



## **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, sodium or carbohydrates, you will find what you need to make informed selections that fit into your lifestyle.

# DINNER MENU

Nutritional content does not include condiments, dipping sauces or optional accompaniments.

\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	
<b>Seaside Starters</b>						
Parrot Isle Jumbo Coconut Shrimp	530	36	9	1110	34	
Create Your Own Appetizer Combination						
Crispy Calamari and Vegetables	760	49	6	1530	58	
Clam Strips	370	22	2	820	31	
Chicken Breast Strips	410	24	2	1320	28	
Mozzarella Cheesesticks	340	20	7	950	24	
Stuffed Mushrooms	220	12	6	740	12	
Shrimp Nachos	1090	64	19	1680	94	
Crispy Calamari and Vegetables	1520	97	11	3050	115	
Pan-Seared Crab Cakes	280	14	2.5	1110	13	
Mozzarella Cheesesticks	680	39	14	1910	49	
Golden Onion Rings	1030	77	6	2700	74	
Chilled Jumbo Shrimp Cocktail	120	0.5	0	580	9	
New England Seafood Sampler	750	42	10	2160	45	
Lobster-Crab-and-Seafood-Stuffed Mushrooms	330	18	9	1110	18	
Lobster-Artichoke-and-Seafood Dip	1200	74	20	1950	101	
Grilled Shrimp Bruschetta	650	26	4.5	2380	58	
Lobster Pizza	720	30	13	1390	69	
Batterfried Crawfish*	1190	69	7	2740	104	
Buffalo Chicken Wings*	680	39	9	1750	0	
Fried Oysters*	590	31	3	1220	66	
Steamed Clams*	430	15	3.5	1110	10	
<b>Soups and Salads</b>						
New England Clam Chowder	Cup	230	17	10	680	13
	Bowl	480	34	20	1390	26
Creamy Potato Bacon Soup	Cup	220	15	9	790	19
	Bowl	450	30	17	1580	37

Regional item availability varies by restaurant. All items on our menus have been independently tested by accredited laboratories with expertise in nutritional testing. However, due to the handcrafted nature of our menu items and variances in ingredients we receive from suppliers, variations in nutritional values may occur. The most current nutritional information for our menus is published on our consumer Web site to help guests create a delicious meal that meets their nutritional needs.

Nutritional content does not include condiments, dipping sauces or optional accompaniments.

\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	
<b>Soups and Salads - cont.</b>						
Lobster Bisque	Cup	210	14	8	830	12
	Bowl	410	28	16	1650	23
Hand-Tossed Caesar Salad	Shrimp	620	51	10	1370	14
	Chicken	670	52	10	1750	14
Manhattan Clam Chowder*	Cup	80	1	0	690	12
	Bowl	160	2	1	1420	25
Seafood Gumbo*	Cup	230	8	2.5	1160	25
	Bowl	470	17	5	2370	51
<b>Add to Any Meal</b>						
Maine Lobster Tail		60	0.5	0	490	0
Garlic-Grilled Jumbo Shrimp Skewer		100	3	0.5	760	3
Snow Crab Legs	½ Pound	90	1	0	790	0
<b>Monday and Tuesday Specials</b>						
Shrimp Lover's Monday and Tuesday						
Fried Shrimp		210	11	1	860	11
Scampi		130	8	1.5	990	0
Coconut Shrimp Bites		290	18	3	830	19
Popcorn Shrimp		180	9	1	670	16
<b>Signature Combinations</b>						
Ultimate Feast®		600	28	3.5	3660	25
Seaside Shrimp Trio		1010	55	13	3940	65
Admiral's Feast		1280	73	6	4300	92
<b>Create Your Own Feast</b>						
Garlic-Grilled Shrimp		60	1	0	580	<1
Seafood-Stuffed Fish		160	5	1.5	760	6
Parrot Isle Jumbo Coconut Shrimp		710	48	12	1490	45
Walt's Favorite Shrimp		370	20	2	1500	25
Shrimp Linguini Alfredo		550	29	10	1580	41
Grilled Fresh Salmon		210	9	2	240	0
Garlic Shrimp Scampi		180	11	2	1440	0
Steamed Snow Crab Legs		90	1	0	790	0
Peppercorn-Grilled Sirloin		280	10	4	850	0
Batterfried Crawfish*		750	47	4.5	1480	49
Fried Oysters*		590	32	3.5	1100	58

## DINNER MENU - (cont.)

Nutritional content does not include condiments, dipping sauces or optional accompaniments.

