



## ALLERGEN GUIDE

CANADA RESTAURANTS

Information Valid 1/4/2021 - 3/14/2021

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	Sesame Seeds	Sulfites added, not naturally occurring		Gluten* identified within ingredients
<b>Yes = Menu item contains this specific allergen</b> <b>Blank = means specific allergen is not in the Menu Item</b> <b>• Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.</b>	Risk of possible contamination due to cooking method													
<b>STARTERS</b>														
Bacon-Wrapped Jumbo Sea Scallops	•			Yes		Yes				Yes			Yes	
Escargot	•			Yes		Yes	Yes			Yes			Yes	Yes
Island Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes				Yes		Yes	Yes
Jumbo Lump Crab Cakes	•				Yes		Yes				Yes			Yes
Lobster-Artichoke-and-Seafood Dip	•			Yes	Yes	Yes	Yes				Yes			Yes
Mozzarella Cheesesticks	•			Yes		Yes	Yes							Yes
Seafood-Stuffed Mushrooms	•			Yes		Yes	Yes				Yes		Yes	Yes
Signature Jumbo Shrimp Cocktail	•										Yes		Yes	
Sweet Chili Shrimp	•			Yes	Yes		Yes				Yes		Yes	Yes
Tempura Calamari	•			Yes	Yes	Yes	Yes			Yes			Yes	Yes
White Wine and Roasted-Garlic Mussels	•			Yes		Yes	Yes			Yes			Yes	Yes
<b>SOUPS</b>														
Lobster Bisque (cup/bowl)	•			Yes		Yes	Yes				Yes		Yes	Yes
New England Clam Chowder (cup/bowl)	•			Yes		Yes	Yes			Yes				Yes
<b>BOWLS AND SANDWICHES</b>														
Classic Caesar Salad	•				Yes	Yes	Yes	Yes						Yes

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Classic Caesar Salad with Fire-Grilled Chicken	•				Yes	Yes	Yes	Yes					Yes
Classic Caesar Salad with Fire-Grilled Salmon	•				Yes	Yes	Yes	Yes					Yes
Classic Caesar Salad with Fire-Grilled Shrimp	•			Yes	Yes	Yes	Yes	Yes		Yes		Yes	Yes
Nashville Hot Chicken Sandwich	•			Yes	Yes	Yes	Yes					Yes	Yes
Salmon Sandwich	•			Yes	Yes	Yes	Yes	Yes				Yes	Yes
Sesame-Soy Salmon Bowl	•			Yes			Yes	Yes			Yes	Yes	Yes
Wagyu Bacon Cheeseburger	•			Yes		Yes	Yes						Yes
<b>PERFECT PAIRINGS - ADD TO ANY MEAL</b>													
Bacon-Wrapped Jumbo Sea Scallops	•			Yes		Yes			Yes			Yes	
Jumbo Lump Crab Cake	•				Yes		Yes			Yes			Yes
Maritime Lobster Tail – Classic (Add-On)	•					Yes				Yes			
Maritime Lobster Tail – Fire-Grilled (Add-On)	•			Yes		Yes				Yes			
<b>CLASSICS</b>													
Canadian Snow Crab Legs	•									Yes			
Double Lobster Tails	•			Yes		Yes				Yes		Yes	
Fish and Chips	•			Yes	Yes	Yes	Yes	Yes				Yes	Yes
Island Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes
Island Jumbo Coconut Shrimp (Add five more)	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes
Live Maritime Lobster Dinner (Classic)	•					Yes				Yes			
Live Maritime Lobster Dinner (Stuffed)	•			Yes		Yes	Yes			Yes		Yes	Yes
Salmon New Orleans (half/full)	•			Yes		Yes		Yes		Yes		Yes	
Simply Grilled Favourites - Salmon	•							Yes					
Simply Grilled Favourites - Garlic Shrimp Skewers	•			Yes		Yes				Yes		Yes	
Tilapia and Scallops	•			Yes		Yes		Yes	Yes			Yes	
Walt's Favourite Shrimp	•				Yes	Yes	Yes			Yes		Yes	Yes
<b>PASTAS</b>													
Kung Pao Noodles with Crispy Maritime Lobster Tail	•		Yes	Yes	Yes	Yes	Yes			Yes	Yes	Yes	Yes
Kung Pao Noodles with Chicken	•		Yes	Yes			Yes				Yes	Yes	Yes
Kung Pao Noodles with Crispy Shrimp	•		Yes	Yes			Yes			Yes	Yes	Yes	Yes

