OUR MENU'S NUTRITIONAL INFORMATION

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

DINNER MENU

DINNER MENU

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

SEASIDE STARTERS	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
Parrot Isle Jumbo Coconut Shrimp	530	36	9	0	18	1110	34
Create Your Own Appetizer Combination							
Crispy Calamari and Vegetables	830	55	7	0	18	2110	66
Clam Strips	390	24	2.5	0	10	730	33
Chicken Breast Strips	350	20	2	0	22	1110	21
Mozzarella Cheesesticks	350	21	7	0	16	890	25
Crispy Fried Green Beans	420	34	2.5	0	5	700	25
Stuffed Mushrooms	220	12	6	0	0	740	12
Crispy Calamari and Vegetables	1650	109	12	0.5	34	4170	133
Seaside Sampler	620	36	11	0.5	38	1770	35
Shrimp Nachos	1280	76	25	1	49	3050	97
Lobster-Crab-and-Seafood-Stuffed Mushrooms	320	18	8	0	21	990	20
Lobster-Artichoke-and-Seafood Dip	1040	61	18	1	30	1960	93
Crispy Fried Green Beans	840	67	5	0	9	1410	49
Mozzarella Cheesesticks	710	42	14	0	32	1780	50
White Wine and Roasted-Garlic Mussels	910	55	13	1	32	2590	70
Sweet Chili Shrimp	1140	79	10	1	27	2050	79
Chilled Jumbo Shrimp Cocktail	120	0.5	0	0	19	580	9
Lobster Pizza	680	31	12	1	34	1740	66
Batterfried Crawfish*	1280	81	8	0.5	39	1650	99
Buffalo Chicken Wings*	570	36	7	0	55	1330	6
Fried Oysters*	630	33	3.5	0	16	700	67

Except where pictured, nutritional content does not include condiments, dipping sauces or optional sides, shown separately. Due to the handcrafted nature of our menu items and the inherent size variations of seafood, nutritional content may vary. USDA/FDA recommended limit for saturated fat is less than 20 grams, trans fat less than 2 grams, and sodium less than 2,300 mg for a 2,000 calorie-per-day diet. A 2,000-calorie daily diet is used as the basis for general nutrition advice. Individual calorie needs, however, may vary.

If you have a food allergy, please ask your server for our allergen menu before placing your order. For items lowest in calories, fat and sodium, please refer to our LightHouse℠ menu.
Item availability varies by restaurant.

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

SOUPS AND SALADS		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
New England Clam Chowder	Cup	200	14	8	0	7	750	12
	Bowl	400	29	16	0	13	1500	23
Lobster Bisque	Cup	210	14	8	0	8	830	12
	Bowl	410	28	16	1	16	1650	23
Creamy Potato Bacon	Cup	250	18	11	0	4	850	19
	Bowl	510	35	21	0	7	1700	39
Manhattan Clam Chowder*	Cup	80	1	0	0	5	690	12
	Bowl	160	2	1	0	10	1420	25
Seafood Gumbo*	Cup	230	8	2.5	0	14	1160	25
	Bowl	470	17	5	0	29	2370	51
Classic Caesar		530	50	9	0	8	1100	15
	With Chicken	660	52	10	0	33	1360	15
	With Shrimp	630	52	10	0	28	1830	16
	With Salmon	720	54	10	0	43	1200	17
Bar Harbor Salad		200	8	0.5	0	3	160	36
	With Chicken	330	11	1.5	0	28	420	36
	With Shrimp	300	11	1.5	0	23	900	36
	With Salmon	390	13	1.5	0	38	260	38
SIGNATURE COMBINATIONS								
Wood-Grilled Lobster, Shrimp and Scallops		390	10	2	0	41	1660	33
Broiled Seafood Trio		540	27	10	0.5	58	1850	17
Seaside Shrimp Trio		970	44	11	1	59	3250	84
Admiral's Feast		1200	62	6	0	64	3300	97
Ultimate Feast®		430	15	2	0	53	2280	20
CREATE YOUR OWN COMBINATION								
Garlic-Grilled Shrimp		230	5	1	0	15	940	30
Seafood-Stuffed Flounder/Sole		170	5	1.5	0	24	610	5
Garlic Shrimp Scampi		150	7	1.5	0	19	960	3
Walt's Favorite Shrimp		390	19	2	0	16	1440	38
Shrimp Linguini Alfredo		590	26	9	0.5	34	1500	54
Wood-Grilled Fresh Salmon		190	4	1	0	35	95	2
Parrot Isle Jumbo Coconut Shrimp		710	48	12	0	24	1490	45
Steamed Snow Crab Legs		90	1	0	0	20	790	0
7 oz. Peppercorn-Grilled Sirloin		240	9	4	0.5	36	710	3
Batterfried Crawfish*		920	64	6	0	34	1330	52
Fried Oysters*		630	33	3.5	0	16	700	67

DINNER MENU - (cont.)

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
SEAFOOD BAKES							
Bar Harbor Lobster Bake	1360	68	16	1.5	70	3470	110
Crab and Roasted Garlic Seafood Bake	1000	56	13	1.5	66	4150	57
Portofino Seafood Bake	1130	54	16	1	50	4360	104
LOBSTER AND CRAB							
Live Maine Lobster (includes corn and potatoes) 1 ¼ Pound							
Steamed	520	12	1.5	0	61	1880	45
With Stuffing	600	16	2.5	0	64	2160	53
Crab Linguini Alfredo Half	810	46	19	1.5	43	1940	64
Full	1600	90	37	3.5	84	3840	128
Rock Lobster Tail	170	1	0	0	39	540	1
Snow Crab Legs (includes corn and potatoes) 1 Pound	470	13	1.5	0	47	2630	45
Add ½ Pound	90	1	0	0	20	790	0
SHRIMP							
Walt's Favorite Shrimp	580	28	3	0	24	2150	57
Add ½ Dozen More	290	14	1.5	0	12	1070	29
Parrot Isle Jumbo Coconut Shrimp	880	60	15	0.5	30	1860	56
Add 5 More	450	30	8	0	15	950	29
Shrimp Linguini Alfredo Half	590	26	9	0.5	34	1500	54
Full	1150	50	18	1	67	2940	108
Shrimp Your Way							
Fried Shrimp	220	11	1	0	15	590	13
Scampi	100	4.5	1	0	13	700	1
Coconut Shrimp Bites	300	18	4	0	11	760	24
Popcorn Shrimp	380	18	1.5	0	16	1410	38
FROM THE LAND AND SEA							
Wood-Grilled Peppercorn Sirloin and Shrimp	510	20	10	1	52	1750	30
NY Strip and Rock Lobster Tail	890	38	15	1.5	97	2200	41
Blue Cheese Sirloin	740	41	19	1.5	52	2170	42
Center-Cut NY Strip Steak	800	37	15	1.5	75	1900	40
Maple-Glazed Chicken	490	9	2	0	54	1140	50
Parmesan-Crusted Chicken Alfredo	1170	67	28	2	67	2920	76

