



ALLERGEN GUIDE

US RESTAURANTS
Information Valid 3/6/2017-4/30/2017

Because of the handcrafted nature of our menu items, the shared cooking and preparation areas of our kitchens, and our reliance on suppliers for accurate information, we cannot eliminate the risk of cross-contact or guarantee that any item is free of any allergen. Please also note that this information does not indicate which items may have been made in a facility with an allergen. * Lack of gluten-containing ingredients **does not** necessarily meet the definition of "gluten-free" for those who are highly sensitive. When placing your order, please let your server know if you have a food allergy or intolerance.

Unless noted, information excludes the sides, dressings and dipping sauces that may be automatically served with your meal, shown separately within this guide.

Key to this Guide	PREPARATION	COMMON ALLERGENS									OTHER			
		Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Gluten* identified within ingredients	MSG	Sulfites	
LOBSTERFEST®														
Yes = Menu item contains this specific allergen Blank = Specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method													
	•			Yes		Yes	Yes				Yes	Yes		Yes
	•			Yes							Yes			
				Yes		Yes	Yes				Yes	Yes		Yes
	•			Yes		Yes	Yes				Yes	Yes		Yes
	•			Yes	Yes	Yes	Yes	Yes			Yes	Yes		Yes
	•			Yes	Yes	Yes	Yes	Yes			Yes	Yes		Yes
	•			Yes	Yes	Yes	Yes	Yes			Yes	Yes		Yes
	•			Yes	Yes	Yes	Yes	Yes			Yes	Yes		Yes
	•			Yes	Yes	Yes	Yes	Yes			Yes	Yes		Yes
	•			Yes		Yes	Yes				Yes	Yes		Yes
FEATURED APPETIZER														
	•										Yes			
FEATURED DESSERT														
			Yes	Yes	Yes	Yes	Yes					Yes		
LOBSTER LOVER'S LUNCH - Monday through Friday only														
				Yes		Yes	Yes				Yes	Yes		Yes

Yes = Menu item contains this specific allergen Blank = Specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Gluten* identified within ingredients	MSG	Sulfites
Lobster Roll with French Fries	•			Yes	Yes	Yes	Yes			Yes	Yes		
Lobster Caesar Side Salad	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		
SEASIDE STARTERS													
Crispy Calamari and Vegetables	•			Yes	Yes	Yes	Yes		Yes		Yes		Yes
Crispy Shrimp Lettuce Wraps	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Langostino Lobster-Artichoke-and-Seafood Dip with tortilla chips	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Lobster and Langostino Pizza				Yes		Yes	Yes			Yes	Yes		Yes
Mozzarella Cheesesticks	•			Yes	Yes	Yes	Yes				Yes		
Parrot Isle Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes		Yes
Seafood-Stuffed Mushrooms	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
Seaside Sampler	•		Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
Signature Shrimp Cocktail										Yes			Yes
Sweet Chili Shrimp	•			Yes	Yes		Yes			Yes	Yes		Yes
White Wine and Roasted-Garlic Mussels with grilled artisan bread	•			Yes		Yes	Yes		Yes		Yes		Yes
Create Your Own Appetizer – Chicken Breast Strips	•						Yes				Yes		
Create Your Own Appetizer – Clam Strips	•			Yes	Yes	Yes	Yes	Yes	Yes		Yes		
REGIONAL APPETIZERS AND SOUPS													
Batterfried Crawfish	•				Yes	Yes	Yes			Yes	Yes		Yes
Buffalo Chicken Wings	•												
Fried Oysters	•				Yes	Yes	Yes		Yes		Yes		Yes
Manhattan Clam Chowder						Yes	Yes		Yes		Yes		Yes
Oysters on the Half Shell									Yes				
Seafood Gumbo				Yes		Yes	Yes	Yes	Yes	Yes	Yes		Yes
Steamed Clams with grilled artisan bread	•			Yes		Yes	Yes		Yes		Yes		Yes
SOUPS & SALADS													
Classic Caesar Salad				Yes	Yes	Yes	Yes	Yes			Yes		
Classic Caesar Salad with Grilled Chicken	•			Yes	Yes	Yes	Yes	Yes			Yes		
Classic Caesar Salad with Grilled Shrimp	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
Classic Caesar Salad with Grilled Salmon	•			Yes	Yes	Yes	Yes	Yes			Yes		
Creamy Potato Bacon Soup				Yes		Yes	Yes				Yes		
Lobster Bisque				Yes		Yes	Yes			Yes	Yes		Yes
New England Clam Chowder				Yes		Yes	Yes		Yes		Yes		Yes