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Linguini Alfredo with Cajun Chicken	•			Yes		Yes	Yes					Yes	Yes
Linguini Alfredo with Crab	•			Yes		Yes	Yes			Yes		Yes	Yes
Linguini Alfredo with Lobster-and-Shrimp	•			Yes		Yes	Yes			Yes		Yes	Yes
Linguini Alfredo with Shrimp	•			Yes		Yes	Yes			Yes		Yes	Yes
<b>STEAKS</b>													
7 oz. Sirloin	•			Yes		Yes							
6 oz. Filet Mignon	•			Yes		Yes							
10 oz. New York Strip	•			Yes		Yes							
<b>FEASTS</b>													
Admiral's Feast	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes
Bar Harbor Lobster Bake	•			Yes		Yes	Yes		Yes	Yes		Yes	Yes
Lobster Lover's Dream®	•			Yes		Yes	Yes			Yes		Yes	Yes
Lobster, Shrimp and Salmon	•			Yes		Yes		Yes		Yes		Yes	
Seafarer's Feast	•			Yes	Yes	Yes	Yes		Yes	Yes		Yes	Yes
Seaside Shrimp Trio	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Ultimate Feast®	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
<b>CREATE YOUR OWN (CYO)</b>													
Bacon-Wrapped Jumbo Sea Scallops - CYO	•			Yes		Yes			Yes			Yes	
Fire-Grilled Salmon - CYO	•							Yes					
Fire-Grilled Sirloin 7 oz. - CYO	•			Yes		Yes							
Fire-Grilled Tilapia - CYO	•							Yes					
Garlic Shrimp - CYO	•			Yes		Yes				Yes		Yes	
Island Jumbo Coconut Shrimp - CYO	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes
Jumbo Lump Crab Cakes - CYO	•				Yes		Yes			Yes			Yes
Shrimp Linguini Alfredo - CYO	•			Yes		Yes	Yes			Yes		Yes	Yes
Walt's Favourite Shrimp - CYO	•				Yes	Yes	Yes			Yes		Yes	Yes
<b>SIDES</b>													
Baked Potato													
Add Butter to Baked Potato				Yes		Yes							

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Add Sour Cream to Baked Potato						Yes							
Coleslaw					Yes								
Crispy Brussel Sprouts	•			Yes			Yes						Yes
Green Beans													
Mashed Potatoes				Yes		Yes							
Creamy Norway and Maritime Mashed Potatoes	•			Yes		Yes	Yes			Yes			Yes
Rice				Yes								Yes	
Sea-Salted Fries	•												
<b>DAILY DEALS</b>													
MONDAY: Endless Shrimp - Hand-Crafted Garlic Shrimp (Initial/Refill)	•			Yes		Yes				Yes		Yes	
MONDAY: Endless Shrimp - Grilled Shrimp Skewer (Initial/Refill)	•			Yes		Yes				Yes		Yes	
MONDAY: Endless Shrimp - Island Jumbo Coconut Shrimp (Initial/Refill)	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes
MONDAY: Endless Shrimp - Crispy Thai Shrimp (Initial/Refill)	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
MONDAY: Endless Shrimp - Walt's Favourite Shrimp (Initial/Refill)	•				Yes	Yes	Yes			Yes		Yes	Yes
TUESDAY: Sirloin and Fried Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
WEDNESDAY: Fish and Chips	•			Yes	Yes	Yes	Yes	Yes				Yes	Yes
FRIDAY: Walt's Favourite	•				Yes	Yes	Yes			Yes		Yes	Yes
<b>DESSERTS</b>													
Brownie Overboard™			Yes	Yes	Yes	Yes	Yes						Yes
Chocolate Wave				Yes	Yes	Yes	Yes					Yes	Yes
Vanilla Bean Cheesecake				Yes	Yes	Yes	Yes						Yes
Warm Apple Crostada				Yes	Yes	Yes	Yes						Yes
Signature Biscuits	•			Yes		Yes	Yes					Yes	Yes
<b>DRESSINGS &amp; SAUCES</b>													
100% Pure Melted Butter						Yes							

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Blue Cheese Dressing				Yes	Yes	Yes							
Butter				Yes		Yes							
Caesar Dressing				Yes	Yes	Yes		Yes					
Champagne Vinaigrette Dressing				Yes								Yes	
Cocktail Sauce												Yes	
French Dressing													
Ketchup													
Marinara Sauce													
Pico de Gallo													
Piña Colada Sauce			Yes			Yes							
Plum Sauce												Yes	
Ranch Dressing					Yes	Yes							
Sour Cream						Yes							
Tartar Sauce				Yes	Yes								
Thousand Island Dressing				Yes	Yes								