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
FROM THE LAND AND SEA - CONT.							
Cajun Chicken Linguini Alfredo Half	720	34	13	1	47	1460	55
Full	1410	67	26	1.5	92	2870	109
Wood-Grilled Chicken with Portobello Wine Sauce	740	40	8	0.5	61	2010	35
FISH							
Island Grilled Mahi-Mahi and Shrimp	520	6	1.5	0	49	2390	68
Hand-Battered Fish and Chips	700	33	3	0	42	1030	60
Flounder/Sole Oven-Broiled	290	5	1	0	61	670	0
Golden-Fried	500	24	2.5	0	43	1190	27
Baked with Crab-and-Seafood Stuffing	330	11	2.5	0	49	1230	10
Tilapia with Roasted Vegetables	540	16	3	0	39	1630	61
Parmesan-Crusted Tilapia	360	16	5	0	39	900	18
Salmon New Orleans	560	33	9	0	49	1510	18
Walleye* Beer-Battered	1170	73	7	0	77	2170	51
Blackened	300	7	1	0	49	410	9
Broiled	400	11	2	0	73	700	2
Fried	590	29	3	0	68	1520	12
ADD TO ANY MEAL							
Maine Lobster Tail Wood-grilled	90	3.5	0.5	0	14	370	0
Roasted	90	3.5	0.5	0	14	370	0
Garlic-Grilled Shrimp Skewer	60	2	0	0	11	420	0
Snow Crab Legs 1/2 Pound	90	1	0	0	20	790	0
SIDES							
Cheddar Bay Biscuit® *(each)*	160	10	3	2.5	3	380	16
Garden Salad	70	1.5	0	0	1	150	13
Caesar Salad	270	25	4.5	0	4	550	8
Coleslaw	200	15	2.5	0	1	250	13
Add Petite Shrimp to Your Salad	15	0	0	0	3	110	0
Broccoli	40	0	0	0	3	160	8
Petite Green Beans	90	6	3.5	0	2	200	8
Asparagus (seasonal)	160	3.5	1	0	3	520	30
Wild Rice Pilaf	210	10	6	0	5	620	27
Mashed Potatoes	200	9	0.5	0	4	1020	26
Crispy Red Potatoes	200	9	0.5	0	4	1020	26

DINNER MENU - (cont.)

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
SIDES - CONT.							
Baked Potato	200	0.5	0	0	4	310	43
Add Butter	100	11	5	0	0	55	0
Add Sour Cream	25	2	1.5	0	0	10	<1 g
French Fries	360	17	1.5	0	5	320	47
Creamy Langostino Lobster Baked Potato	350	13	4.5	0	13	690	46
Creamy Langostino Lobster Mashed Potatoes	370	22	10	0.5	13	1000	30
4-COURSE FEAST							
New England Clam Chowder	200	14	8	0	7	750	12
Creamy Potato Bacon Soup	250	18	11	0	4	850	19
Manhattan Clam Chowder*	80	1	0	0	5	690	12
Seafood Gumbo*	230	8	2.5	0	14	1160	25
Garden Salad	70	1.5	0	0	1	150	13
Caesar Salad	270	25	4.5	0	4	550	8
Coleslaw	200	15	2.5	0	1	250	13
Jumbo Coconut and Spicy Pineapple-Grilled Shrimp	640	29	7	0	31	2220	67
Shrimp-and-Scallops Alfredo	790	44	15	1.5	39	1940	59
Garlic-Grilled Shrimp	290	7	1.5	0	26	1360	31
Hand-Breaded Shrimp	430	23	2	0	31	1180	26
Wood-Grilled Fresh Tilapia	260	6	1.5	0	44	390	8
Cajun Chicken Linguini Alfredo	1410	67	26	1.5	92	2870	109
Wood-Grilled Chicken with Portobello Wine Sauce	740	40	8	0.5	61	2010	35
Triple-Chocolate Brownie à la Mode	400	22	12	0	5	150	46
Caramel Cheesecake	420	25	13	0	5	280	41
SIGNATURE DRINKS							
Mojito	190	0	0	0	0	0	25
Fruit-Infused Margaritas							
Strawberry On the Rocks	230	0	0	0	0	15	39
Frozen	350	0	0	0	0	20	68
Raspberry On the Rocks	250	0	0	0	0	5	39
Frozen	320	0	0	0	0	0	61
Peach On the Rocks	240	0	0	0	0	0	39
Frozen	330	0	0	0	0	0	62
Malibu Hurricane	200	0	0	0	<1g	15	35

