



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.

MENU

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
*Regional item, availability varies.

| | Calories | Total Fat (g) | Sat. Fat (g) | Trans. Fat (g) | Protein (g) | Sodium (mg) | Carb. (g) |
|--------------------------------|----------|---------------|--------------|----------------|-------------|-------------|-----------|
| SIGNATURE COCKTAILS | | | | | | | |
| Malibu Hurricane | 200 | 0 | 0 | 0 | <1g | 15 | 35 |
| Top-Shelf Long Island Iced Tea | 190 | 0 | 0 | 0 | 0 | 0 | 21 |
| Bloody Mary | 140 | 0 | 0 | 0 | 2 | 1170 | 16 |
| Strawberry Mojito | 280 | 0 | 0 | 0 | 0 | 0 | 44 |
| Mojito | 190 | 0 | 0 | 0 | 0 | 0 | 25 |
| Grey Goose Cape Codder | 130 | 0 | 0 | 0 | 0 | 0 | 13 |
| Triple Berry Sangria | 200 | 0 | 0 | 0 | <1g | 30 | 35 |
| MARTINIS | | | | | | | |
| Cosmopolitan | 220 | 0 | 0 | 0 | 0 | 0 | 15 |
| Martini | 150 | 1.5 | 0 | 0 | 0 | 260 | 1 |
| | 150 | 1.5 | 0 | 0 | 0 | 260 | 1 |
| Chocolate Martini | 330 | 6 | 0 | 0 | 3 | 30 | 30 |
| Caramel Appletini | 160 | 0 | 0 | 0 | 0 | 10 | 18 |
| FROZEN SPECIALITIES | | | | | | | |
| Bahama Mama | 370 | 0 | 0 | 0 | 0 | 30 | 68 |
| Sunset Passion Colada | 360 | 8 | 7 | 0 | <1g | 15 | 63 |
| Pina Colada | 320 | 6 | 5 | 0 | <1g | 35 | 55 |
| Alotta Colada™ | 700 | 16 | 14 | 0 | 2 | 55 | 95 |
| Mudslide | 520 | 21 | 13 | 0.5 | 7 | 160 | 52 |
| Strawberry Daiquiri | 250 | 0 | 0 | 0 | 0 | 10 | 46 |
| Berry Mango Daiquiri | 350 | 0 | 0 | 0 | <1g | 30 | 62 |
| MARGARITAS | | | | | | | |
| Grand Patron Margarita | 270 | 0 | 0 | 0 | 0 | 490 | 36 |
| Perfect 1800 Margarita | 220 | 0 | 0 | 0 | 0 | 410 | 26 |
| Top-Shelf Margarita | 520 | 0 | 0 | 0 | 0 | 640 | 97 |
| | 300 | 0 | 0 | 0 | 0 | 810 | 25 |

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 LightHouseSM menu. Item availability varies by restaurant.

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| | Calories | Total Fat (g) | Sat. Fat (g) | Trans. Fat (g) | Protein (g) | Sodium (mg) | Carb. (g) |
|-----------------------------|----------|---------------|--------------|----------------|-------------|-------------|-----------|
| MARGARITAS - CONT. | | | | | | | |
| Lobsterita® | 890 | 0 | 0 | 0 | 0 | 860 | 183 |
| | 700 | 0 | 0 | 0 | 0 | 55 | 135 |
| | 690 | 0 | 0 | 0 | 1 | 50 | 131 |
| Classic Margarita | 250 | 0 | 0 | 0 | 0 | 770 | 22 |
| | 470 | 0 | 0 | 0 | 0 | 590 | 96 |
| Skinny Margarita | 190 | 0 | 0 | 0 | 0 | 390 | 19 |
| | 180 | 0 | 0 | 0 | 0 | 10 | 22 |
| Skinny Long Island Iced Tea | 120 | 0 | 0 | 0 | 0 | 5 | 13 |
| 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 | 180 | 0 | 0 | 0 | 2 | 15 | 15 |
| | 260 | 0 | 0 | 0 | 3 | 25 | 21 |
| Bud Light | 120 | 0 | 0 | 0 | 0 | 15 | 15 |
| | 180 | 0 | 0 | 0 | 0 | 20 | 21 |
| Yuengling | 170 | 0 | 0 | 0 | 0 | 15 | 14 |
| | 240 | 0 | 0 | 0 | 0 | 20 | 20 |
| Blue Moon | 190 | 0 | 0 | 0 | 2 | 20 | 18 |
| | 280 | 0 | 0 | 0 | 3 | 25 | 25 |
| Fat Tire | 180 | 0 | 0 | 0 | 0 | 20 | 18 |
| | 260 | 0 | 0 | 0 | 0 | 25 | 25 |
| Shiner Bock | 170 | 0 | 0 | 0 | 0 | 15 | 14 |
| | 240 | 0 | 0 | 0 | 0 | 20 | 20 |
| NONALCHOLIC DRINKS | | | | | | | |
| Fruit Smoothie | 460 | 11 | 7 | 0 | 6 | 210 | 85 |
| | 450 | 10 | 6 | 0 | 5 | 180 | 84 |
| | 390 | 5 | 3 | 0 | 4 | 290 | 82 |
| Boston Iced Tea | 110 | 0 | 0 | 0 | 0 | 0 | 28 |
| | 100 | 0 | 0 | 0 | 0 | 0 | 26 |
| | 80 | 0 | 0 | 0 | 0 | 0 | 19 |
| Harbor Cafe Coffee | 0 | 0 | 0 | 0 | 0 | 5 | 0 |
| Iced Tea | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hot Tea | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

MENU - (cont.)