\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	
<b>Grilled Selections</b>						
Grilled Lobster, Shrimp and Scallops	500	11	2.5	3220	42	
Pecan-Crusted Jumbo Shrimp	730	25	4	3780	60	
Grilled Scallops, Shrimp and Chicken	600	13	3	3190	42	
Maple-Glazed Shrimp and Salmon	670	17	3.5	2690	57	
Garlic-Grilled Jumbo Shrimp	370	9	2	2160	40	
Peach-Bourbon BBQ Shrimp and Scallops	490	22	4	1680	34	
Grilled Peppercorn Sirloin and Shrimp	590	22	10	2230	30	
Center-Cut NY Strip Steak	590	33	14	1420	0	
NY Strip and Rock Lobster Tail	690	35	14	1930	0	
Steak Lobster-and-Shrimp Oscar	1170	77	33	2770	20	
Maple-Glazed Chicken	570	9	2.5	1950	62	
Add Skewer of Maple-Glazed Jumbo Shrimp	110	1	0	780	11	
<b>Lobster and Crab</b>						
Chef's Signature Lobster and Shrimp Pasta	Half	510	25	11	1090	43
	Full	1020	50	21	2170	86
Crab Linguini Alfredo	Half	560	25	12	1310	47
	Full	1120	50	24	2650	95
Snow Crab Legs	1 Pound	180	2	0	1580	0
New England Lobster Rolls		590	34	4	1530	47
Rock Lobster Tail		90	1	0	490	0
Live Maine Lobster, 1 ¼ Pound	Steamed	230	1.5	0	840	0
	With Stuffing	310	5	1.5	1120	8
Rockzilla*		130	1.5	0	690	0
<b>Shrimp</b>						
Walt's Favorite Shrimp		550	30	2.5	2270	39
	Add ½ Dozen More	280	15	1.5	1140	19
Crunchy Popcorn Shrimp		560	27	2.5	2100	51
Shrimp Linguini Alfredo	Half	550	29	10	1580	41
	Full	1100	58	21	3200	84
Parrot Isle Jumbo Coconut Shrimp		880	60	15	1860	56
	Add 5 More	450	30	8	950	29
Shrimp Your Way						
Fried Shrimp		210	11	1	860	11
Scampi		130	8	1.5	990	0
Coconut Shrimp Bites		290	18	3	830	19
Popcorn Shrimp		180	9	1	670	16

Nutritional content does not include condiments, dipping sauces or optional accompaniments.

\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	
<b>Traditional Favorites</b>						
Parmesan-Crusted Tilapia	Half	430	20	8	990	19
	Full	810	41	17	2590	25
Seafood-Stuffed Fish		320	11	3.5	1520	13
Fish	Oven-Broiled	320	2	0	470	10
	Golden-Fried	440	16	1.5	560	5
Cajun Chicken Linguini Alfredo	Half	630	27	10	1550	45
	Full	1260	53	19	3110	91
Broiled Seafood Platter		300	10	3	1880	9
Hand-Battered Fish and Chips		730	33	3	1980	64
Walleye*	Beer-Battered	700	42	4	1200	24
	Blackened	300	7	1	410	9
	Broiled	260	3.5	1	540	0
	Fried	600	29	2.5	990	35
<b>Accompaniments, Condiments and Sauces</b>						
Cheddar Bay Biscuit™ (each)		150	8	2.5	350	16
Salad	Garden	90	3	0	105	13
	Caesar	270	21	4.5	560	13
Add Petite Shrimp to Your Garden or Caesar Salad		15	0	0	125	0
Dressings, 1.5 oz.						
Balsamic Vinaigrette		80	6	1	190	4
Blue Cheese		240	26	4.5	260	2
Caesar		280	30	5	560	1
French*		160	14	2	390	9
Honey Mustard Dressing		190	17	2.5	250	8
Ranch		160	16	2.5	380	3
Thousand Island		200	20	3	180	6
Coleslaw		200	15	2.5	250	13
Fresh Broccoli		45	0.5	0	200	6
Home-Style Mashed Potatoes		210	10	6	620	27
Wild Rice Pilaf		180	3	0.5	650	34
Baked Potato		220	1	0	730	47
	Add Butter	90	10	6	80	1
	Add Sour Cream	30	2.5	1.5	10	1
Fries		330	17	1.5	740	40
Fresh Asparagus		60	3	1.5	270	5
Creamy Langostino Lobster Baked Potato		380	14	4.5	1100	50
Creamy Langostino Lobster Mashed Potatoes		370	22	10	1000	30
Potato Chips		300	19	1.5	580	28