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
SIGNATURE DRINKS CONT.							
Mango Mai Tai	190	0	0	0	0	5	34
Skinny Cocktails							
Margarita On the Rocks	190	0	0	0	0	390	19
Frozen Margarita	180	0	0	0	0	10	22
Long Island Iced Tea	120	0	0	0	0	5	13
Classic Margarita On the Rocks	250	0	0	0	0	770	22
Frozen	470	0	0	0	0	590	96
Top-Shelf Margarita On the Rocks	300	0	0	0	0	810	25
Frozen	520	0	0	0	0	640	97
Perfect 1800 Margarita	220	0	0	0	0	410	26
Grand Patrón Margarita	270	0	0	0	0	490	36
Berry Mango Daiquiri	350	0	0	0	<1 g	30	62
Triple Berry Sangria	200	0	0	0	<1 g	30	35
Sunset Passion Colada	360	8	7	0	<1 g	15	63
Bahama Mama	370	0	0	0	0	30	68
WINE BY THE GLASS							
Sparkling	100	0	0	0	0	15	2
White, Blush or Red	120	0	0	0	0	20	7
WINE BY THE BOTTLE							
Sparkling	420	0	0	0	0	60	6
White, Blush or Red	490	0	0	0	0	70	27
DRAFT BEER							
Sam Adams 14 oz.	180	0	0	0	0	15	21
20 oz.	260	0	0	0	3	25	21
Bud Light 14 oz.	120	0	0	0	0	15	15
20 oz.	180	0	0	0	0	20	21
Blue Moon* 14 oz.	190	0	0	0	2	20	18
20 oz.	280	0	0	0	3	25	25
Fat Tire* 14 oz.	180	0	0	0	0	20	18
20 oz.	260	0	0	0	0	25	25

DINNER MENU - (cont.)

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
DRAFT BEER - CONT.								
Shiner Bock*	14 oz.	170	0	0	0	0	15	14
	20 oz.	240	0	0	0	0	20	20
Yuengling*	14 oz.	170	0	0	0	0	15	14
	20 oz.	240	0	0	0	0	20	20
NONALCOHOLIC DRINKS								
Classic Lemonade		170	0	0	0	0	0	42
Coke®		190	0	0	0	0	65	53
Diet Coke®		0	0	0	0	0	60	0
Sprite®		200	0	0	0	0	90	52
Dr Pepper®		200	0	0	0	0	70	54
Minute Maid® Light™ Lemonade		5	0	0	0	0	90	0
Minute Maid® Raspberry Lemonade		300	0	0	0	0	35	50
Flavored Lemonades	Strawberry	240	0	0	0	0	0	59
	Peach	280	0	0	0	0	0	71
Harbor Cafe Coffee		0	0	0	0	0	5	0
Iced Tea/Hot Tea		0	0	0	0	0	0	0
Fruit Smoothies	Strawberry	460	11	7	0	6	210	85
	Raspberry	450	10	6	0	5	180	84
	Peach	390	5	3	0	4	290	82
Boston Iced Teas	Classic Cranberry	80	0	0	0	0	0	19
	Raspberry	100	0	0	0	0	0	26
	Peach	110	0	0	0	0	0	28
DRESSINGS 1.5 oz								
Blue Cheese Crumbles		80	6	4	0	5	200	1
Blue Cheese Dressing		230	24	5	0	2	300	1
Blueberry-Balsamic Vinaigrette		80	4	0.5	0	0	200	11
Caesar Dressing		300	32	6	0.5	2	590	<1 g
French* Dressing		180	16	2.5	0	0	460	10
Honey Mustard Dressing		190	17	2.5	0	<1 g	270	8
Ranch Dressing		150	16	2.5	0	<1 g	320	2
Red Wine Vinaigrette		80	5	0	0	0	430	10
Thousand Island Dressing		220	21	3	0	0	290	8

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
CONDIMENTS AND SAUCES							
100% Pure Melted Butter	300	33	21	0	0	280	0
Cocktail Sauce	45	0	0	0	<1 g	580	11
Honey-Mustard Dipping Sauce	190	17	2.5	0	<1 g	270	8
Ketchup	60	0	0	0	<1 g	480	15
Marinara Sauce	35	2	0	0	<1 g	230	4
Mayonnaise	300	33	4.5	0	0	220	0
Mustard	0	0	0	0	0	460	0
Pico de Gallo	10	0	0	0	0	190	2
Pina Colada Sauce	100	4.5	3.5	0	<1 g	40	14
Pineapple Salsa	40	0	0	0	<1 g	340	9
Sriracha Aioli	220	23	3.5	0	<1 g	320	2
Tartar Sauce	210	21	3	0	0	180	4
Lemon Wedge	5	0	0	0	0	0	1

LUNCH MENU

LUNCH MENU

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
SEASIDE STARTERS								
Parrot Isle Jumbo Coconut Shrimp		530	36	9	0	18	1110	34
Create Your Own Appetizer Combination								
Crispy Calamari and Vegetables		830	55	7	0	18	2110	66
Clam Strips		390	24	2.5	0	10	730	33
Chicken Breast Strips		350	20	2	0	22	1110	21
Mozzarella Cheesesticks		350	21	7	0	16	890	25
Crispy Fried Green Beans		420	34	2.5	0	5	700	25
Stuffed Mushrooms		220	12	6	0	0	740	12
Crispy Calamari and Vegetables		1650	109	12	0.5	34	4170	133
Seaside Sampler		620	36	11	0.5	38	1770	35
Shrimp Nachos		1280	76	25	1	49	3050	97
Lobster-Crab-and-Seafood-Stuffed Mushrooms		320	18	8	0	21	990	20
Lobster-Artichoke-and-Seafood Dip		1040	61	18	1	30	1960	93
Crispy Fried Green Beans		840	67	5	0	9	1410	49
Mozzarella Cheesesticks		710	42	14	0	32	1780	50
White Wine and Roasted-Garlic Mussels		910	55	13	1	32	2590	70
Sweet Chili Shrimp		1140	79	10	1	27	2050	79
Chilled Jumbo Shrimp Cocktail		120	0.5	0	0	19	580	9
Lobster Pizza		680	31	12	1	34	1740	66
Batterfried Crawfish*		1280	81	8	0.5	39	1650	99
Buffalo Chicken Wings*		570	36	7	0	55	1330	6
Fried Oysters*		630	33	3.5	0	16	700	67
SOUPS AND SALADS								
New England Clam Chowder	Cup	200	14	8	0	7	750	12
	Bowl	400	29	16	0	13	1500	23
Lobster Bisque	Cup	210	14	8	0	8	830	12
	Bowl	410	28	16	1	16	1650	23
Creamy Potato Bacon	Cup	250	18	11	0	4	850	19
	Bowl	510	35	21	0	7	1700	39
Manhattan Clam Chowder*	Cup	80	1	0	0	5	690	12
	Bowl	160	2	1	0	10	1420	25

