



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
	with Gin	150	1.5	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
	Frozen	520	0	0	0	640	97
	On the Rocks	300	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
	Traditional	890	0	0	0	860	183
	Strawberry	700	0	0	0	55	135
	Raspberry	690	0	0	1	50	131
Classic Margarita	250	0	0	0	0	770	22
	On the Rocks	250	0	0	0	770	22
	Frozen	470	0	0	0	590	96
Skinny Margarita	190	0	0	0	0	390	19
	On the Rocks	190	0	0	0	390	19
	Frozen	180	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
	14 oz	180	0	0	0	2	15
	20 oz	260	0	0	3	25	21
Bud Light	120	0	0	0	0	15	15
	14 oz	120	0	0	0	15	15
	20 oz	180	0	0	0	20	21
Yuengling	170	0	0	0	0	15	14
	14 oz	170	0	0	0	15	14
	20 oz	240	0	0	0	20	20
Blue Moon	190	0	0	0	2	20	18
	14 oz	190	0	0	0	2	18
	20 oz	280	0	0	3	25	25
Fat Tire	180	0	0	0	0	20	18
	14 oz	180	0	0	0	20	18
	20 oz	260	0	0	0	25	25
Shiner Bock	170	0	0	0	0	15	14
	14 oz	170	0	0	0	15	14
	20 oz	240	0	0	0	20	20
NONALCHOLIC DRINKS							
Fruit Smoothie	460	11	7	0	6	210	85
	Strawberry	460	11	7	0	210	85
	Raspberry	450	10	6	0	180	84
	Peach	390	5	3	0	290	82
Boston Iced Tea	110	0	0	0	0	0	28
	Peach	110	0	0	0	0	28
	Raspberry	100	0	0	0	0	26
	Classic Cranberry	80	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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	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
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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	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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	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)	
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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	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)	
CRAB								
Snow Crab Legs 1 lb (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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Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
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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	100	3	0.5	0	15	600	4
Broiled							
Fried	120	4.5	0	0	10	380	8
Batterfried Crawfish*	460	32	3	0	17	670	26

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	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
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	630	34	12	1	30	1450	54
Lunch							
Full	1250	66	22	1.5	57	2830	107
Crab Linguini Alfredo	810	46	19	1.5	43	2010	64
Lunch							
Full	1610	91	37	3.5	85	3940	128
Cajun Chicken Linguini Alfredo	720	35	13	0.5	48	1520	55
Lunch							
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

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		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)
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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	16

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)
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SPECIALTY COCKTAILS - CONT							
Mojito		190	0	0	0	25	
Skinny Cocktails							
	Margarita	Frozen	180	0	0	10	22
		On the Rocks	190	0	0	390	19
	Long Island Iced Tea		120	0	0	5	13
Cape Codder		130	0	0	0	13	
Mai Tai		190	0	0	0	5	34
Long Beach Iced Tea		190	0	0	0	22	
Old Fashioned-Bourbon		160	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	15	
Caramel Appletini		160	0	0	0	18	
Chocolate Martini		330	6	0	3	30	30
Manhattan		150	0	0	0	5	
SPIRITS							
Single-Malt Scotches		130	0	0	0	0	
80 Proof Distilled Spirits		130	0	0	0	0	
Cognac		130	0	0	0	0	
AFTER DINNER DRINKS							
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	0	15	13
Irish Coffee		90	2	1	0	25	4
Baileys and Coffee		180	8	5	0	50	15
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	Lunch/Half	300	12	2.5	0	38	270	8
	Full	540	23	5	0	71	440	8
Red Rockfish		250	3.5	1	0	45	510	9
Salmon	Lunch/Half	370	20	4	0	36	280	8
	Full	680	40	8	0	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	Lunch/Half	270	7	1.5	0	45	290	8
	Full	490	13	3.5	0	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	35
	Stuffed	500	9	2.5	0	64	1780	43
Jumbo Lump Crab Cakes*		350	20	3	0	30	900	10
North Pacific King Crab Legs* (includes corn and potatoes)		640	10	1.5	0	95	5620	35
TOPPINGS								
Pineapple Salsa		40	0	0	0	<1g	340	9
Soy Ginger Glaze		140	<1g	0	0	5	700	28
Blue Cheese Beurre Blanc		480	19	8	0	13	1090	65

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)
LOBSTERFEST®							
Rock Island Stuffed Tilapia	600	29	10	0.5	61	1290	23
Dueling Lobster Tails	750	40	15	1	53	2640	44
Lobster Lover's Dream®	1110	53	19	1.5	97	3510	60
Seaport Lobster and Shrimp	420	13	2.5	0	42	1950	34
Ultimate Surf and Turf	800	41	21	1.5	70	2480	38
Ultimate Surf and Turf with NY Strip	1060	54	26	2	103	2840	40
FEATURED COCKTAIL							
Lobster Punch	220	0	0	0	0	0	20