## DINNER MENU - (cont.)

Nutritional content does not include condiments, dipping sauces or optional accompaniments.

\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	
<b>Accompaniments, Condiments and Sauces - cont.</b>						
Lemon Wedge	5	0	0	0	1	
Dipping Sauces, 1.5 oz.						
100% Pure Melted Butter	350	38	23	30	2	
Cocktail Sauce	40	0	0	480	9	
Honey Mustard Dipping Sauce	280	26	4	360	12	
Ketchup	50	0	0	460	11	
Marinara Sauce	25	1	0	170	4	
Peach-Bourbon BBQ Sauce	140	0	0	460	32	
Pico de Gallo	10	0	0	160	2	
Piña Colada Sauce	80	4	3	20	12	
Remoulade	230	22	3.5	220	6	
Tartar Sauce	190	19	3	170	6	
<b>Signature Drinks</b>						
Sunset Passion Colada	360	8	7	15	63	
Bahama Mama	350	0	0	20	51	
Berry Mango Daiquiri	350	0	0	30	62	
Classic Margarita	Frozen	470	0	0	590	96
	On the Rocks	250	0	0	770	22
Top-Shelf Margarita	Frozen	520	0	0	640	97
	On the Rocks	300	0	0	810	25
Lobsterita®	Traditional	890	0	0	860	183
	Strawberry	700	0	0	55	135
	Raspberry	690	0	0	50	131
Malibu Hurricane		200	0	0	15	35
Top-Shelf Long Island Iced Tea		190	0	0	0	21
Mango Mai Tai		190	0	0	5	34
Triple Berry Sangria		200	0	0	30	35
<b>Wine by the Glass</b>						
Sparkling	100	0	0	15	2	
White, Blush or Red	120	0	0	20	7	
<b>Wine by the Bottle</b>						
Sparkling	420	0	0	60	6	
White, Blush or Red	490	0	0	70	27	
<b>Draft Beer (16 oz.)</b>						
Samuel Adams	210	0	0	15	24	
Bud Light	160	0	0	20	19	
Fat Tire*	210	0	0	20	20	

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\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Draft Beer (16 oz.) - cont.</b>					
Yuengling*	190	0	0	15	16
Blue Moon*	220	0	0	20	20
Shiner Bock*	190	0	0	15	16
<b>Nonalcoholic Drinks</b>					
Coke®	100	0	0	35	27
Diet Coke®	0	0	0	30	0
Sprite®	100	0	0	45	26
Dr Pepper®	150	0	0	35	27
Minute Maid® Light™ Lemonade	0	0	0	55	0
Minute Maid® Raspberry Lemonade	180	0	0	20	30
Coffee	0	0	0	5	0
Unsweetened Tea	0	0	0	0	0
Boston Iced Tea	50	0	0	10	12
Sail Away Smoothie - Sunset Strawberry	250	6	4	45	47
Sail Away Smoothie - Berry Strawberry Banana	340	9	6	85	63
Sail Away Smoothie - Banana Bay Chocolate	460	14	9	10	78
Tropical Freeze - Orange	250	6	5	20	49
Tropical Freeze - Pineapple	250	5	4.5	180	50

# LUNCH MENU

Nutritional content does not include condiments, dipping sauces or optional accompaniments.