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
SOUPS AND SALADS - CONT.								
Seafood Gumbo*	Cup	230	8	2.5	0	14	1160	25
	Bowl	470	17	5	0	29	2370	51
Classic Caesar		530	50	9	0	8	1100	15
	With Chicken	660	52	10	0	33	1360	15
	With Shrimp	630	52	10	0	28	1830	16
	With Salmon	720	54	10	0	43	1200	17
Bar Harbor Salad		200	8	0.5	0	3	160	36
	With Chicken	330	11	1.5	0	28	420	36
	With Shrimp	300	11	1.5	0	23	900	36
	With Salmon	390	13	1.5	0	38	260	38
ADD TO ANY MEAL								
Maine Lobster Tail	Wood-grilled	90	3.5	0.5	0	14	370	0
	Roasted	90	3.5	0.5	0	14	370	0
Garlic-Grilled Shrimp Skewer		60	2	0	0	11	420	0
Snow Crab Legs	1/2 Pound	90	1	0	0	20	790	0
QUICK CATCHES								
Coastal Soup and Salad (bread wedges only, not bowl)								
with N.E. Clam Chowder		650	31	10	0.5	26	1970	68
with Creamy Potato Bacon Soup		790	40	17	0.5	23	2360	82
with Seafood Gumbo*		640	23	4.5	1	37	2350	72
Wood-Grilled Shrimp Skewers		310	7	1.5	0	27	1420	38
Wood-Grilled Tacos	with Grilled Shrimp	590	20	4.5	1.5	26	2070	77
	with Grilled Tilapia	670	24	6	0	44	1710	70
Wood-Grilled Southwest Chicken Sandwich		1180	62	13	1	50	1800	107
Shrimp and Wood-Grilled Chicken								
with Wood-Grilled Shrimp Skewer		340	8	2	0	38	1150	30
with Hand-Breaded Shrimp		440	14	2	0	39	1200	39
with Garlic Shrimp Scampi		350	7	2	0	39	1200	31
Crunch-Fried Fish Sandwich		1100	54	10	0.5	38	1860	115
Hand-Battered Fish and Chips		700	33	3	0	42	1030	60
Wood-Grilled Burger		1170	71	21	2	45	1080	88
	Add Bacon	60	4	1.5	0	4	160	0

LUNCH MENU - (cont.)

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
CREATE YOUR OWN LUNCH								
Hand-Breaded Shrimp		150	8	1	0	11	410	9
Bay Scallops	Broiled	70	2	0	0	12	260	2
	Fried	120	4.5	0	0	10	380	8
Crunch-Fried Fish		400	24	2	0	19	1290	28
Garlic Shrimp Scampi		60	1.5	0	0	11	420	<1 g
Chicken Breast Strips		350	20	2	0	22	1110	21
Lightly Breaded Clam Strips		390	24	2.5	0	10	730	33
Garlic-Grilled Shrimp Skewer		50	1.5	0	0	10	370	0
Batterfried Crawfish*		460	32	3	0	17	670	26
LUNCH CLASSICS								
Flounder/Sole	Golden-Fried	310	15	1.5	0	27	740	17
	Oven-Broiled	140	2.5	0	0	31	330	0
Baked with Crab and Seafood Stuffing		170	5	1.5	0	24	610	5
Maple-Glazed Chicken		370	6	1.5	0	29	880	50
Hand-Breaded Shrimp		260	14	1.5	0	18	710	16
Cajun Chicken Linguini Alfredo	Lunch	720	34	13	1	47	1460	55
	Full	1410	67	26	1.5	92	2870	109
Crunchy Popcorn Shrimp		380	18	1.5	0	16	1410	38
Shrimp Linguini Alfredo	Lunch	590	26	9	0.5	34	1500	54
	Full	1150	50	18	1	67	2940	108
Crab Linguini Alfredo	Lunch	810	46	19	1.5	43	1940	64
	Full	1600	90	37	3.5	84	3840	128
Farm-Raised Catfish	Blackened	190	9	1.5	0	28	150	0
	Golden-Fried	230	10	1.5	0	31	270	3
Parmesan-Crusted Chicken Alfredo		1170	67	28	2	67	2920	76
Garlic Shrimp Scampi		100	4.5	1	0	13	700	1
Sailor's Platter		290	8	1	0	48	980	6
Walleye*	Beer-Battered	590	37	3.5	0	38	1090	26
	Blackened	150	3.5	0.5	0	24	200	5
	Broiled	200	5	1	0	37	350	1
	Fried	290	15	1.5	0	34	760	6
SIDES								
Cheddar Bay Biscuit® *(each)*		160	10	3	2.5	3	380	16
Garden Salad		70	1.5	0	0	1	150	13
Caesar Salad		270	25	4.5	0	4	550	8
Coleslaw		200	15	2.5	0	1	250	13