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|--|----------|---------------|--------------|----------------|-------------|-------------|-----------|
| NONALCHOLIC DRINKS - CONT. | | | | | | | |
| Flavored Lemonade Strawberry | 240 | 0 | 0 | 0 | 0 | 0 | 59 |
| Peach | 280 | 0 | 0 | 0 | 0 | 0 | 71 |
| 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 |
| Barq's® Root Beer | 210 | 0 | 0 | 0 | 0 | 95 | 60 |
| Classic Lemonade | 170 | 0 | 0 | 0 | 0 | 0 | 42 |
| Minute Maid® Raspberry Lemonade | 300 | 0 | 0 | 0 | 0 | 35 | 50 |
| Minute Maid® Light™ Lemonade | 5 | 0 | 0 | 0 | 0 | 90 | 0 |
| SEASIDE STARTERS | | | | | | | |
| Parrot Isle Jumbo Coconut Shrimp Appetizer | 510 | 34 | 8 | 0 | 14 | 950 | 38 |
| Shrimp Nachos | 1200 | 72 | 21 | 1.5 | 43 | 3360 | 98 |
| Sweet Chili Shrimp | 1140 | 79 | 10 | 1 | 27 | 2050 | 79 |
| Crispy Shrimp Lettuce Wraps | 620 | 18 | 1.5 | 0 | 23 | 2560 | 93 |
| Crispy Calamari and Vegetables | 1660 | 109 | 12 | 0 | 36 | 4280 | 132 |
| Mozzarella Cheesesticks | 780 | 43 | 15 | 1 | 36 | 2010 | 64 |
| Seaside Sampler | 680 | 39 | 13 | 0.5 | 44 | 1540 | 41 |
| Lobster-Artichoke-and-Seafood Dip | 1040 | 61 | 18 | 1 | 30 | 1960 | 93 |
| Lobster Pizza | 680 | 31 | 12 | 1 | 34 | 1740 | 66 |
| White Wine and Roasted-Garlic Mussels | 910 | 55 | 13 | 1.5 | 32 | 2170 | 69 |
| Chilled Jumbo Shrimp Cocktail | 100 | 0.5 | 0 | 0 | 22 | 280 | <1g |
| Lobster-Crab-and-Seafood-Stuffed Mushrooms | 430 | 26 | 13 | 1 | 31 | 1050 | 20 |
| Create Your Own Appetizer Combination | | | | | | | |
| Crispy Calamari and Vegetables | 840 | 55 | 7 | 0 | 19 | 2180 | 66 |
| Clam Strips | 390 | 24 | 2.5 | 0 | 10 | 730 | 33 |
| Mozzarella Cheesesticks | 390 | 21 | 8 | 0 | 18 | 1010 | 32 |
| Chicken Breast Strips | 350 | 20 | 2 | 0 | 22 | 1110 | 21 |
| Stuffed Mushrooms | 270 | 16 | 7 | 0.5 | 19 | 710 | 15 |
| Buffalo Chicken Wings* | 760 | 49 | 11 | 0 | 72 | 3260 | 8 |
| Fried Oysters* | 630 | 33 | 3.5 | 0 | 16 | 700 | 67 |
| Batterfried Crawfish* | 1280 | 81 | 8 | 0.5 | 39 | 1650 | 99 |

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*Regional item, availability varies.

| | Calories | Total Fat (g) | Sat. Fat (g) | Trans. Fat (g) | Protein (g) | Sodium (mg) | Carb. (g) |
|---------------------------------|----------|---------------|--------------|----------------|-------------|-------------|-----------|
| SOUPS, SALADS & MORE | | | | | | | |
| New England Clam Chowder Cup | 200 | 15 | 9 | 0 | 6 | 640 | 11 |
| Bowl | 400 | 29 | 17 | 0.5 | 12 | 1290 | 23 |
| Lobster Bisque Cup | 290 | 23 | 13 | 0 | 6 | 820 | 15 |
| Bowl | 570 | 46 | 27 | 0 | 12 | 1650 | 31 |
| Creamy Potato Bacon Cup | 250 | 18 | 11 | 0 | 4 | 850 | 19 |
| Bowl | 510 | 35 | 21 | 0 | 7 | 1700 | 39 |
| Seafood Gumbo* Cup | 170 | 7 | 2 | 0 | 6 | 850 | 19 |
| Bowl | 350 | 14 | 4.5 | 0 | 13 | 1690 | 38 |
| Manhattan Clam Chowder* Cup | 80 | 1 | 0 | 0 | 5 | 690 | 12 |
| Bowl | 160 | 2 | 1 | 0 | 10 | 1420 | 25 |
| Classic Caesar Salad | 540 | 50 | 9 | 0 | 8 | 1140 | 15 |
| With Chicken | 660 | 53 | 10 | 0 | 33 | 1400 | 15 |
| With Shrimp | 640 | 53 | 10 | 0 | 29 | 1880 | 16 |
| With Salmon | 810 | 66 | 13 | 0 | 38 | 1610 | 15 |
| Wood-Grilled Tacos With Shrimp | 600 | 19 | 4 | 1.5 | 26 | 2010 | 80 |
| With Fresh Tilapia | 740 | 26 | 7 | 0 | 52 | 1570 | 76 |
| With Lobster Meat | 660 | 28 | 7 | 0 | 25 | 2130 | 78 |
| 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 | 570 | 8 |
| Add Petite Shrimp to Your Salad | 15 | 0 | 0 | 0 | 3 | 110 | 0 |
| Coleslaw | 260 | 20 | 3 | 0 | 2 | 350 | 17 |
| Broccoli | 50 | 0.5 | 0 | 0 | 4 | 105 | 7 |
| Petite Green Beans | 90 | 6 | 3.5 | 0 | 2 | 200 | 8 |
| Asparagus (seasonal) | 60 | 3.5 | 2.5 | 0 | 3 | 190 | 5 |
| Wild Rice Pilaf | 170 | 3 | 0.5 | 0 | 3 | 460 | 32 |
| Mashed Potatoes | 210 | 10 | 6 | 0 | 5 | 620 | 27 |
| 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 | <1g |
| French Fries | 360 | 17 | 1.5 | 0 | 5 | 320 | 47 |
| Creamy Lobster Baked Potato | 350 | 13 | 4.5 | 0 | 13 | 690 | 46 |
| Creamy Lobster Mashed Potatoes | 380 | 24 | 10 | 0.5 | 11 | 1010 | 30 |

MENU - (cont.)