\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	
<b>Seaside Starters</b>						
Parrot Isle Jumbo Coconut Shrimp	530	36	9	1110	34	
Create Your Own Appetizer Combination						
Crispy Calamari and Vegetables	760	49	6	1530	58	
Clam Strips	370	22	2	820	31	
Chicken Breast Strips	410	24	2	1320	28	
Mozzarella Cheesesticks	340	20	7	950	24	
Stuffed Mushrooms	220	12	6	740	12	
Shrimp Nachos	1090	64	19	1680	94	
Crispy Calamari and Vegetables	1520	97	11	3050	115	
Pan-Seared Crab Cakes	280	14	2.5	1110	13	
Mozzarella Cheesesticks	680	39	14	1910	49	
Golden Onion Rings	1030	77	6	2700	74	
Chilled Jumbo Shrimp Cocktail	120	0.5	0	580	9	
New England Seafood Sampler	750	42	10	2160	45	
Lobster-Crab-and-Seafood-Stuffed Mushrooms	330	18	9	1110	18	
Lobster-Artichoke-and-Seafood Dip	1200	74	20	1950	101	
Grilled Shrimp Bruschetta	650	26	4.5	2380	58	
Lobster Pizza	720	30	13	1390	69	
Batterfried Crawfish*	1190	69	7	2740	104	
Buffalo Chicken Wings*	680	39	9	1750	0	
Fried Oysters*	590	31	3	1220	66	
Steamed Clams*	430	15	3.5	1110	10	
<b>Soups</b>						
New England Clam Chowder	Cup	230	17	10	680	13
	Bowl	480	34	20	1390	26
Lobster Bisque	Cup	210	14	8	830	12
	Bowl	410	28	16	1650	23
Creamy Potato Bacon Soup	Cup	220	15	9	790	19
	Bowl	450	30	17	1580	37
Manhattan Clam Chowder*	Cup	80	1	0	690	12
	Bowl	160	2	1	1420	25
Seafood Gumbo*	Cup	230	8	2.5	1160	25
	Bowl	470	17	5	2370	51

Nutritional content does not include condiments, dipping sauces or optional accompaniments.

\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Add to Any Meal</b>					
Maine Lobster Tail	60	0.5	0	490	0
Garlic-Grilled Jumbo Shrimp Skewer	100	3	0.5	760	3
Snow Crab Legs	90	1	0	790	0
					½ Pound
<b>Monday and Tuesday Specials</b>					
Shrimp Lover's Monday and Tuesday					
Fried Shrimp	210	11	1	860	11
Scampi	130	8	1.5	990	0
Coconut Shrimp Bites	290	18	3	830	19
Popcorn Shrimp	180	9	1	670	16
<b>Quick Catches</b>					
Coastal Soup and Salad (bread wedges only, not bowl)					
with N.E. Clam Chowder	710	30	12	1670	79
with Creamy Potato Bacon Soup	700	29	11	1780	84
with Seafood Gumbo*	680	22	4.5	1950	87
Hand-Tossed Caesar Salad	620	51	10	1370	14
Shrimp	670	52	10	1750	14
Chicken	670	52	10	1750	14
Shrimp Flatbread and Grilled Shrimp Salad	720	33	10	1900	66
Grilled Shrimp Skewers	360	7	1.5	1290	47
New England Lobster Rolls	590	34	4	1530	47
Grilled Chicken Sandwich	810	32	4.5	2080	89
Crunch-Fried Fish Sandwich	730	37	9	1540	67
Shrimp and Grilled Chicken					
with Grilled Shrimp Skewer	380	8	2	1490	34
with Hand-Breaded Shrimp	550	17	2.5	2190	45
with Garlic Shrimp Scampi	400	11	2.5	1970	34
Shrimp Jambalaya	590	34	10	1860	47
Crispy Beer-Battered Shrimp	540	35	3	1170	40
Hand-Battered Fish and Chips	730	33	3	1980	64
<b>Create Your Own Lunch</b>					
Hand-Breaded Shrimp	150	8	0.5	620	8
Bay Scallops	70	1	0	490	2
					Broiled
	140	7	0.5	760	9
					Fried
Garlic Shrimp Scampi	70	4	1	640	0
Chicken Breast Strips	410	24	2	1320	28
Lightly Breaded Clam Strips	370	22	2	820	31

