



Due to the handcrafted nature of our menu items, and the inherent size variations of seafood, nutritional content may vary.

Supplemental nutritional information is available on our website.

If you have other nutrition questions, please contact us at: 800-562-7837 (Monday-Friday 10am-5pm EST).

Information Valid 2/6/2023 - 4/9/2023

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugar (g)	Protein (g)
LOBSTERFEST®											
Lobster Lover's Dream®	1560	910	101	51	2	590	4170	76	7	3	87
Lobster Lover's Dream® with Cajun Chicken Alfredo	1820	970	108	40	1	500	5940	112	10	36	103
Lobster Lover's Dream® with Shrimp Alfredo	1680	910	102	39	1	630	4730	103	8	34	88
Lobster & Shrimp Tacos	1030	260	29	5	0	140	6460	152	9	9	38
Lobster & Shrimp-Topped Sirloin	1040	660	73	34	1	470	2920	13	1	9	81
Maritime Lobster Tail Duo	560	460	51	24	0	290	1220	1	1	0	25
STARTERS											
Escargot	470	290	33	9	0	80	1530	30	4	2	17
Island Jumbo Coconut Shrimp	610	350	39	11	0	95	990	52	5	21	15
Lobster-Artichoke-and-Seafood Dip	850	290	33	13	1	70	1740	85	9	7	20
Mozzarella Cheesesticks	680	300	33	11	0.5	55	1810	60	4	5	54
Seafood-Stuffed Mushrooms	510	330	37	17	1	80	1180	23	3	9	26
Signature Jumbo Shrimp Cocktail	120	5	0	0	0	165	1020	9	1	6	20
Sweet Chili Shrimp	890	560	62	8	1	155	2290	64	3	42	20
Tempura Calamari	1270	570	63	7	0	100	2390	158	6	9	15
White Wine & Sautéed-Garlic Mussels	780	480	54	13	1	70	2240	44	3	5	28
PASTAS & BOWLS											
Baja Shrimp Bowl	1060	530	59	11	0.5	240	2750	97	13	14	38
Classic Caesar Salad	520	420	46	9	1	50	1040	19	4	3	9
Caesar Salad with Chicken	620	440	50	10	1	120	1770	20	4	4	27
Caesar Salad with Salmon	830	590	66	13	1	140	1530	19	4	3	41
Caesar Salad with Shrimp	770	610	69	14	1	160	1850	19	5	5	15

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Cajun Chicken Linguini Alfredo	1360	630	71	19	1	187	4760	11	9	44	67
Lobster-and-Shrimp Linguini Alfredo	1130	480	55	15	1	340	3310	102	7	34	59
Shrimp Linguini Alfredo	1230	580	65	18	1	318	3540	110	6	42	52
Sesame-Soy Salmon Bowl	1030	440	48	12	0	90	2070	98	12	26	51
SOUPS											
Lobster Bisque (Cup)	270	170	19	11	0	80	820	14	0	4	9
Lobster Bisque (Bowl)	520	340	38	22	1	150	1570	27	1	8	15
New England Clam Chowder (Cup)	170	100	11	6	0	40	620	11	1	4	6
New England Clam Chowder (Bowl)	330	190	22	12	0.5	80	1250	22	1	8	12
SANDWICHES											
Crispy Cod Sandwich	1410	920	104	17	1	82	2120	77	5	10	43
Bacon Cheeseburger	810	450	51	19	1	140	1970	43	3	8	44
ENTRÉES											
Admiral's Feast	1730	910	102	10	0.5	208	4350	130	7	14	73
Bar Harbor Lobster Bake	1140	520	59	14	1	330	3390	82	8	5	69
Canadian Snow Crab Legs	510	320	35	21	0	260	2260	1	0	0	48
Caribbean Rock Lobster & Shrimp	940	570	64	27	0.5	306	2580	49	3	3	41
Grilled Salmon	630	350	39	7	0	180	980	1	0	0	64
Garlic-Grilled Shrimp Skewers	250	140	16	3	4	196	1290	3	0	1	24
Fish and Chips	1240	600	66	8	1	122	3040	117	10	20	42
Chicken Tenders	880	400	46	3	0	162	1720	43	1	15	69
Island Jumbo Coconut Shrimp	1040	580	64	15	0.5	213	1500	82	8	25	32
Island Jumbo Coconut Shrimp (Add five more)	570	310	35	9	0	113	770	48	4	19	16
Live Maritime Lobster (Classic)	440	310	34	21	0	290	290	1	0	0	33
Live Maritime Lobster (Stuffed)	650	410	46	25	1	331	960	18	1	6	40
Add a Maritime Lobster Tail	490	430	38	24	0	190	880	1	1	1	3
Lobster, Shrimp and Salmon	740	490	55	17	1	320	1890	6	1	1	56
Lobster-Topped Stuffed Tilapia	570	300	34	11	1	150	1210	16	1	5	51
Salmon New Orleans (Half)	580	370	41	11	0	185	1340	10	2	3	42
Salmon New Orleans (Full)	910	550	61	14	0	280	1650	13	4	3	75
Seafarer's Feast	1130	780	87	30	1	389	4030	39	4	10	47
Seaside Shrimp Trio	1590	770	87	20	1	480	5610	136	9	41	70
Steaks: 7 oz. Sirloin	310	120	13	3	0	135	750	1	0	0	46
Steaks: 6 oz. Filet Mignon	270	120	13	4	0	105	690	1	0	0	38
Steaks: 10 oz. New York Strip	490	220	25	9	1	141	1560	1	0	0	62
Surf & Turf - Walt's Favourite Shrimp & Sirloin	590	230	26	4	0	213	2450	34	2	6	57
Surf & Turf - Maritime Lobster Tail & Sirloin	720	480	53	26	0.5	328	1520	1	1	0	59
Tilapia & Scallops	630	390	44	16	1	160	1760	6	1	1	54