Yes = Menu item contains this specific allergen Blank = Specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Gluten* identified within ingredients	MSG	Sulfites
ENTRÉES													
Admiral's Feast	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes
Bar Harbor Lobster Bake	•			Yes		Yes	Yes		Yes	Yes	Yes		Yes
Cajun Chicken Linguini Alfredo	•			Yes		Yes	Yes				Yes		Yes
Center-Cut NY Strip Steak	•			Yes		Yes							Yes
Crab Linguini Alfredo				Yes		Yes	Yes			Yes	Yes		Yes
Garlic Grilled Shrimp Skewer with Wild Rice Pilaf	•			Yes		Yes	Yes			Yes	Yes		Yes
Hand-Battered Fish and Chips	•						Yes	Yes			Yes		
Lighthouse Garlic-Grilled Shrimp with Wild Rice Pilaf and Broccoli	•			Yes		Yes	Yes			Yes	Yes		Yes
Lighthouse Maple-Glazed Chicken with Wild Rice Pilaf and Broccoli	•			Yes			Yes				Yes		Yes
Lighthouse Rock Lobster Tail with Wild Rice Pilaf and Broccoli	•			Yes		Yes	Yes			Yes	Yes		Yes
Lighthouse Snow Crab Legs with broccoli and drawn butter	•					Yes	Yes			Yes	Yes		
Lighthouse Wood-Grilled Peppercorn Sirloin and Shrimp with Wild Rice Pilaf and Broccoli	•			Yes		Yes	Yes			Yes	Yes		Yes
Maple-Glazed Chicken	•			Yes		Yes	Yes				Yes		
New York Strip and Rock Lobster Tail	•			Yes		Yes				Yes			Yes
Parmesan-Crusted Tilapia	•			Yes		Yes	Yes	Yes			Yes		Yes
Parrot Isle Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes		Yes
Roasted Maine Lobster Bake	•			Yes		Yes	Yes			Yes	Yes		Yes
Rock Lobster Tail with Wild Rice Pilaf	•			Yes		Yes	Yes			Yes	Yes		Yes
Salmon New Orleans	•			Yes		Yes	Yes	Yes		Yes	Yes		Yes
Seaside Shrimp Trio	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes	Yes		Yes
Snow Crab Legs	•									Yes			
Ultimate Feast® with Wild Rice Pilaf	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Walt's Favorite Shrimp	•				Yes	Yes	Yes			Yes	Yes		Yes
Wild-Caught Flounder/Sole – Baked with crab-and-seafood stuffing	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
Wild-Caught Flounder/Sole – Golden-fried	•					Yes	Yes	Yes			Yes		Yes
Wild-Caught Flounder/Sole – Oven-broiled	•			Yes				Yes					
Wood-Grilled Lobster, Shrimp and Salmon with Wild Rice Pilaf	•			Yes		Yes	Yes	Yes		Yes	Yes		Yes

Yes = Menu item contains this specific allergen Blank = Specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Gluten* identified within ingredients	MSG	Sulfites
Wood-Grilled Peppercorn Sirloin	•			Yes		Yes							Yes
Wood-Grilled Peppercorn Sirloin and Shrimp	•			Yes		Yes				Yes			Yes
Wood-Grilled Tacos with Chicken	•				Yes	Yes	Yes				Yes		Yes
Wood-Grilled Tacos with Fresh Tilapia	•				Yes	Yes	Yes	Yes			Yes		Yes
Wood-Grilled Tacos with Lobster Meat	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Wood-Grilled Tacos with Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Create Your Own Combination – Garlic-Grilled Shrimp with wild rice pilaf	•			Yes		Yes	Yes			Yes	Yes		Yes
Create Your Own Combination – Garlic Shrimp Scampi	•			Yes		Yes				Yes			Yes
Create Your Own Combination – Parrot Isle Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes		Yes
Create Your Own Combination – 7 oz. Peppercorn-Grilled Sirloin	•			Yes		Yes							Yes
Create Your Own Combination – Seafood-Stuffed Flounder/Sole	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
Create Your Own Combination – Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes	Yes		Yes
Create Your Own Combination - Soy Ginger Salmon	•			Yes			Yes	Yes			Yes		
Create Your Own Combination – Walt's Favorite Shrimp	•				Yes	Yes	Yes			Yes	Yes		Yes
Create Your Own Combination – Wood-Grilled Fresh Tilapia	•			Yes				Yes					
Shrimp Your Way – Coconut Shrimp Bites	•		Yes	Yes	Yes	Yes	Yes			Yes	Yes		Yes
Shrimp Your Way – Fried Shrimp	•				Yes	Yes	Yes			Yes	Yes		Yes
Shrimp Your Way – Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Shrimp Your Way – Scampi	•			Yes		Yes				Yes			Yes
REGIONAL ENTRÉES													
Canadian Walleye – Beer-Battered	•						Yes	Yes			Yes		
Canadian Walleye – Blackened	•							Yes					
Canadian Walleye – Broiled	•			Yes				Yes					
Canadian Walleye – Fried	•					Yes	Yes	Yes			Yes		Yes
Create Your Own Combination - Batterfried Crawfish	•				Yes	Yes	Yes			Yes	Yes		Yes
Create Your Own Combination - Fried Oysters	•				Yes	Yes	Yes		Yes		Yes		Yes
4-COURSE FEAST (unique items)													
Cajun Chicken Linguini Alfredo	•			Yes		Yes	Yes				Yes		Yes

