuesday					
Coconut Shrimp Bites	290	18	3	830	19
Fried Shrimp	190	11	1	560	9
Popcorn Shrimp	180	9	1	670	16
Scampi	130	9	1.5	690	1

### Add to Any Meal

Maine Lobster Tail	60	.5	0	610	0
North Pacific King Crab Legs - 1/2 pound	130	1	0	1190	1
Snow Crab Legs - 1/2 pound	80	.5	0	950	0

### Accompaniments

Baked Potato	190	1	0	900	40
Add Butter	90	10	6	80	1
Add Sour Cream	30	2.5	1.5	10	1
Caesar Salad	270	21	4.5	560	13
Add Petite Shrimp	15	0	0	130	0
Cheddar Bay Biscuit™ (each)	150	8	2.5	350	16
Coleslaw	200	15	2.5	250	13
Creamy Lobster-Topped Baked Potato	370	12	7	1110	48
Creamy Lobster-Topped Mashed Potatoes	360	22	12	1110	23
Fresh Asparagus (seasonal)	60	3	1.5	270	5
Fresh Broccoli	45	.5	0	200	6
Fries	330	17	1.5	740	40
Garden Salad	90	3	.46	105	13
Add Petite Shrimp	15	0	0	130	0
Home-style Mashed Potatoes	180	9	4	610	22
Saltines	25	.5	0	80	4
Wild Rice Pilaf	180	3	.5	650	34

### Dressings & Dipping Sauce

Dressings, 1oz					
Balsamic Vinaigrette	60	5	.5	190	4
Blue Cheese	170	18	3.5	190	1
Caesar	200	21	3.5	370	<1
French	120	11	1.5	300	7
Honey Mustard	100	11	2	160	5
Ranch	110	11	2	210	1

## Lunch Menu

### Dressings & Dipping Sauce (cont.)

Fat-Free Ranch	40	0	0	340	10
Thousand Island	130	13	2	180	5
Dipping Sauces, 1oz except where noted					
Cocktail Sauce	25	0	0	320	6
Honey Mustard Sauce	240	22	4	320	10
Ketchup	30	0	0	310	8
Marinara Sauce	30	1	0	220	6
Pico de Gallo	10	0	0	170	2
Piña Colada Sauce - 2oz.	120	5	4	20	16
Remoulade	150	15	2.5	150	4
Sweet and Spicy Glaze	90	0	0	220	21
Tartar Sauce	130	13	2	110	4
100% Pure Melted Butter	230	25	15	20	1

## Kids Menu

### Entrees

Broiled Fish	150	1	.16	150	3
Chicken Fingers	414	24	2.1	1320	28
Grilled Chicken	215	4	1.25	705	14
Macaroni & Cheese	280	7	2	590	42
Popcorn Shrimp	140	7	1	620	12
Snow Crab Legs	80	.5	0	950	0

### Accompaniments

Baked Potato	190	1	0	900	40
Add Butter	90	10	6	80	1
Add Sour Cream	30	2.5	1.5	10	1
Caesar Salad	270	21	4.5	560	13
Cheddar Bay Biscuit™ (each)	150	8	2.5	350	16
Fresh Broccoli	45	.5	0	200	6
Fries	330	17	1.5	740	40
Garden Salad	90	3	.46	105	13
Home-Style Mashed Potatoes	180	9	4	610	22
Wild Rice Pilaf	180	3	.5	650	34

### Dessert

Surf's Up Sundae	170	9	6	45	20
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## Kids Menu

### Drinks

Casco Bay Coolers					
Banana Bay Chocolate Smoothie	460	14	9	10	78
Berry Strawberry Banana Smoothie	340	9	6	85	63
Cherry Wave Slushy	290	0	0	10	74
Sunset Strawberry Smoothie	250	6	4	45	47
Juice	115 to 135	0	0	0 to 25	25 to 30
Milk	146	7.9	4.6	98	11
Raspberry Lemonade	178	0	0	20	30
Red Rockin' Shirley T	170	0	0	0	43

## Dessert Menu

### Desserts

Chocolate Wave	1490	81	25	950	172
Key Lime Pie	580	22	12	450	88
New York-Style Cheesecake with Strawberries	520	36	21	270	39
Warm Apple Crumble a la Mode	770	31	13	200	117
Warm Chocolate Chip Lava Cookie	1070	51	23	470	142

## Beverages Menu

### Fountain Drinks

Coke®	105	0	0	35	27
Diet Coke®	0	0	0	28	<1
Dr. Pepper®	150	0	0	35	27
Minute Maid® Light Lemonade	3	0	0	54	<1
Minute Maid® Raspberry Lemonade	178	0	0	20	30
Sprite®	98	0	0	47	26

### Coffee and Tea

Boston Iced Tea	50	0	0	10	13
Harbor Café Coffee™	3	0	0	5	0
Unsweetened Iced Tea or Hot Tea	3	0	0	0	<1

\* = Regional Items. Item availability varies by restaurant. Due to the handcrafted nature of our menu items and the inherent size variations of seafood, nutritional content may vary. Guests who have special food sensitivities or dietary needs should not rely solely on this information. Nutritional information valid only for US restaurants. Nutritional content does not include condiments, dipping sauces or optional accompaniments.