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|--|--------------------|---------------|--------------|----------------|-------------|-------------|-----------|-----|
| ADD TO ANY MEAL | | | | | | | | |
| Maine Lobster Tail | 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 | |
| SHRIMP & CLASSIC COMBINATIONS | | | | | | | | |
| Admiral's Feast | 1200 | 62 | 6 | 0 | 64 | 3300 | 97 | |
| Shrimp Linguini Alfredo | 630 | 34 | 12 | 1 | 30 | 1450 | 54 | |
| | Full | 1250 | 66 | 22 | 1.5 | 57 | 2830 | 107 |
| Parrot Isle Jumbo Coconut Shrimp | 860 | 57 | 13 | 0 | 24 | 1580 | 64 | |
| | Add five more | 440 | 29 | 6 | 0 | 12 | 810 | 33 |
| Seaside Shrimp Trio | 1020 | 52 | 14 | 1 | 55 | 3230 | 84 | |
| Shrimp Your Way | | | | | | | | |
| Scampi | 100 | 4.5 | 1 | 0 | 13 | 700 | 1 | |
| Coconut Shrimp Bites | 300 | 18 | 4 | 0 | 11 | 760 | 24 | |
| Fried Shrimp | 220 | 11 | 1 | 0 | 15 | 590 | 13 | |
| Popcorn Shrimp | 380 | 18 | 1.5 | 0 | 16 | 1410 | 38 | |
| Walt's Favorite Shrimp | 580 | 28 | 3 | 0 | 24 | 2150 | 57 | |
| | Add 1/2 dozen more | 290 | 14 | 1.5 | 0 | 12 | 1070 | 29 |
| CREATE YOUR OWN COMBINATION | | | | | | | | |
| Parrot Isle Jumbo Coconut Shrimp | 690 | 45 | 10 | 0 | 19 | 1270 | 51 | |
| Seafood-Stuffed Flounder | 170 | 5 | 1.5 | 0 | 24 | 610 | 5 | |
| Wood-Grilled Fresh Salmon | 280 | 17 | 3.5 | 0 | 30 | 460 | 0 | |
| Walt's Favorite Shrimp | 390 | 19 | 2 | 0 | 16 | 1440 | 38 | |
| Garlic Shrimp Scampi | 150 | 7 | 1.5 | 0 | 20 | 1050 | 2 | |
| Steamed Snow Crab Legs | 90 | 1 | 0 | 0 | 20 | 790 | 0 | |
| Shrimp Linguini Alfredo | 630 | 34 | 12 | 1 | 30 | 1450 | 54 | |
| Garlic-Grilled Shrimp | 230 | 4.5 | 1 | 0 | 15 | 880 | 32 | |
| 7 oz. Peppercorn-Grilled Sirloin | 240 | 9 | 4 | 0.5 | 36 | 710 | 3 | |
| Fried Oysters* | 630 | 33 | 3.5 | 0 | 16 | 700 | 67 | |
| Batterfried Crawfish* | 920 | 64 | 6 | 0 | 34 | 1330 | 52 | |
| SEAFOOD BAKES | | | | | | | | |
| Bar Harbor Lobster Bake | 1530 | 81 | 20 | 2 | 82 | 3310 | 112 | |
| Crab and Roasted-Garlic Seafood Bake | 880 | 49 | 13 | 1.5 | 62 | 3710 | 46 | |
| Roasted Maine Lobster Bake | 720 | 38 | 10 | 1 | 40 | 2600 | 45 | |

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|--|--------------------------------------|---------------|--------------|----------------|-------------|-------------|-----------|-----|
| CRAB | | | | | | | | |
| Snow Crab Legs 1lb (includes corn and potatoes) | 370 | 5 | 1 | 0 | 46 | 2240 | 35 | |
| | Add 1/2 pound more | 90 | 1 | 0 | 20 | 790 | 0 | |
| Crab Linguini Alfredo | 810 | 46 | 19 | 1.5 | 43 | 2010 | 64 | |
| | Half | 1610 | 91 | 37 | 3.5 | 85 | 3940 | 128 |
| | Full | | | | | | | |
| LOBSTER AND SIGNATURE COMBINATIONS | | | | | | | | |
| Ultimate Feast® | 650 | 25 | 3.5 | 0 | 42 | 2600 | 62 | |
| Live Maine Lobster (includes corn and potatoes) | 350 | 0 | 0 | 0 | <1g | 30 | 62 | |
| | Steamed | 420 | 5 | 1 | 0 | 60 | 1500 | 35 |
| | With Crab-and-Seafood Stuffing | 500 | 9 | 2.5 | 0 | 64 | 1780 | 43 |
| Wood-Grilled Lobster, Shrimp and Salmon | 850 | 51 | 22 | 0.5 | 62 | 2300 | 35 | |
| Lobster Scampi Linguini | 900 | 38 | 12 | 0 | 60 | 2850 | 81 | |
| Rock Lobster Tail | 170 | 1 | 0 | 0 | 39 | 540 | 1 | |
| FISH | | | | | | | | |
| Tilapia with Roasted Vegetables | 540 | 16 | 3 | 0 | 39 | 1630 | 61 | |
| Parmesan-Crusted Tilapia | 370 | 16 | 5 | 0 | 39 | 840 | 17 | |
| Hand-Battered Fish and Chips | 700 | 33 | 3 | 0 | 42 | 1030 | 60 | |
| Wild-Caught Flounder/Sole | 500 | 24 | 2.5 | 0 | 43 | 1190 | 27 | |
| | Golden-fried | 340 | 8 | 0 | 0 | 58 | 460 | 0 |
| | Oven-broiled | 330 | 11 | 2.5 | 0 | 49 | 1230 | 10 |
| | Baked with crab-and-seafood stuffing | 400 | 11 | 2 | 0 | 73 | 700 | 2 |
| Walleye* | 590 | 29 | 3 | 0 | 68 | 1520 | 12 | |
| | Fried | 400 | 11 | 2 | 0 | 73 | 700 | 2 |
| | Broiled | 1170 | 73 | 7 | 0 | 77 | 2170 | 51 |
| | Batterfried | 440 | 9 | 1.5 | 0 | 81 | 520 | 3 |
| | Blackened | 710 | 52 | 13 | 1 | 46 | 1350 | 16 |
| Salmon New Orleans | | | | | | | | |
| 4-COURSE FEAST | | | | | | | | |
| New England Clam Chowder | 200 | 15 | 9 | 0 | 6 | 640 | 11 | |
| Creamy Potato Bacon Soup | 250 | 18 | 11 | 0 | 4 | 850 | 19 | |
| Manhattan Clam Chowder* | 80 | 1 | 0 | 0 | 5 | 690 | 12 | |
| Seafood Gumbo* | 170 | 7 | 2 | 0 | 6 | 850 | 19 | |
| Garden Salad | 70 | 1.5 | 0 | 0 | 1 | 150 | 13 | |
| Caesar Salad | 270 | 25 | 4.5 | 0 | 4 | 570 | 8 | |
| Coleslaw | 260 | 20 | 3 | 0 | 2 | 350 | 17 | |
| Jumbo Coconut and Spicy Pineapple-Grilled Shrimp | 650 | 27 | 6 | 0 | 29 | 1980 | 72 | |
| Shrimp-and-Scallops Alfredo with fresh tomatoes | 790 | 44 | 15 | 1.5 | 39 | 1940 | 59 | |