## LUNCH MENU - (cont.)

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

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	
<b>Create Your Own Lunch - cont.</b>						
Crunch-Fried Fish	410	24	2	1200	27	
Batterfried Crawfish*	420	26	2.5	830	28	
<b>Lunch Classics</b>						
Chef's Sig. Lobster and Shrimp Pasta	Lunch	510	25	11	1090	43
	Full	1020	50	21	2170	86
Fish	Oven-Broiled	150	1	0	150	3
	Golden-Fried	210	8	0.5	260	2
Seafood-Stuffed Fish		160	5	1.5	760	6
Maple-Glazed Chicken		410	7	1.5	1430	55
	Add Skewer of Maple-Glazed Shrimp	110	1	0	780	11
Hand-Breaded Shrimp		260	13	1	1060	13
Farm-Raised Catfish	Blackened	190	9	1.5	150	0
	Golden-Fried	220	12	1.5	280	3
Crunchy Popcorn Shrimp		280	14	1.5	1050	26
Chicken Breast Strips		690	40	3.5	2200	47
Shrimp Linguini Alfredo	Lunch	550	29	10	1580	41
	Full	1100	58	21	3200	84
Garlic Shrimp Scampi		130	8	1.5	990	0
Crab Linguini Alfredo	Lunch	560	25	12	1310	47
	Full	1120	50	24	2650	95
Cajun Chicken Linguini Alfredo	Lunch	630	27	10	1550	45
	Full	1260	53	19	3110	91
Sailor's Platter		330	10	1.5	1220	8
Walleye*	Beer-Battered	350	21	2	600	12
	Blackened	150	3.5	0.5	200	5
	Broiled	130	1.5	0	270	0
	Fried	300	15	1.5	500	18
<b>Accompaniments, Condiments and Sauces</b>						
Cheddar Bay Biscuit™ (each)		150	8	2.5	350	16
Salad	Garden	90	3	0	105	13
	Caesar	270	21	4.5	560	13
Add Petite Shrimp to Your Garden or Caesar Salad		15	0	0	125	0
Dressings, 1.5 oz.						
	Balsamic Vinaigrette	80	6	1	190	4
	Blue Cheese	240	26	4.5	260	2
	Caesar	280	30	5	560	1
	French*	160	14	2	390	9

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

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)		
<b>Accompaniments, Condiments and Sauces - cont.</b>							
Dressings, 1.5 oz. - cont.							
	Honey Mustard Dressing	190	17	2.5	250	8	
	Ranch	160	16	2.5	380	3	
	Thousand Island	200	20	3	180	6	
	Coleslaw	200	15	2.5	250	13	
	Fresh Broccoli	45	0.5	0	200	6	
	Home-Style Mashed Potatoes	210	10	6	620	27	
	Wild Rice Pilaf	180	3	0.5	650	34	
	Baked Potato	220	1	0	730	47	
		Add Butter	90	10	6	80	1
		Add Sour Cream	30	2.5	1.5	10	1
	Fries	330	17	1.5	740	40	
	Fresh Asparagus	60	3	1.5	270	5	
	Creamy Langostino Lobster Baked Potato	380	14	4.5	1100	50	
	Creamy Langostino Lobster Mashed Potatoes	370	22	10	1000	30	
	Potato Chips	300	19	1.5	580	28	
	Lemon Wedge	5	0	0	0	1	
	Dipping Sauces, 1.5 oz.						
		100% Pure Melted Butter	350	38	23	30	2
		Cocktail Sauce	40	0	0	480	9
		Honey Mustard Dipping Sauce	280	26	4	360	12
		Ketchup	50	0	0	460	11
		Marinara Sauce	25	1	0	170	4
		Peach-Bourbon BBQ Sauce	140	0	0	460	32
		Pico de Gallo	10	0	0	160	2
		Piña Colada Sauce	80	4	3	20	12
		Remoulade	230	22	3.5	220	6
		Tartar Sauce	190	19	3	170	6
<b>Signature Combinations</b>							
	Ultimate Feast®	600	28	3.5	3660	25	
	Admiral's Feast	1280	73	6	4300	92	
	Seaside Shrimp Trio	1010	55	13	3940	65	
	Broiled Seafood Platter	300	10	3	1880	9	
<b>Create Your Own Feast</b>							
	Garlic-Grilled Shrimp	60	1	0	580	<1	
	Seafood-Stuffed Fish	160	5	1.5	760	6	



## TABLETOP BOOK MENU

Nutritional content does not include condiments, dipping sauces or optional accompaniments.