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
SIDES - CONT.							
Add Petite Shrimp to Your Salad	15	0	0	0	3	110	0
Broccoli	40	0	0	0	3	160	8
Petite Green Beans	90	6	3.5	0	2	200	8
Asparagus (seasonal)	60	3	1.5	0	4	270	5
Wild Rice Pilaf	160	3.5	1	0	3	520	30
Mashed Potatoes	210	10	6	0	5	620	27
Crispy Red Potatoes	200	9	0.5	0	4	1020	26
Baked Potato	200	0.5	0	0	4	310	43
Add Butter	100	11	5	0	0	55	0
Add Sour Cream	25	2	1.5	0	0	10	<1 g
French Fries	360	17	1.5	0	5	320	47
Creamy Langostino Lobster Baked Potato	350	13	4.5	0	13	690	46
Creamy Langostino Lobster Mashed Potatoes	370	22	10	0.5	13	1000	30
SIGNATURE COMBINATIONS							
Ultimate Feast®	430	15	2	0	53	2280	20
Admiral's Feast	1200	62	6	0	64	3300	97
Broiled Seafood Trio	540	27	10	0.5	58	1850	17
Wood-Grilled Lobster, Shrimp and Scallops	390	10	2	0	41	1660	33
Seaside Shrimp Trio	970	44	11	1	59	3250	84
CREATE YOUR OWN COMBINATION							
Garlic-Grilled Shrimp	230	5	1	0	15	940	30
Seafood-Stuffed Flounder/Sole	170	5	1.5	0	24	610	5
Garlic Shrimp Scampi	150	7	1.5	0	19	960	3
Walt's Favorite Shrimp	390	19	2	0	16	1440	38
Shrimp Linguini Alfredo	590	26	9	0.5	34	1500	54
Wood-Grilled Fresh Salmon	190	4	1	0	35	95	2
Parrot Isle Jumbo Coconut Shrimp	710	48	12	0	24	1490	45
Steamed Snow Crab Legs	90	1	0	0	20	790	0
7 oz. Peppercorn-Grilled Sirloin	240	9	4	0.5	36	710	3
Batterfried Crawfish*	920	64	6	0	34	1330	52
Fried Oysters*	630	33	3.5	0	16	700	67

LUNCH MENU - (cont.)

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
SHRIMP, LOBSTER AND CRAB							
Walt's Favorite Shrimp	580	28	3	0	24	2150	57
Add 1/2 Dozen More	290	14	1.5	0	12	1070	29
Parrot Isle Jumbo Coconut Shrimp	880	60	15	0.5	30	1860	56
Add 5 More	450	30	8	0	15	950	29
Shrimp Your Way							
Fried Shrimp	220	11	1	0	15	590	13
Scampi	100	4.5	1	0	13	700	1
Coconut Shrimp Bites	300	18	4	0	11	760	24
Popcorn Shrimp	380	18	1.5	0	16	1410	38
Rock Lobster Tail	170	1	0	0	39	540	1
Live Maine Lobster (includes corn and potatoes) 1 ¼ Pound Steamed	520	12	1.5	0	61	1880	45
With Stuffing	600	16	2.5	0	64	2160	53
Snow Crab Legs (includes corn and potatoes) 1 Pound	470	13	1.5	0	47	2630	45
Add ½ Pound	90	1	0	0	20	790	0
FROM THE LAND AND SEA							
Wood-Grilled Peppercorn Sirloin and Shrimp	510	20	10	1	52	1750	30
Blue Cheese Sirloin	740	41	19	1.5	52	2170	42
Wood-Grilled Chicken with Portobello Wine Sauce	740	40	8	0.5	61	2010	35
NY Strip and Rock Lobster Tail	890	38	15	1.5	97	2200	41
Center-Cut NY Strip Steak	800	37	15	1.5	75	1900	40
4-COURSE FEAST							
New England Clam Chowder	200	14	8	0	7	750	12
Creamy Potato Bacon Soup	250	18	11	0	4	850	19
Manhattan Clam Chowder*	80	1	0	0	5	690	12
Seafood Gumbo*	230	8	2.5	0	14	1160	25
Garden Salad	70	1.5	0	0	1	150	13
Caesar Salad	270	25	4.5	0	4	550	8
Coleslaw	200	15	2.5	0	1	250	13
Jumbo Coconut and Spicy Pineapple-Grilled Shrimp	640	29	7	0	31	2220	67
Shrimp-and-Scallops Alfredo	790	44	15	1.5	39	1940	59
Garlic-Grilled Shrimp	290	7	1.5	0	26	1360	31
Hand-Breaded Shrimp	430	23	2	0	31	1180	26
Wood-Grilled Fresh Tilapia	260	6	1.5	0	44	390	8

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
4-COURSE FEAST - CONT.							
Cajun Chicken Linguini Alfredo	1410	67	26	1.5	92	2870	109
Wood-Grilled Chicken with Portobello Wine Sauce	740	40	8	0.5	61	2010	35
Triple-Chocolate Brownie à la Mode	400	22	12	0	5	150	46
Caramel Cheesecake	420	25	13	0	5	280	41
SPECIALTY DRINKS							
Flavored Lemonades Strawberry	240	0	0	0	0	0	59
Peach	280	0	0	0	0	0	71
Fruit Smoothies Strawberry	460	11	7	0	6	210	85
Raspberry	450	10	6	0	5	180	84
Peach	390	5	3	0	4	290	82
Boston Iced Teas Classic Cranberry	80	0	0	0	0	0	19
Raspberry	100	0	0	0	0	0	26
Peach	110	0	0	0	0	0	28
SIGNATURE DRINKS							
Sunset Passion Colada	360	8	7	0	<1 g	15	63
Bahama Mama	370	0	0	0	0	30	68
Mojito	190	0	0	0	0	0	25
Skinny Cocktails							
Margarita On the Rocks	190	0	0	0	0	390	19
Frozen Margarita	180	0	0	0	0	10	22
Long Island Iced Tea	120	0	0	0	0	5	13
Berry Mango Daiquiri	350	0	0	0	<1 g	30	62
Top-Shelf Long Island Iced Tea	190	0	0	0	0	0	21
Mango Mai Tai	190	0	0	0	0	5	34
Triple Berry Sangria	200	0	0	0	<1 g	30	35
Malibu Hurricane	200	0	0	0	<1 g	15	35
MARGARITAS							
Grand Patrón Margarita	270	0	0	0	0	490	36
Perfect 1800 Margarita	220	0	0	0	0	410	26
Fruit-Infused Margaritas							
Strawberry On the Rocks	230	0	0	0	0	15	39
Frozen	350	0	0	0	0	20	68
Raspberry On the Rocks	250	0	0	0	0	5	39
Frozen	320	0	0	0	0	0	61

LUNCH MENU - (cont.)