MENU - (cont.)

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|----------|---------------|--------------|----------------|-------------|-------------|-----------|
|----------|---------------|--------------|----------------|-------------|-------------|-----------|

4-COURSE FEAST - CONT.

| | | | | | | | |
|------------------------------------|------|----|-----|-----|----|------|-----|
| Garlic-Grilled Shrimp | 290 | 6 | 1.5 | 0 | 26 | 1300 | 33 |
| Hand-Breaded Shrimp | 430 | 23 | 2 | 0 | 31 | 1180 | 26 |
| Wood-Grilled Fresh Tilapia | 270 | 7 | 1.5 | 0 | 45 | 290 | 8 |
| Cajun Chicken Linguini Alfredo | 1420 | 68 | 26 | 1.5 | 94 | 2970 | 109 |
| Triple-Chocolate Brownie à la Mode | 400 | 22 | 12 | 0 | 5 | 150 | 46 |
| Caramel Cheesecake | 420 | 25 | 13 | 0 | 5 | 280 | 41 |

LAND & SEA

| | | | | | | | | |
|--|------|------|----|-----|-----|------|------|-----|
| NY Strip and Rock Lobster Tail | 810 | 33 | 15 | 1.5 | 96 | 1990 | 33 | |
| Wood-Grilled Peppercorn Sirloin | 600 | 27 | 13 | 1 | 49 | 1820 | 39 | |
| Wood-Grilled Peppercorn Sirloin and Shrimp | 510 | 20 | 10 | 1 | 52 | 1750 | 30 | |
| Maple-Glazed Chicken Dinner | 500 | 8 | 2 | 0 | 54 | 1070 | 52 | |
| Cajun Chicken Linguini Alfredo | Half | 720 | 35 | 13 | 0.5 | 48 | 1520 | 55 |
| | Full | 1420 | 68 | 26 | 1.5 | 94 | 2970 | 109 |
| Center-Cut NY Strip Steak | 710 | 32 | 15 | 1.5 | 74 | 1690 | 32 | |
| Parmesan-Crusted Chicken Alfredo | 1180 | 67 | 28 | 1.5 | 68 | 3030 | 76 | |

DRESSINGS 1.5 OZ

| | | | | | | | |
|-----------------------------|-----|----|-----|-----|-----|-----|-----|
| Blue Cheese Dressing | 230 | 24 | 5 | 0 | 2 | 300 | 1 |
| Blueberry Balsamic Dressing | 80 | 4 | 0.5 | 0 | 0 | 200 | 11 |
| Caesar Dressing | 300 | 32 | 6 | 0.5 | 2 | 590 | <1g |
| French Dressing | 180 | 16 | 2.5 | 0 | 0 | 460 | 10 |
| Honey Mustard Dressing | 190 | 17 | 2.5 | 0 | <1g | 270 | 8 |
| Ranch Dressing | 150 | 16 | 2.5 | 0 | <1g | 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 | <1g | 580 | 11 |
| Honey-Mustard Dipping Sauce | 190 | 17 | 2.5 | 0 | <1g | 270 | 8 |
| Ketchup | 60 | 0 | 0 | 0 | <1g | 480 | 15 |
| Marinara Sauce | 35 | 2 | 0 | 0 | <1g | 230 | 4 |
| Mayonnaise | 300 | 33 | 4.5 | 0 | 220 | 0 | |
| Mustard | 0 | 0 | 0 | 0 | 460 | 0 | |
| Pico de Gallo | 10 | 0 | 0 | 0 | 190 | 2 | |
| Pina Colada Sauce | 100 | 4.5 | 3.5 | <1g | 40 | 14 | |
| Pineapple Salsa | 40 | 0 | 0 | <1g | 340 | 9 | |
| Tartar Sauce | 210 | 21 | 3 | 0 | 180 | 4 | |