\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Frozen Specialties</b>					
Bahama Mama	350	0	0	20	51
Sunset Passion Colada	360	8	7	15	63
Red Passion Colada	310	4.5	4	35	55
Piña Colada	320	6	5	35	55
Alotta Colada™	700	16	14	55	95
Big Berry™ Daiquiri	350	0	0	20	65
Strawberry Daiquiri	250	0	0	10	46
Berry Mango Daiquiri	350	0	0	30	62
Mudslide	520	21	13	160	52
<b>Margaritas</b>					
Lobsterita®					
Traditional	890	0	0	860	183
Strawberry	700	0	0	55	135
Raspberry	690	0	0	50	131
Classic Margarita					
Frozen	470	0	0	590	96
On the Rocks	250	0	0	770	22
Frozen Strawberry Margarita	350	0	0	20	68
Frozen Raspberry Margarita	320	0	0	0	61
Top-Shelf Margarita					
Frozen	520	0	0	640	97
On the Rocks	300	0	0	810	25
<b>Classic Cocktails</b>					
Malibu Hurricane	200	0	0	15	35
Top-Shelf Long Island Iced Tea	190	0	0	0	21
Biscayne Bay Breeze	240	0	0	10	46
Mango Mai Tai	190	0	0	5	34
Triple Berry Sangria	200	0	0	30	35
Bloody Mary	140	0	0	1170	16
Amaretto Sour	170	0	0	0	30
Screwdriver	100	0	0	0	8
Tequila Sunrise	170	0	0	10	24
<b>Martinis</b>					
Classic Martini					
With Vodka	150	0.5	0	170	0
With Gin	140	1.5	0	330	0
Caramel Appletini	160	0	0	10	18
Cosmopolitan	220	0	0	0	15
Manhattan	150	0	0	0	5

Nutritional content does not include condiments, dipping sauces or optional accompaniments.

\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Martinis - cont.</b>					
Rob Roy	160	0	0	10	3
<b>Spirits</b>					
Single Malt Scotches	70	0	0	0	0
80 Proof Distilled Spirits	100	0	0	0	0
Cognac	70	0	0	0	0
<b>After Dinner Drinks</b>					
Baileys Irish Cream	270	4.5	0	0	6
Grand Marnier	80	0	0	0	6
Disaronno Amaretto	80	0	0	0	12
Kahlúa	90	0	0	0	15
Frangelico	70	0	0	0	12
Coffee Nudge	130	2	1.5	15	13
Irish Coffee	90	2	1	25	4
Baileys and Coffee	180	8	5	50	15
<b>Wine by the Glass</b>					
Sparkling	100	0	0	15	2
White, Blush or Red	120	0	0	20	7
<b>Wine by the Bottle</b>					
Sparkling	420	0	0	60	6
White, Blush or Red	490	0	0	70	27
<b>Draft Beer (16 oz.)</b>					
Samuel Adams	210	0	0	15	24
Bud Light	160	0	0	20	19
Fat Tire*	210	0	0	20	20
Yuengling*	190	0	0	15	16
Blue Moon*	220	0	0	20	20
Shiner Bock*	190	0	0	15	16
<b>Nonalcoholic Drinks</b>					
Nonalcoholic Frozen Specialty Drinks					
Bahama Mama	230	0	0	25	57
Berry Mango Daiquiri	210	0	0	20	52
Classic Margarita					
Frozen	280	0	0	510	69
On the Rocks	150	0	0	750	22
Piña Colada	280	7	6	20	52
Raspberry Margarita	330	0	0	0	81
Strawberry Daiquiri	230	0	0	5	56
Strawberry Margarita	340	0	0	10	85
Sunset Passion Colada	330	8	7	25	62

## TABLETOP BOOK MENU - (cont.)

Nutritional content does not include condiments, dipping sauces or optional accompaniments.