Yes = Menu item contains this specific allergen Blank = Specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Gluten* identified within ingredients	MSG	Sulfites
Garlic-Grilled Shrimp with Wild Rice Pilaf	•			Yes		Yes	Yes			Yes	Yes		Yes
Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes		Yes
Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes	Yes		Yes
Soy-Ginger Salmon	•			Yes			Yes	Yes			Yes		
Wood-Grilled Sirloin	•			Yes		Yes							
Dessert – Triple-Chocolate Brownie à la Mode				Yes	Yes	Yes	Yes				Yes		
TODAY'S FRESH FISH (pending availability)													
Blackened Preparation	•												
Broiled Preparation	•												
Jumbo Lump Crab Cakes	•			Yes	Yes	Yes	Yes			Yes	Yes		
King Crab Legs	•									Yes			
Live Maine Lobster – Steamed	•									Yes			
Live Maine Lobster – Stuffed	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		
Soy Ginger Glaze	•			Yes			Yes				Yes		Yes
LUNCH ENTRÉES (unique items – please see main menu section for items not listed)													
Coastal Soup and Grilled Shrimp Salad Combinations <i>does not include soup or dressing choice</i>	•			Yes		Yes	Yes			Yes	Yes		Yes
Crunch-Fried Fish Sandwich	•				Yes	Yes	Yes	Yes			Yes		Yes
Crunchy Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Farm-Raised Catfish – Blackened	•			Yes				Yes					
Farm-Raised Catfish – Golden-fried	•						Yes	Yes			Yes		Yes
Garlic Shrimp Scampi	•			Yes		Yes				Yes			Yes
Hand-Breaded Shrimp	•				Yes	Yes	Yes			Yes	Yes		Yes
Sailor's Platter	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
Shrimp and Wood-Grilled Chicken – Hand-Breaded Shrimp	•				Yes	Yes	Yes			Yes	Yes		Yes
Shrimp and Wood-Grilled Chicken – Garlic Shrimp Scampi	•			Yes		Yes				Yes			Yes
Shrimp and Wood-Grilled Chicken – Wood-Grilled Shrimp with Wild Rice Pilaf	•			Yes		Yes	Yes			Yes	Yes		Yes
Wild-Caught Flounder/Sole – Baked with crab-and-seafood stuffing	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
Wild-Caught Flounder/Sole – Golden-fried	•					Yes	Yes	Yes			Yes		Yes
Wild-Caught Flounder/Sole – Oven-broiled	•			Yes				Yes					
Wood-Grilled Cheeseburger	•			Yes	Yes	Yes	Yes				Yes		