LUNCH MENU

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| | Calories | Total Fat (g) | Sat. Fat (g) | Trans. Fat (g) | Protein (g) | Sodium (mg) | Carb. (g) |
|---------------------------------------|----------|---------------|--------------|----------------|-------------|-------------|-----------|
| QUICK CATCHES | | | | | | | |
| Coastal Soup and Grilled Shrimp Salad | | | | | | | |
| with New England Clam Chowder | 320 | 18 | 9 | 0 | 17 | 1160 | 24 |
| with Creamy Potato Bacon Soup | 460 | 26 | 14 | 0 | 16 | 1640 | 39 |
| with Lobster Bisque | 510 | 34 | 18 | 0 | 19 | 1610 | 33 |
| with Manhattan Clam Chowder* | 230 | 4.5 | 1 | 0 | 18 | 1430 | 29 |
| with Seafood Gumbo* | 300 | 10 | 2.5 | 0 | 18 | 1360 | 32 |
| Shrimp and Wood-Grilled Chicken | | | | | | | |
| with Wood-Grilled Shrimp Skewer | 350 | 7 | 1.5 | 0 | 38 | 1080 | 32 |
| with Hand-Breaded Shrimp | 440 | 14 | 2 | 0 | 39 | 1130 | 41 |
| with Garlic Shrimp Scampi | 350 | 7 | 1.5 | 0 | 39 | 1130 | 33 |
| Bacon Cheddar Chicken Club Sandwich | 1080 | 59 | 13 | 1 | 48 | 1340 | 88 |
| Wood-Grilled Burger | 1170 | 71 | 21 | 2 | 45 | 1080 | 88 |
| Add Bacon | 60 | 4 | 1.5 | 0 | 4 | 160 | 0 |
| Hand-Battered Fish and Chips | 700 | 33 | 3 | 0 | 42 | 1030 | 60 |
| Wood-Grilled Tacos | | | | | | | |
| with Shrimp | 600 | 19 | 4 | 1.5 | 26 | 2010 | 80 |
| with Fresh Tilapia | 740 | 26 | 7 | 0 | 52 | 1570 | 76 |
| with Lobster Meat | 660 | 28 | 7 | 0 | 25 | 2130 | 78 |
| Crunch-Fried Fish Sandwich | 1180 | 64 | 10 | 1 | 37 | 2090 | 116 |
| Wood-Grilled Shrimp Skewers | 320 | 6 | 1.5 | 0 | 27 | 1300 | 40 |
| CREATE YOUR OWN LUNCH | | | | | | | |
| Lightly Breaded Clam Strips | 390 | 24 | 2.5 | 0 | 10 | 730 | 33 |
| Garlic-Grilled Shrimp Skewer | 220 | 4.5 | 1 | 0 | 13 | 820 | 32 |
| Garlic Shrimp Scampi | 60 | 1.5 | 0 | 0 | 11 | 420 | <1g |
| Hand-Breaded Shrimp | 150 | 8 | 1 | 0 | 11 | 410 | 9 |
| Crunch-Fried Fish | 400 | 24 | 2 | 0 | 19 | 1290 | 28 |
| Chicken Breast Strips | 350 | 20 | 2 | 0 | 22 | 1110 | 21 |
| Bay Scallops | | | | | | | |
| Broiled | 100 | 3 | 0.5 | 0 | 15 | 600 | 4 |
| Fried | 120 | 4.5 | 0 | 0 | 10 | 380 | 8 |
| Batterfried Crawfish* | 460 | 32 | 3 | 0 | 17 | 670 | 26 |

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|---|----------|---------------|--------------|----------------|-------------|-------------|-----------|
| LUNCH CLASSICS | | | | | | | |
| Classic Caesar Salad | 540 | 50 | 9 | 0 | 8 | 1140 | 15 |
| with Chicken | 660 | 53 | 10 | 0 | 33 | 1400 | 15 |
| with Shrimp | 640 | 53 | 10 | 0 | 29 | 1880 | 16 |
| with Salmon | 810 | 66 | 13 | 0 | 38 | 1610 | 15 |
| Sailor's Platter | 320 | 10 | 0.5 | 0 | 46 | 880 | 6 |
| Flounder/Sole | | | | | | | |
| Golden-fried | 310 | 15 | 1.5 | 0 | 27 | 740 | 17 |
| Oven-broiled | 220 | 4.5 | 0 | 0 | 33 | 340 | 7 |
| Baked with Crab-and-Seafood Stuffing | 170 | 5 | 1.5 | 0 | 24 | 610 | 5 |
| Shrimp Linguini Alfredo | | | | | | | |
| Lunch | 630 | 34 | 12 | 1 | 30 | 1450 | 54 |
| Full | 1250 | 66 | 22 | 1.5 | 57 | 2830 | 107 |
| Crab Linguini Alfredo | | | | | | | |
| Lunch | 810 | 46 | 19 | 1.5 | 43 | 2010 | 64 |
| Full | 1610 | 91 | 37 | 3.5 | 85 | 3940 | 128 |
| Cajun Chicken Linguini Alfredo | | | | | | | |
| Lunch | 720 | 35 | 13 | 0.5 | 48 | 1520 | 55 |
| Full | 1420 | 68 | 26 | 1.5 | 94 | 2970 | 109 |
| Parmesan-Crusted Chicken Alfredo | 1180 | 67 | 28 | 1.5 | 68 | 3030 | 76 |
| Blackened Farm-Raised Catfish | 220 | 8 | 2 | 0 | 37 | 350 | 0 |
| Golden-fried Farm-Raised Catfish | 230 | 10 | 1.5 | 0 | 31 | 270 | 3 |
| Canadian Walleye* | | | | | | | |
| Fried | 290 | 15 | 1.5 | 0 | 34 | 760 | 6 |
| Beer Battered | 590 | 37 | 3.5 | 0 | 38 | 1090 | 26 |
| Broiled | 200 | 5 | 1 | 0 | 37 | 350 | 1 |
| Blackened | 220 | 4.5 | 0.5 | 0 | 41 | 260 | 2 |
| Maple-Glazed Chicken | 370 | 6 | 1.5 | 0 | 29 | 810 | 52 |
| Hand-Breaded Shrimp | 260 | 14 | 1.5 | 0 | 18 | 710 | 16 |
| Crunchy Popcorn Shrimp | 380 | 18 | 1.5 | 0 | 16 | 1410 | 38 |
| Garlic Shrimp Scampi | 100 | 4.5 | 1 | 0 | 13 | 700 | 1 |
| SWEET TREATS | | | | | | | |
| Warm Chocolate Chip Lava Cookie | 1070 | 51 | 23 | 1 | 12 | 470 | 142 |
| New York-Style Cheesecake with Strawberries | 590 | 41 | 25 | 1 | 9 | 390 | 48 |
| Carrot Cake | 600 | 36 | 12 | 0 | 6 | 570 | 63 |
| Warm Apple Crostada | 620 | 30 | 15 | 0 | 9 | 530 | 79 |
| Key Lime Pie | 580 | 22 | 12 | 2.5 | 9 | 450 | 88 |
| Chocolate Wave | 1490 | 81 | 25 | 3 | 16 | 950 | 172 |
| Baileys and Coffee | 180 | 8 | 5 | 0 | 2 | 50 | 15 |
| Coffee Nudge | 130 | 2 | 1.5 | 0 | <1g | 15 | 13 |
| Irish Coffee | 90 | 2 | 1 | 0 | <1g | 25 | 4 |

LUNCH SPECIALS

LUNCH SPECIALS

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.