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
MARGARITAS - CONT.								
Fruit-Infused Margaritas - Cont.								
Peach	On the Rocks	240	0	0	0	0	0	39
	Frozen	330	0	0	0	0	0	62
Classic Margarita	On the Rocks	250	0	0	0	0	770	22
	Frozen	470	0	0	0	0	590	96
Top-Shelf Margarita	On the Rocks	300	0	0	0	0	810	25
	Frozen	520	0	0	0	0	640	97
DRAFT BEER								
Sam Adams	14 oz.	180	0	0	0	0	15	21
	20 oz.	260	0	0	0	3	25	21
Bud Light	14 oz.	120	0	0	0	0	15	15
	20 oz.	180	0	0	0	0	20	21
Blue Moon*	14 oz.	190	0	0	0	2	20	18
	20 oz.	280	0	0	0	3	25	25
Fat Tire*	14 oz.	180	0	0	0	0	20	18
	20 oz.	260	0	0	0	0	25	25
Shiner Bock*	14 oz.	170	0	0	0	0	15	14
	20 oz.	240	0	0	0	0	20	20
Yuengling*	14 oz.	170	0	0	0	0	15	14
	20 oz.	240	0	0	0	0	20	20
WINE BY THE GLASS								
Sparkling		100	0	0	0	0	15	2
White, Blush or Red		120	0	0	0	0	20	7
WINE BY THE BOTTLE								
Sparkling		420	0	0	0	0	60	6
White, Blush or Red		490	0	0	0	0	70	27
NONALCOHOLIC DRINKS								
Classic Lemonade		170	0	0	0	0	0	42
Coke®		190	0	0	0	0	65	53
Diet Coke®		0	0	0	0	0	60	0
Sprite®		200	0	0	0	0	90	52
Dr Pepper®		200	0	0	0	0	70	54
Minute Maid® Light™ Lemonade		5	0	0	0	0	90	0
Minute Maid® Raspberry Lemonade		300	0	0	0	0	35	50
Harbor Cafe Coffee		0	0	0	0	0	5	0
Iced Tea/Hot Tea		0	0	0	0	0	0	0

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
DRESSINGS 1.5 oz							
Blue Cheese Crumbles	80	6	4	0	5	200	1
Blue Cheese Dressing	230	24	5	0	2	300	1
Blueberry-Balsamic Vinaigrette	80	4	0.5	0	0	200	11
Caesar Dressing	300	32	6	0.5	2	590	<1 g
French* Dressing	180	16	2.5	0	0	460	10
Honey Mustard Dressing	190	17	2.5	0	<1 g	270	8
Ranch Dressing	150	16	2.5	0	<1 g	320	2
Red Wine Vinaigrette	80	5	0	0	0	430	10
Thousand Island Dressing	220	21	3	0	0	290	8
CONDIMENTS AND SAUCES							
100% Pure Melted Butter	300	33	21	0	0	280	0
Cocktail Sauce	45	0	0	0	<1 g	580	11
Honey-Mustard Dipping Sauce	190	17	2.5	0	<1 g	270	8
Ketchup	60	0	0	0	<1 g	480	15
Marinara Sauce	35	2	0	0	<1 g	230	4
Mayonnaise	300	33	4.5	0	0	220	0
Mustard	0	0	0	0	0	460	0
Pico de Gallo	10	0	0	0	0	190	2
Pina Colada Sauce	100	4.5	3.5	0	<1 g	40	14
Pineapple Salsa	40	0	0	0	<1 g	340	9
Sriracha Aioli	220	23	3.5	0	<1 g	320	2
Tartar Sauce	210	21	3	0	0	180	4
Lemon Wedge	5	0	0	0	0	0	1

LUNCH SPECIALS

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
Classic Caesar	With Chicken	660	52	10	0	33	1360	15
	With Shrimp	630	52	10	0	28	1830	16
	With Salmon	720	54	10	0	43	1200	17
Bar Harbor Salad	With Chicken	330	11	1.5	0	28	420	36
	With Shrimp	300	11	1.5	0	23	900	36
	With Salmon	390	13	1.5	0	38	260	38
Soup and Grilled Shrimp Salad								
	With Clam Chowder	320	17	8	0	18	1260	24
	With Lobster Bisque	1180	62	13	1	50	1800	107
Wood-Grilled Southwest Chicken Sandwich		560	27	2.5	0	19	850	59
Shrimp and Chips		560	27	2.5	0	19	850	59
Wood-Grilled Burger		1170	71	21	2	45	1080	88
Wood-Grilled Tacos	with Grilled Shrimp	590	20	4.5	1.5	26	2070	77
	with Grilled Fresh Tilapia	670	24	6	0	44	1710	70
Lobster Pizza		680	31	12	1	34	1740	66
Chocolate Wave		1490	81	25	3	16	950	172

KIDS' COVE MENU

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
Broiled Fish		140	2	0	0	30	380	1
Popcorn Shrimp		190	9	1	0	8	700	19
Macaroni and Cheese		280	7	2	0	11	590	42
Chicken Fingers		350	20	2	0	22	1110	21
Grilled Chicken		120	3	0.5	0	25	260	0
Garlic-Grilled Shrimp Skewer		60	2	0	0	11	420	0
Snow Crab Legs		90	1	0	0	20	790	0
DRINKS								
1% Milk		110	2.5	1.5	0	9	130	13
Juice		110	0	0	0	2	15	27
Raspberry Lemonade		170	0	0	0	0	20	28
Lemonade		150	0	0	0	0	0	38
CASCO BAY COOLERS								
Sunset Strawberry Smoothie		290	7	4.5	0	4	130	54
Peachy Breezy Smoothie		250	3	2	0	2	190	52
Raspberry Bay Smoothie		290	7	4	0	3	115	54
Frozen Strawberry Lemonade		390	0	0	0	0	20	97
Cherry Wave Slushy		150	0	0	0	0	25	37
SURF'S UP SUNDAE								
Sundae		170	9	6	0	3	45	20
SIDES, CONDIMENTS AND SAUCES								
Fruit		40	0	0	0	<1g	0	10
Broccoli		40	0	0	0	3	160	8
Salad	Garden	70	1.5	0	0	1	150	13
	Caesar	270	25	4.5	0	4	550	8