## Beverages Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Nonalcoholic Drinks</b>					
Bahama Mama	230	0	0	25	57
Berry Mango Daiquiri	210	0	0	20	52
Classic Margarita - Frozen	278	0	0	560	75
Classic Margarita - On the Rocks	150	0	0	750	22
Piña Colada	280	8	7	20	53
Raspberry Margarita	330	0	0	0	81
Sail Away Smoothie - Banana Bay Chocolate	460	14	9	10	78
Sail Away Smoothie - Berry Strawberry Banana	340	9	6	85	63
Sail Away Smoothie - Sunset Strawberry	250	6	4	45	47
Strawberry Daiquiri	230	0	0	5	56
Strawberry Margarita	330	0	0	20	70
Sunset Passion Colada	330	8	7	25	62
Tropical Freeze - Orange	250	6	5	20	49
Tropical Freeze - Pineapple	250	5	4.5	180	50
<b>Draft Beer</b>					
Bud Light ® 18 oz.	158	0	0	20	19
<b>Wine by the Glass</b>					
Sparkling	105	0	0	0 to 20	1 to 8
White, Blush or Red	122	0	0	0 to 20	1 to 8
<b>Classic Cocktails</b>					
Amaretto Sour	170	0	0	0	30
Biscayne Bay Breeze	240	0	0	10	47
Bloody Mary	140	0	0	1170	16
Malibu Hurricane	200	0	0	15	36
Screwdriver	100	0	0	0	8
Tequila Sunrise	170	0	0	10	24
Top-Shelf Long Island Iced Tea	190	0	0	0	22
<b>Martinis</b>					
Caramel Appletini	160	0	0	10	18
Classic Martini with Gin	140	1.5	.33	330	<1
Classic Martini with Vodka	130	2	0	400	1
Cosmopolitan	220	0	0	0	15
Manhattan with Bourbon	150	0	0	0	5
Manhattan with Whiskey	150	0	0	0	5
Rob Roy	160	0	0	10	3

## Beverages Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Spirits</b>					
Cognac	73	0	0	0	0
Liqueurs	86	0	0	6	6 to 15
Single Malt Scotches	69	0	0	0	0
80 Proof Distilled Spirits	96	0	0	0	0
<b>Frozen Specialties</b>					
Alotta Colada	700	16	14	55	95
Bahama Mama	350	0	0	20	51
Big Berry Daiquiri	350	.45	.36	30	62
Mudslide	520	21	13	160	52
Piña Colada	320	6	5	35	55
Red Passion Colada	310	4.5	4	35	56
Strawberry Daiquiri	250	0	0	15	47
Sunset Passion Colada	360	8	7	15	62
<b>Margaritas</b>					
Classic Margarita - Frozen	470	0	0	590	96
Classic Margarita - On the Rocks	246	0	0	770	22
Frozen Raspberry Margarita	320	0	0	0	61
Frozen Strawberry Margarita	350	0	0	20	68
Lobsterita ® - Strawberry	700	0	0	55	135
Lobsterita ® - Traditional	890	0	0	890	183
Lobsterita-Raspberry	690	.47	.31	50	131
Top-Shelf Margarita - Frozen	520	0	0	640	97
Top-Shelf Margarita - On the Rocks	296	0	0	810	25
<b>After Dinner Drinks</b>					
Baileys ® and Coffee	180	8	5	50	15
Baileys ® Irish Cream	270	4.5	0	0	5.7
Coffee Nudge	130	2	1.5	15	14
Disaronno Amaretto ®	80	0	0	0	12
Frangelico ®	70	0	0	0	12.3
Grand Marnier ®	76	0	0	0	6.5
Irish Coffee	90	2	1	25	4
Kahlua ®	90	0	0	3	14.7

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## Menu Specials

For a limited time, Red Lobster brings you our new wood-grilled seafood creations inspired by the flavors of the Mediterranean. Tantalize your senses with our **NEW! Mediterranean-Grilled Lobster and Shrimp**, featuring a wood-grilled, split Maine lobster tail paired with jumbo shrimp with a garliccream sauce, or discover our **NEW! Tuscan Garlic-Herb Shrimp and Chicken** brushed with a savory garlic sauce with olive oil and fresh basil or **NEW! Garlic-Cream Shrimp and Scallops**.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Menu Specials</b>					
Garlic-Cream Shrimp and Scallops	620	23	6	3010	49
Mediterranean-Grilled Lobster and Shrimp	610	25.5	7	2480	43
Tuscan Garlic-Herb Shrimp and Chicken	650	22	4	3220	41
<b>Fresh Fish Chef's Creation</b>					
Creamy Roasted Garlic Fish and Shrimp, half portion, add:	125	6.1	3.25	1580	7
Creamy Roasted Garlic Fish and Shrimp, full portion, add:	130	6.2	3.25	2435	8
<b>Accompaniment</b>					
Parmesan Red Potatoes	270	13	1.5	660	33