*Regional item, availability varies.

| | | Calories | Total Fat (g) | Sat. Fat (g) | Trans. Fat (g) | Protein (g) | Sodium (mg) | Carb. (g) |
|--------------------------------------|-------------------------------|----------|---------------|--------------|----------------|-------------|-------------|-----------|
| Classic Caesar Salad | with Chicken | 660 | 53 | 10 | 0 | 33 | 1400 | 15 |
| | with Shrimp | 640 | 53 | 10 | 0 | 29 | 1880 | 16 |
| | with Salmon | 810 | 66 | 13 | 0 | 38 | 1610 | 15 |
| Soup and Grilled Shrimp Salad | | | | | | | | |
| | with New England Clam Chowder | 320 | 18 | 9 | 0 | 17 | 1160 | 24 |
| | with Creamy Potato Bacon Soup | 460 | 26 | 14 | 0 | 16 | 1640 | 39 |
| | with Lobster Bisque | 510 | 34 | 18 | 0 | 19 | 1610 | 33 |
| | with Manhattan Clam Chowder* | 230 | 4.5 | 1 | 0 | 18 | 1430 | 29 |
| | with Seafood Gumbo* | 300 | 10 | 2.5 | 0 | 18 | 1360 | 32 |
| Bacon Cheddar Chicken Club Sandwich | | 1080 | 59 | 13 | 1 | 48 | 1340 | 88 |
| Shrimp and Chips | | 560 | 27 | 2.5 | 0 | 19 | 850 | 59 |
| Wood-Grilled Burger | | 1170 | 71 | 21 | 2 | 45 | 1080 | 88 |
| Wood-Grilled Fresh Tilapia Tacos | | 740 | 26 | 7 | 0 | 52 | 1570 | 76 |
| Wood-Grilled Shrimp Tacos | | 600 | 19 | 4 | 1.5 | 26 | 2010 | 80 |

KIDS' COVE MENU

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.

*Regional item, availability varies.

| | | Calories | Total Fat (g) | Sat. Fat (g) | Trans. Fat (g) | Protein (g) | Sodium (mg) | Carb. (g) |
|------------------------------|--------|----------|---------------|--------------|----------------|-------------|-------------|-----------|
| Broiled Fish | | 170 | 4 | 0 | 0 | 29 | 230 | 0 |
| 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 | | | | | | | | |
| Milk-1% | | 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 | | 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 | | | | | | | | |
| Surf's Up Sundae | | 170 | 9 | 6 | 0 | 3 | 45 | 20 |
| SIDES | | | | | | | | |
| Fruit | | 40 | 0 | 0 | 0 | <1 g | 0 | 10 |
| Broccoli | | 50 | 0.5 | 0 | 0 | 4 | 105 | 7 |
| Salad | Garden | 70 | 1.5 | 0 | 0 | 1 | 150 | 13 |
| | Caesar | 270 | 25 | 4.5 | 0 | 4 | 570 | 8 |

TABLETOP BOOK MENU

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
*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 | 30 | 68 | |
| Sunset Passion Colada | | 360 | 8 | 7 | 0 | <1g | 63 | |
| Red Passion Colada | | 310 | 4.5 | 4 | 0 | <1g | 55 | |
| Pina Colada | | 320 | 6 | 5 | 0 | <1g | 55 | |
| Alotta Colada™ | | 700 | 16 | 14 | 0 | 2 | 95 | |
| Big Berry™ Daiquiri | | 350 | 0 | 0 | 0 | <1g | 65 | |
| Strawberry Daiquiri | | 250 | 0 | 0 | 0 | 10 | 46 | |
| Berry Mango Daiquiri | | 350 | 0 | 0 | 0 | <1g | 62 | |
| Mudslide | | 520 | 21 | 13 | 0.5 | 7 | 160 | |
| MARGARITAS | | | | | | | | |
| Lobsterita® | Traditional | 890 | 0 | 0 | 0 | 860 | 183 | |
| | Strawberry | 700 | 0 | 0 | 0 | 55 | 135 | |
| | Raspberry | 690 | 0 | 0 | 0 | 1 | 131 | |
| Classic Margarita | Frozen | 470 | 0 | 0 | 0 | 590 | 96 | |
| | On the Rocks | 250 | 0 | 0 | 0 | 770 | 22 | |
| Fruit Infused Margaritas | | | | | | | | |
| | Strawberry | Frozen | 350 | 0 | 0 | 0 | 20 | 68 |
| | | On the Rocks | 230 | 0 | 0 | 0 | 15 | 39 |
| | Raspberry | Frozen | 320 | 0 | 0 | 0 | 0 | 61 |
| | | On the Rocks | 250 | 0 | 0 | 0 | 5 | 39 |
| | Peach | Frozen | 330 | 0 | 0 | 0 | 0 | 62 |
| | | On the Rocks | 240 | 0 | 0 | 0 | 0 | 39 |
| Perfect 1800 Margarita | | 220 | 0 | 0 | 0 | 410 | 26 | |
| Grand Patron Margarita | | 270 | 0 | 0 | 0 | 490 | 36 | |
| Top-Shelf Margarita | Frozen | 520 | 0 | 0 | 0 | 640 | 97 | |
| | On the Rocks | 300 | 0 | 0 | 0 | 810 | 25 | |
| SPECIALTY COCKTAILS | | | | | | | | |
| Malibu Bay Breeze | | 240 | 0 | 0 | 0 | 10 | 47 | |
| Top-Shelf Long Island Iced Tea | | 190 | 0 | 0 | 0 | 0 | 21 | |
| Malibu Hurricane | | 200 | 0 | 0 | 0 | <1g | 35 | |
| Mango Mai Tai | | 190 | 0 | 0 | 0 | 5 | 34 | |
| Strawberry Mojito | | 280 | 0 | 0 | 0 | 0 | 44 | |
| Special Cargo Colada | | 300 | 1.5 | 1.5 | 0 | 5 | 37 | |
| Triple Berry Sangria | | 200 | 0 | 0 | 0 | <1g | 35 | |
| Bloody Mary | | 140 | 0 | 0 | 0 | 2 | 1170 | |