TABLETOP BOOK MENU

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
FROZEN SPECIALTIES								
Bahama Mama		370	0	0	0	0	30	68
Sunset Passion Colada		360	8	7	0	<1g	15	63
Red Passion Colada		310	4.5	4	0	<1g	35	55
Pina Colada		320	6	5	0	<1g	35	55
Alotta Colada		700	16	14	0	2	55	95
Big Berry Daiquiri		350	0	0	0	<1g	20	65
Strawberry Daiquiri		250	0	0	0	0	10	46
Berry Mango Daiquiri		350	0	0	0	<1g	30	62
Mudslide		520	21	13	0.5	7	160	52
MARGARITAS								
Lobsterita	Traditional	890	0	0	0	0	860	183
	Strawberry	700	0	0	0	0	55	135
	Raspberry	690	0	0	0	1	50	131
Classic Margarita	On the Rocks	470	0	0	0	0	590	96
	Frozen	250	0	0	0	0	770	22
Fruit-Infused Margaritas								
Strawberry	On the Rocks	350	0	0	0	0	20	68
	Frozen	230	0	0	0	0	15	39
Raspberry	On the Rocks	320	0	0	0	0	0	61
	Frozen	250	0	0	0	0	5	39
Peach	On the Rocks	330	0	0	0	0	0	62
	Frozen	240	0	0	0	0	0	39
Perfect 1800 Margarita		220	0	0	0	0	410	26
Grand Patrón Margarita		270	0	0	0	0	490	36
Top-Shelf Margarita	On the Rocks	520	0	0	0	0	640	97
	Frozen	300	0	0	0	0	810	25
SPECIALTY COCKTAILS								
Malibu Bay Breeze		240	0	0	0	0	10	47
Top-Shelf Long Island Iced Tea		190	0	0	0	0	0	21
Malibu Hurricane		200	0	0	0	<1g	15	35
Mango Mai Tai		190	0	0	0	0	5	34
Strawberry Mojito		280	0	0	0	0	0	44
Special Cargo Colada		300	1.5	1.5	0	0	5	37
Triple Berry Sangria		200	0	0	0	<1g	30	35
Bloody Mary		140	0	0	0	2	1170	16

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
SPECIALTY COCKTAILS - CONT								
Mojito		190	0	0	0	0	0	25
Skinny Cocktails								
	Margarita On the Rocks	180	0	0	0	0	10	22
	Frozen Margarita	190	0	0	0	0	390	19
	Long Island Iced Tea	120	0	0	0	0	5	13
Cape Codder		130	0	0	0	0	0	13
Classic Mai Tai		190	0	0	0	0	5	34
Long Beach Iced Tea		190	0	0	0	0	0	22
Old Fashioned		160	0	0	0	0	0	4
MARTINIS								
Classic Martini	With Vodka	150	1.5	0	0	0	260	1
	With Gin	150	1.5	0	0	0	260	1
Cosmopolitan		220	0	0	0	0	0	15
Caramel Appletini		160	0	0	0	0	10	18
Chocolate Martini		330	6	0	0	3	30	30
Manhattan		150	0	0	0	0	0	5
SPIRITS								
Single Malt Scotches		130	0	0	0	0	0	0
80 Proof Distilled Spirits		130	0	0	0	0	0	0
Cognac		130	0	0	0	0	0	0
AFTER DINNER DRINKS								
Baileys Irish Cream		270	4.5	0	0	0	0	6
Grand Marnier		80	0	0	0	0	0	6
Disaronno Amaretto		80	0	0	0	0	0	12
Kahlúa		90	0	0	0	0	0	15
Frangelico		70	0	0	0	0	0	12
Coffee Nudge		130	2	1.5	0	<1g	15	13
Irish Coffee		90	2	1	0	<1g	25	4
Baileys and Coffee		180	8	5	0	2	50	15
WINE BY THE GLASS								
Sparkling		100	0	0	0	0	15	2
White, Blush or Red		120	0	0	0	0	20	7
WINE BY THE BOTTLE								
Sparkling		420	0	0	0	0	60	6
White, Blush or Red		490	0	0	0	0	70	27

TABLETOP BOOK MENU - (cont.)

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
DRAFT BEER								
Sam Adams	14 oz.	180	0	0	0	0	15	21
	20 oz.	260	0	0	0	3	25	21
Bud Light	14 oz.	120	0	0	0	0	15	15
	20 oz.	180	0	0	0	0	20	21
Blue Moon*	14 oz.	190	0	0	0	2	20	18
	20 oz.	280	0	0	0	3	25	25
Fat Tire*	14 oz.	180	0	0	0	0	20	18
	20 oz.	260	0	0	0	0	25	25
Shiner Bock*	14 oz.	170	0	0	0	0	15	14
	20 oz.	240	0	0	0	0	20	20
Yuengling*	14 oz.	170	0	0	0	0	15	14
	20 oz.	240	0	0	0	0	20	20
NONALCOHOLIC DRINKS								
Flavored Lemonades	Strawberry	240	0	0	0	0	0	59
	Peach	280	0	0	0	0	0	71
Boston Iced Teas	Classic Cranberry	80	0	0	0	0	0	19
	Raspberry	100	0	0	0	0	0	26
	Peach	110	0	0	0	0	0	28
Fruit Smoothies	Strawberry	460	11	7	0	6	210	85
	Raspberry	450	10	6	0	5	180	84
	Peach	390	5	3	0	4	290	82
Coffee		0	0	0	0	0	5	0
Iced Tea/Hot Tea		0	0	0	0	0	0	0
Classic Lemonade		170	0	0	0	0	0	42
Coke®		190	0	0	0	0	65	53
Diet Coke®		0	0	0	0	0	60	0
Sprite®		200	0	0	0	0	90	52
Dr Pepper®		200	0	0	0	0	70	54
Minute Maid® Light™ Lemonade		5	0	0	0	0	90	0
Minute Maid® Raspberry Lemonade		300	0	0	0	0	35	50