\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Nonalcoholic Drinks - cont.</b>					
Sail Away Smoothie - Sunset Strawberry	250	6	4	45	47
Sail Away Smoothie - Berry Strawberry Banana	340	9	6	85	63
Sail Away Smoothie - Banana Bay Chocolate	460	14	9	10	78
Coffee	0	0	0	5	0
Unsweetened Tea	0	0	0	0	0
Boston Iced Tea	50	0	0	10	12
Coke®	100	0	0	35	27
Diet Coke®	0	0	0	30	0
Sprite®	100	0	0	45	26
Dr Pepper®	150	0	0	35	27
Minute Maid® Light™ Lemonade	0	0	0	55	0
Minute Maid® Raspberry Lemonade	180	0	0	20	30
<b>Appetizers</b>					
Shrimp Nachos	1090	64	19	1680	94
Grilled Shrimp Bruschetta	650	26	4.5	2380	58
Golden Onion Rings	1030	77	6	2700	74
Parrot Isle Jumbo Coconut Shrimp	530	36	9	1110	34
Lobster Pizza	720	30	13	1390	69
Pan-Seared Crab Cakes	280	14	2.5	1110	13
Lobster-Crab-and-Seafood-Stuffed Mushrooms	330	18	9	1110	18
Chilled Jumbo Shrimp Cocktail	120	0.5	0	580	9
Lobster-Artichoke-and-Seafood Dip	1200	74	20	1950	101
New England Seafood Sampler	750	42	10	2160	45
New England Clam Chowder	Cup 230	17	10	680	13
	Bowl 480	34	20	1390	26
Crispy Calamari and Vegetables	1520	97	11	3050	115
Lobster Bisque	Cup 210	14	8	830	12
	Bowl 410	28	16	1650	23
Mozzarella Cheesesticks	680	39	14	1910	49
Create Your Own Appetizer Combination					
Crispy Calamari and Vegetables	760	49	6	1530	58
Clam Strips	370	22	2	820	31
Chicken Breast Strips	410	24	2	1320	28
Mozzarella Cheesesticks	340	20	7	950	24
Stuffed Mushrooms	220	12	6	740	12

Nutritional content does not include condiments, dipping sauces or optional accompaniments.

\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Appetizers - cont.</b>					
Buffalo Chicken Wings *	680	39	9	1750	0
Steamed Clams*	430	15	3.5	1110	10
<b>Desserts</b>					
Warm Apple Crumble à la Mode	770	31	13	200	117
New York-Style Cheesecake with Strawberries	520	36	21	270	39
Warm Chocolate Chip Lava Cookie	1070	51	23	470	142
Chocolate Wave	1490	81	25	950	172
Key Lime Pie	580	22	12	450	88

## KIDS' COVE MENU

Nutritional content does not include condiments, dipping sauces or optional accompaniments.

\*Regional item, availability varies.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	
<b>Kids' Cove Menu</b>						
Broiled Fish	200	1.5	0	350	8	
Popcorn Shrimp	140	7	0.5	530	13	
Macaroni & Cheese	280	7	2	590	42	
Chicken Fingers	410	24	2	1320	28	
Grilled Chicken	210	4	1	710	14	
Garlic-Grilled Shrimp	60	1	0	580	<1	
Petite Lobster Tail with Rice*	220	3.5	0.5	990	34	
Snow Crab Legs*	90	1	0	790	0	
<b>Kids' Drink Choices</b>						
1% Milk	110	2.5	1.5	130	13	
Coke®	100	0	0	35	27	
Diet Coke®	0	0	0	30	0	
Sprite®	100	0	0	45	26	
Dr Pepper®	150	0	0	35	27	
Raspberry Lemonade	180	0	0	20	30	
Red Rockin' Shirley T	170	0	0	0	43	
Juice	140	0	0	25	30	
<b>Casco Bay Coolers</b>						
Sunset Strawberry Smoothie	250	6	4	45	47	
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	73	
<b>Surf's Up Sundae</b>						
Sundae	170	9	6	45	20	
<b>Orange Wedges</b>						
Orange Wedges	40	0	0	0	10	
<b>Fresh Broccoli</b>						
Fresh Broccoli	45	0.5	0	200	6	
<b>Salad</b>						
Salad	Garden	90	3	0	105	13
Salad	Caesar	270	21	4.5	560	13

## 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 accompaniments.

\*Regional item, availability varies.

		Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Prepared grilled, broiled or blackened</b>						
Arctic Char	Lunch/Half	340	15	3	460	13
	Full	630	29	6	720	21
Barramundi	Lunch/Half	230	5	1.5	270	8
	Full	420	10	2.5	350	11
Cobia	Lunch/Half	400	26	8	250	6
	Full	760	54	17	310	8
Cod	Lunch/Half	170	2	0	500	8
	Full	300	3.5	0.5	810	10
Corvina	Lunch/Half	180	1.5	0	300	7
	Full	320	2.5	0.5	420	9
Flounder	Lunch/Half	200	1.5	0	350	8
	Full	350	2.5	0	500	11
Grouper	Lunch/Half	210	1.5	0	280	6
	Full	370	2.5	0.5	370	6
Haddock	Lunch/Half	180	1.5	0	520	6
	Full	310	3	0.5	850	6
Halibut	Lunch/Half	180	2	0	610	6
	Full	280	2.5	0	740	6
Lake Whitefish	Lunch/Half	210	2.5	0.5	400	6
	Full	380	4.5	1	610	6
Mahi-Mahi	Lunch/Half	200	1.5	0	270	6
	Full	360	2	0	360	7
Monchong	Lunch/Half	190	1.5	0	290	7
	Full	340	2.5	0.5	390	9
Opah	Lunch/Half	280	12	3.5	280	8
	Full	510	24	7	380	11
Perch	Lunch/Half	170	2	0	550	6
	Full	300	3.5	1	910	7

## FRESH FISH MENU - (cont.)

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 accompaniments.  
\*Regional item, availability varies.

		Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Prepared grilled, broiled or blackened</b>						
Pompano	Lunch/Half	240	8	3.5	310	6
	Full	430	16	7	430	7
Rainbow Trout	Lunch/Half	220	10	2.5	380	6
	Full	410	19	5	580	7
Red Rockfish	Lunch/Half	170	2.5	0	580	6
	Full	300	4	1	860	10
Salmon	Lunch/Half	270	9	2	310	6
	Full	490	17	3.5	440	6
Seabass	Lunch/Half	230	6	1.5	450	6
	Full	410	12	3	700	6
Snapper	Lunch/Half	210	1.5	0	330	8
	Full	370	2.5	0.5	470	11
Sole	Lunch/Half	140	2	0	860	6
	Full	240	4	1	1530	6
Sunshine Bass	Lunch/Half	210	4.5	1	600	6
	Full	360	8	1.5	1010	6
Tilapia	Lunch/Half	210	3	1	230	9
	Full	360	4.5	1	270	12
Tuna	Lunch/Half	200	1	0	420	7
	Full	360	1.5	0	640	8
Wahoo	Lunch/Half	220	2.5	0.5	340	8
	Full	400	4	1	490	10
Walleye	Lunch/Half	170	2	0	400	7
	Full	300	4	1	610	9

## FRESH FISH MENU - (cont.)

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

		Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Chef's Signature Preparation</b>						
Creamy Crab Topping, add...		130	7	3.5	420	7
<b>Chef's Seasonal Selection</b>						
Peppercorn Salmon with Soy Wasabi Sauce	Lunch/Half	800	29	7	4810	64
	Full	1230	48	11	5740	66

## MENU SPECIALS

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

		Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>4-Course Feast</b>						
New England Clam Chowder		230	17	10	680	13
Creamy Potato Bacon Soup		220	15	9	790	19
Manhattan Clam Chowder*		80	1	0	690	12
Seafood Gumbo*		230	8	2.5	1160	25
Fresh Garden Salad		90	3	0	105	13
Fresh Caesar Salad		270	21	4.5	560	13
Garlic Alfredo Shrimp-and-Scallop Pasta		1170	54	21	2610	112
Garlic-Herb Shrimp and Chicken		660	26	10	2990	30
Grilled Honey BBQ Shrimp Skewers		890	55	14	2950	66
Cajun Chicken Linguini Alfredo		1260	53	19	3110	91
Wood-Grilled Fresh Tilapia		210	3	1	230	9
Parrot Isle Jumbo Coconut Shrimp		880	60	15	1860	56
Hand-Breaded Shrimp		440	22	2	1770	22
Triple Chocolate Brownie à la Mode		890	47	27	330	103
Apple Crostada with Caramel Drizzle		510	19	8	380	80
Key Lime Pie		580	22	12	450	88
<b>Entrées</b>						
Admiral's Feast		1280	73	6	4300	92
Bar Harbor Lobster Bake		950	33	8	3220	103
Seaside Shrimp Trio		1010	55	13	3940	65
Seaport Lobster and Shrimp		610	18	3.5	4180	43