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
*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 | 25 | |
| Skinny Cocktails | | | | | | | | |
| | Margarita | Frozen | 180 | 0 | 0 | 0 | 10 | 22 |
| | | On the Rocks | 190 | 0 | 0 | 0 | 390 | 19 |
| | Long Island Iced Tea | | 120 | 0 | 0 | 0 | 5 | 13 |
| Cape Codder | | 130 | 0 | 0 | 0 | 0 | 13 | |
| Mai Tai | | 190 | 0 | 0 | 0 | 5 | 34 | |
| Long Beach Iced Tea | | 190 | 0 | 0 | 0 | 0 | 22 | |
| Old Fashioned-Bourbon | | 160 | 0 | 0 | 0 | 0 | 4 | |
| MARTINIS | | | | | | | | |
| Classic Martini | with Vodka | 150 | 1.5 | 0 | 0 | 260 | 1 | |
| | with Gin | 150 | 1.5 | 0 | 0 | 260 | 1 | |
| Cosmopolitan | | 220 | 0 | 0 | 0 | 0 | 15 | |
| Caramel Appletini | | 160 | 0 | 0 | 0 | 10 | 18 | |
| Chocolate Martini | | 330 | 6 | 0 | 0 | 3 | 30 | |
| Manhattan | | 150 | 0 | 0 | 0 | 0 | 5 | |
| SPIRITS | | | | | | | | |
| Single-Malt Scotches | | 130 | 0 | 0 | 0 | 0 | 0 | |
| 80 Proof Distilled Spirits | | 130 | 0 | 0 | 0 | 0 | 0 | |
| Cognac | | 130 | 0 | 0 | 0 | 0 | 0 | |
| AFTER DINNER DRINKS | | | | | | | | |
| Baileys Irish Cream | | 270 | 4.5 | 0 | 0 | 0 | 6 | |
| Grand Marnier | | 80 | 0 | 0 | 0 | 0 | 6 | |
| Disaronno Amaretto | | 80 | 0 | 0 | 0 | 0 | 12 | |
| Kahlúa | | 90 | 0 | 0 | 0 | 0 | 15 | |
| Frangelico | | 70 | 0 | 0 | 0 | 0 | 12 | |
| Coffee Nudge | | 130 | 2 | 1.5 | 0 | <1g | 15 | |
| Irish Coffee | | 90 | 2 | 1 | 0 | <1g | 25 | |
| Baileys and Coffee | | 180 | 8 | 5 | 0 | 2 | 50 | |
| WINE BY THE GLASS | | | | | | | | |
| Sparkling | | 100 | 0 | 0 | 0 | 15 | 2 | |
| White, Blush or Red | | 120 | 0 | 0 | 0 | 20 | 7 | |
| WINE BY THE BOTTLE | | | | | | | | |
| Sparkling | | 420 | 0 | 0 | 0 | 60 | 6 | |
| White, Blush or Red | | 490 | 0 | 0 | 0 | 70 | 27 | |

TABLETOP BOOK MENU - (cont.)

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
*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 | 2 | 15 | 15 |
| | 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 | 70 |
| 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 |
| Harbor Cafe Coffee | | 0 | 0 | 0 | 0 | 0 | 5 | 0 |
| Iced Tea | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 |
| Barq's® Root Beer | | 210 | 0 | 0 | 0 | 0 | 95 | 60 |
| Minute Maid® Light™ Lemonade | | 5 | 0 | 0 | 0 | 0 | 90 | 0 |
| Minute Maid® Raspberry Lemonade | | 300 | 0 | 0 | 0 | 0 | 35 | 50 |
| APPETIZERS | | | | | | | | |
| Parrot Isle Jumbo Coconut Shrimp | | 510 | 34 | 8 | 0 | 14 | 950 | 38 |
| Lobster Pizza | | 680 | 31 | 12 | 1 | 34 | 1740 | 66 |
| Sweet Chili Shrimp | | 1140 | 79 | 10 | 1 | 27 | 2050 | 79 |
| Crispy Shrimp Lettuce Wraps | | 620 | 18 | 1.5 | 0 | 23 | 2560 | 93 |

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
*Regional item, availability varies.