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
APPETIZERS								
Parrot Isle Jumbo Coconut Shrimp		530	36	9	0	18	1110	34
Lobster Pizza		680	31	12	1	34	1740	66
Sweet Chili Shrimp		1140	79	10	1	27	2050	79
Seaside Sampler		620	36	11	0.5	38	1770	35
Lobster-Artichoke-and-Seafood Dip		1040	61	18	1	30	1960	93
Chilled Jumbo Shrimp Cocktail		120	0.5	0	0	19	580	9
Shrimp Nachos		1280	76	25	1	49	3050	97
White Wine and Roasted-Garlic Mussels		910	55	13	1	32	2590	70
Lobster-Crab-and-Seafood-Stuffed Mushrooms		320	18	8	0	21	990	20
Crispy Calamari and Vegetables		1650	109	12	0.5	34	4170	133
Mozzarella Cheesesticks		710	42	14	0	32	1780	50
Crispy Fried Green Beans		840	67	5	0	9	1410	49
Create Your Own Appetizer Combination								
Crispy Calamari and Vegetables		830	55	7	0	18	2110	66
Clam Strips		390	24	2.5	0	10	730	33
Chicken Breast Strips		350	20	2	0	22	1110	21
Mozzarella Cheesesticks		350	21	7	0	16	890	25
Crispy Fried Green Beans		420	34	2.5	0	5	700	25
Stuffed Mushrooms		220	12	6	0	0	740	12
Lobster Bisque	Cup	210	14	8	0	8	830	12
	Bowl	410	28	16	1	16	1650	23
New England Clam Chowder	Cup	200	14	8	0	7	750	12
	Bowl	400	29	16	0	13	1500	23
Buffalo Chicken Wings*		570	36	7	0	55	1330	6
Oysters* on the Half Shell, 1/2 Dozen		50	1.5	0	0	6	125	3
Steamed Clams*		790	32	6	1.5	9	1720	55
DESSERTS								
Warm Apple Crostada		620	30	15	0	9	530	79
New York-Style Cheesecake with Strawberries		590	41	25	1	9	390	48
Warm Chocolate Chip Lava Cookie		1070	51	23	1	12	470	142
Chocolate Wave		1490	81	25	3	16	950	172
Carrot Cake		600	36	12	0	6	570	63
Key Lime Pie		580	22	12	2.5	9	450	88

FRESH FISH MENU

Since varieties can change daily, please see our Today's Fresh Fish menu for current selections.

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
PREPARED GRILLED, BROILED OR BLACKENED								
Arctic Char		430	24	5	0	46	540	10
Cod		190	2.5	0	0	35	530	9
Flounder		180	3	0	0	34	500	8
Grouper		230	2	0	0	47	480	8
Haddock		200	2.5	0	0	38	730	9
Halibut		220	2	0	0	43	700	10
Lake Whitefish		290	10	2	0	44	460	8
Opah		260	2.5	0.5	0	53	370	8
Perch		170	1.5	0	0	33	390	8
Rainbow Trout	Lunch/Half	290	12	2.5	0	37	370	8
	Full	530	23	4.5	0	71	570	8
Red Rockfish		240	3.5	1	0	44	570	9
Salmon	Lunch/Half	360	20	4	0	35	370	8
	Full	670	40	8	0	67	590	8
Gulf Snapper		250	4	1	0	47	600	9
Pacific Snapper		200	3	0.5	0	35	460	10
Sole		180	1.5	0	0	36	460	8
Tilapia	Lunch/Half	260	6	1.5	0	44	390	8
	Full	480	13	3.5	0	85	610	9
Tuna		250	1.5	0	0	54	310	8
Wahoo		360	13	3.5	0	54	400	8
SIGNATURE SHELLFISH								
Live Maine Lobster (includes corn and potatoes)	1 ¼ Pound							
	Steamed	520	12	1.5	0	61	1880	45
	Stuffed	600	16	2.5	0	64	2160	53
Jumbo Lump Crab Cakes*		350	20	3	0	30	900	10
North Pacific King Crab Legs* (includes corn and potatoes)		690	14	2	0	95	4600	47
TOPPINGS								
Lemon Garlic Butter		170	16	5	0	<1g	490	6
Pineapple Salsa		40	0	0	0	<1g	340	9
Crab Butter		250	22	7	0	9	550	4

MENU SPECIALS

Nutritional content does not include condiments, dipping sauces or optional sides.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
ENDLESS SHRIMP®								
Sriracha-Grilled Shrimp	Initial Order	230	5	1	0	15	950	30
	Refill	60	2	0	0	11	420	0
Parmesan Shrimp Scampi	Initial Order	180	12	3	0	16	870	3
	Refill	180	12	3	0	16	870	3
Hand-Breaded Shrimp	Initial Order	320	17	1.5	0	23	880	20
	Refill	220	11	1	0	15	590	13
Garlic Shrimp Scampi	Initial Order	150	7	1.5	0	19	960	3
	Refill	100	4.5	1	0	13	700	1
Shrimp Linguini Alfredo	Initial Order	590	26	9	<1 g	34	1500	54
	Refill	590	26	9	<1 g	34	1500	54
Coconut Shrimp Bites	Initial Order	300	18	4	0	11	760	24
	Refill	300	18	4	0	11	760	24
FEATURED ENTRÉE								
Seaport Lobster and Shrimp		420	13	2.5	0	42	2010	32
FEATURED APPETIZER								
Crab Scampi Dip		770	50	26	2	30	1920	51
FEATURED COCKTAIL								
Malibu Hurricane		200	0	0	0	<1g	15	35