Yes = Menu item contains this specific allergen Blank = Specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Gluten* identified within ingredients	MSG	Sulfites
Wood-Grilled Chicken Sandwich	•			Yes	Yes	Yes	Yes				Yes		
Wood-Grilled Shrimp Skewers with Wild Rice Pilaf	•			Yes		Yes	Yes			Yes	Yes		Yes
Create Your Own Lunch – Bay Scallops – Broiled	•			Yes					Yes				
Create Your Own Lunch – Bay Scallops – Fried	•					Yes	Yes		Yes		Yes		Yes
Create Your Own Lunch – Chicken Breast Strips	•						Yes				Yes		
Create Your Own Lunch – Crunch-Fried Fish	•					Yes	Yes	Yes			Yes		Yes
Create Your Own Lunch – Garlic-Grilled Shrimp Skewer with Wild Rice Pilaf	•			Yes		Yes	Yes			Yes	Yes		Yes
Create Your Own Lunch – Garlic Shrimp Scampi	•			Yes		Yes				Yes			Yes
Create Your Own Lunch – Hand-Breaded Shrimp	•				Yes	Yes	Yes			Yes	Yes		Yes
Create Your Own Lunch – Lightly Breaded Clam Strips	•			Yes	Yes	Yes	Yes	Yes	Yes		Yes		
KIDS' MENU													
Broiled Fish	•			Yes				Yes					
Chicken Fingers	•						Yes				Yes		Yes
Garlic-Grilled Shrimp	•			Yes		Yes				Yes			
Grilled Chicken	•												
Macaroni and Cheese				Yes		Yes	Yes				Yes		
Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Petite Lobster Tail	•									Yes			
DESSERTS													
Brownie Overboard™			Yes	Yes	Yes	Yes	Yes				Yes		Yes
Chocolate Wave				Yes	Yes	Yes	Yes				Yes		Yes
Key Lime Pie				Yes	Yes	Yes	Yes				Yes		Yes
Kids' Surf's Up Sundae				Yes		Yes							Yes
New York-Style Cheesecake with Strawberries				Yes	Yes	Yes							
Warm Apple Crostada				Yes	Yes	Yes	Yes				Yes		
Warm Chocolate Chip Lava Cookie				Yes	Yes	Yes	Yes				Yes		
SIDES & ADDITIONS													
Add Shrimp to Your Salad	•			Yes		Yes	Yes			Yes	Yes		Yes
Asparagus- Seasonal				Yes		Yes	Yes				Yes		
Baked Potato													
Broccoli													
Caesar Salad				Yes	Yes	Yes	Yes	Yes			Yes		

Yes = Menu item contains this specific allergen Blank = Specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Gluten* identified within ingredients	MSG	Sulfites
Cheddar Bay Biscuits®				Yes		Yes	Yes				Yes		
Coleslaw					Yes								
Coconut Shrimp Add-On	•		Yes	Yes		Yes	Yes			Yes	Yes		Yes
Creamy Langostino Lobster Baked Potato				Yes		Yes	Yes			Yes	Yes		Yes
Creamy Langostino Lobster Mashed Potatoes				Yes		Yes	Yes			Yes	Yes		Yes
French Fries	•												
Fresh Fruit – Orange Wedges													
Garden Salad <i>does not include dressing choice</i>						Yes	Yes				Yes		
Garlic-Grilled Shrimp Skewer Add-On with Wild Rice Pilaf	•			Yes		Yes	Yes			Yes	Yes		Yes
Garlic-Grilled Sea Scallops Add-On	•			Yes		Yes			Yes				Yes
Garlic Shrimp Scampi Add-On	•			Yes		Yes				Yes			Yes
Maine Lobster Tail Add-On – Roasted	•					Yes				Yes			
Maine Lobster Tail Add-On – Wood-Grilled	•			Yes						Yes			
Mashed Potatoes				Yes		Yes							
Roasted Carrots and Butternut Squash with Bourbon-Brown Butter				Yes		Yes	Yes				Yes		
Roasted Green Beans and Mushrooms						Yes							
Sweet Corn Cobette				Yes		Yes	Yes				Yes		Yes
Tomato-Mozzarella Caprese						Yes							Yes
Topped Maine Lobster Tail Add-On	•			Yes		Yes	Yes			Yes	Yes		Yes
Walt's Favorite Shrimp Add-on	•				Yes	Yes	Yes			Yes	Yes		Yes
Wild Rice Pilaf				Yes			Yes				Yes		Yes
DRESSINGS & SAUCES													
100% Pure Melted Butter						Yes							
Add Butter to Baked Potato						Yes							
Add Sour Cream to Baked Potato						Yes							
Blue Cheese Dressing					Yes	Yes							
Caesar Dressing				Yes	Yes	Yes		Yes					
Champagne Vinaigrette													Yes
Cocktail Sauce													
Honey Mustard Dressing					Yes								
Ketchup													
Marinara Sauce													

Yes = Menu item contains this specific allergen Blank = Specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Gluten* identified within ingredients	MSG	Sulfites
Mayonnaise				Yes	Yes								
Mustard													
Pico de Gallo													
Piña Colada Dipping Sauce			Yes			Yes							
Ranch Dressing					Yes	Yes							
Tartar Sauce				Yes	Yes								