| | | Calories | Total Fat (g) | Sat. Fat (g) | Trans. Fat (g) | Protein (g) | Sodium (mg) | Carb. (g) |
|---|------|----------|---------------|--------------|----------------|-------------|-------------|-----------|
| APPETIZERS - CONT. | | | | | | | | |
| Seaside Sampler | | 680 | 39 | 13 | 0.5 | 44 | 1540 | 41 |
| Lobster-Artichoke-and-Seafood Dip | | 1040 | 61 | 18 | 1 | 30 | 1960 | 93 |
| Chilled Jumbo Shrimp Cocktail | | 100 | 0.5 | 0 | 0 | 22 | 280 | <1g |
| Shrimp Nachos | | 1200 | 72 | 21 | 1.5 | 43 | 3360 | 98 |
| White Wine and Roasted-Garlic Mussels | | 910 | 55 | 13 | 1.5 | 32 | 2170 | 69 |
| Lobster-Crab-and-Seafood-Stuffed Mushrooms | | 430 | 26 | 13 | 1 | 31 | 1050 | 20 |
| Crispy Calamari and Vegetables | | 1660 | 109 | 12 | 0 | 36 | 4280 | 132 |
| Mozzarella Cheesesticks | | 780 | 43 | 15 | 1 | 36 | 2010 | 64 |
| Create Your Own Appetizer Combination | | | | | | | | |
| Crispy Calamari and Vegetables | | 840 | 55 | 7 | 0 | 19 | 2180 | 66 |
| Clam Strips | | 390 | 24 | 2.5 | 0 | 10 | 730 | 33 |
| Chicken Breast Strips | | 350 | 20 | 2 | 0 | 22 | 1110 | 21 |
| Mozzarella Cheesesticks | | 390 | 21 | 8 | 0 | 18 | 1010 | 32 |
| Stuffed Mushrooms | | 270 | 16 | 7 | 0.5 | 19 | 710 | 15 |
| Lobster Bisque | Cup | 290 | 23 | 13 | 0 | 6 | 820 | 15 |
| | Bowl | 570 | 46 | 27 | 0 | 12 | 1650 | 31 |
| New England Clam Chowder | Cup | 200 | 15 | 9 | 0 | 6 | 640 | 11 |
| | Bowl | 400 | 29 | 17 | 0.5 | 12 | 1290 | 23 |
| Buffalo Chicken Wings* | | 760 | 49 | 11 | 0 | 72 | 3260 | 8 |
| Oysters* on the Half Shell, 1/2 Dozen | | 70 | 2 | 0.5 | 0 | 6 | 140 | 6 |
| Steamed Clams* | | 560 | 29 | 16 | 1 | 31 | 2250 | 35 |
| 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 includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.

*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 | 440 | 24 | 5 | 0 | 47 | 480 | 10 |
| Cod | 200 | 2.5 | 0 | 0 | 36 | 470 | 8 |
| Fresh Flounder | 250 | 5 | 0 | 0 | 39 | 380 | 7 |
| Grouper | 240 | 2 | 0.5 | 0 | 48 | 430 | 7 |
| Haddock | 210 | 2.5 | 0 | 0 | 39 | 670 | 9 |
| Halibut | 230 | 2.5 | 0 | 0 | 43 | 640 | 9 |
| Lake Whitefish | 300 | 10 | 2 | 0 | 45 | 410 | 7 |
| Opah | 270 | 2.5 | 0.5 | 0 | 53 | 310 | 7 |
| Perch | 180 | 1.5 | 0 | 0 | 34 | 330 | 8 |
| Rainbow Trout | 300 | 12 | 2.5 | 0 | 38 | 270 | 8 |
| | Full | 540 | 23 | 5 | 71 | 440 | 8 |
| Red Rockfish | 250 | 3.5 | 1 | 0 | 45 | 510 | 9 |
| Salmon | 370 | 20 | 4 | 0 | 36 | 280 | 8 |
| | Full | 680 | 40 | 8 | 68 | 460 | 8 |
| Gulf Snapper | 260 | 4 | 1 | 0 | 47 | 540 | 8 |
| Pacific Snapper | 210 | 3 | 0.5 | 0 | 36 | 400 | 9 |
| Fresh Sole | 190 | 2 | 0 | 0 | 37 | 410 | 7 |
| Tilapia | 270 | 7 | 1.5 | 0 | 45 | 290 | 8 |
| | Full | 490 | 13 | 3.5 | 86 | 470 | 8 |
| Tuna | 300 | 4 | 0.5 | 0 | 56 | 310 | 8 |
| Wahoo | 360 | 13 | 3.5 | 0 | 55 | 340 | 7 |
| SIGNATURE SHELLFISH | | | | | | | |
| Live Maine Lobster (includes corn and potatoes) | 1 ¼ Pound | | | | | | |
| | Steamed | 420 | 5 | 1 | 0 | 60 | 1500 |
| | Stuffed | 500 | 9 | 2.5 | 0 | 64 | 1780 |
| Jumbo Lump Crab Cakes* | | 350 | 20 | 3 | 0 | 30 | 900 |
| North Pacific King Crab Legs* (includes corn and potatoes) | | 640 | 10 | 1.5 | 0 | 95 | 5620 |
| TOPPINGS | | | | | | | |
| Pineapple Salsa | | 40 | 0 | 0 | 0 | <1g | 340 |
| Soy Ginger Glaze | | 140 | <1g | 0 | 0 | 5 | 700 |
| Blue Cheese Beurre Blanc | | 480 | 19 | 8 | 0 | 13 | 1090 |

MENU SPECIALS

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.

*Regional item, availability varies.

| | Calories | Total Fat (g) | Sat. Fat (g) | Trans. Fat (g) | Protein (g) | Sodium (mg) | Carb. (g) |
|---|----------|---------------|--------------|----------------|-------------|-------------|-----------|
| ENTRÉES | | | | | | | |
| Dueling Crab Dinner | 430 | 6 | 1 | 0 | 56 | 3110 | 35 |
| Split King Crab Legs | 110 | 2 | 0 | 0 | 22 | 1240 | 0 |
| Harborside Lobster and Shrimp | 430 | 10 | 2 | 0 | 50 | 1880 | 34 |
| Extra Jumbo Spicy Sriracha-Grilled Shrimp | 270 | 5 | 1 | 0 | 22 | 840 | 34 |
| Extra Jumbo Garlic-Grilled Shrimp | 260 | 4 | 1 | 0 | 22 | 710 | 33 |
| Brown-Butter Shrimp Scampi | 250 | 20 | 11 | 0 | 14 | 460 | 4 |
| Ultimate Shrimp Scampi Pasta | 1050 | 74 | 20 | 2 | 31 | 2160 | 64 |
| Crispy Tempura Shrimp | 410 | 28 | 3 | 0 | 8 | 430 | 32 |
| Parrot Isle Jumbo Coconut Shrimp | 510 | 34 | 8 | 0 | 14 | 950 | 38 |