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Ultimate Feast®	1000	660	74	28	0	418	3970	35	3	7	50
Walt's Favourite Shrimp	530	220	24	2	0	155	2870	58	4	7	22
Walt's Favourite Shrimp (Add six more)	280	110	12	1	0	80	1700	33	2	6	11
Create Your Own Combination – Oven-Broiled Bay Scallops	250	50	6	1	0	59	1780	20	1	9	40
Create Your Own Combination – Crispy Bay Scallops	710	320	36	3	0	48	1920	61	3	13	33
Create Your Own Combination – Grilled Sea Scallops	90	40	4	1	0	28	560	1	0	0	12
Create Your Own Combination – Grilled Salmon	310	175	19	4	0	91	490	0	0	0	32
Create Your Own Combination – Oven-Broiled Salmon	310	175	19	4	0	91	120	1	0	0	32
Create Your Own Combination – Blackened Salmon	320	180	20	4	0	91	200	2	1	0	32
Create Your Own Combination – Garlic Shrimp	450	360	40	8	1	180	1670	3	1	1	20
Create Your Own Combination – Island Jumbo Coconut Shrimp	570	310	35	9	0	113	770	48	4	19	16
Create Your Own Combination – Shrimp Linguini Alfredo	1080	480	54	15	1	310	3080	101	7	34	49
Create Your Own Combination – Walt's Favourite Shrimp	280	110	12	1	0	78	1700	33	2	6	11
Create Your Own Combination – 7 oz. Grilled Sirloin	310	120	13	3	0	135	750	1	0	0	46
DAILY DEALS											
MONDAY: Garlic Shrimp (initial)	450	360	40	8	1	180	1670	3	1	1	20
MONDAY: Garlic Shrimp (refill)	230	180	20	4	0	90	840	1	1	1	10
MONDAY: Grilled Shrimp Skewer (initial)	430	170	20	4	0	110	1420	46	2	3	9
MONDAY: Grilled Shrimp Skewer (refill)	120	70	8	2	0	100	650	1	1	1	3
MONDAY: Island Jumbo Coconut Shrimp (initial)	570	310	35	9	0	113	770	48	4	19	16
MONDAY: Island Jumbo Coconut Shrimp (refill)	570	310	35	9	0	113	770	48	4	19	16
MONDAY: Walt's Favourite Shrimp (initial)	280	110	12	1	0	78	1700	33	2	6	11
MONDAY: Walt's Favourite Shrimp (refill)	280	110	12	1	0	78	1700	33	2	6	11
TUESDAY: Sirloin & Walt's Favourite Shrimp	590	230	26	4	0	213	2450	34	2	6	57
WEDNESDAY: Fish & Chips	1240	600	66	8	1	120	3040	117	10	20	42
THURSDAY: Seafarer's Feast for Two (each)	1180	830	93	31	1	390	4120	40	5	11	48
FRIDAY: Walt's Favourite Shrimp	530	220	24	2	0	157	2870	58	4	7	22
PARTY PLATTERS											
Chicken Breast Strips	3890	2010	224	19	0	340	11950	271	22	107	198
Crunchy Popcorn Shrimp	2470	1050	117	10	1	540	10050	267	24	40	91

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Island Jumbo Coconut Shrimp	2870	1570	174	48	1	570	3860	245	20	99	83
Mozzarella Cheesesticks	1890	870	97	30	2	150	5470	173	13	17	152
Savoury Garlic Shrimp	1130	890	101	20	1	440	4180	8	2	2	51
Seafood-Stuffed Mushrooms	2050	1330	148	66	5	300	4730	91	10	34	104
Signature Jumbo Shrimp Cocktail (Small)	470	15	1.5	0.5	0	665	4010	38	2	23	81
Signature Jumbo Shrimp Cocktail (Large)	760	25	2.5	1	0.5	1165	6170	49	3	30	141
Walt's Favourite Shrimp	1220	460	51	4	0	325	7600	148	10	32	47
White Wine and Roasted-Garlic Mussels	1570	960	108	27	1	150	4490	88	6	9	54
FAMILY MEALS											
Admiral's Family Feast	4320	2380	265	30	4	710	13080	323	22	46	164
Cajun Chicken Linguini Alfredo	3410	1540	173	46	3	390	10540	320	23	105	152
Chicken Breast Strips	2900	1210	137	10	0	490	6340	195	6	104	206
Family Fish Fry	3060	2030	225	27	2	360	5990	156	11	23	104
Garlic Shrimp Family Meal	1810	1430	162	32	2	710	6690	14	4	4	81
Island Jumbo Coconut Shrimp	3280	1810	201	51	1	660	4560	270	23	97	98
Seaside Shrimp Trio Family Feast	5330	2600	292	64	4	1590	19990	454	30	135	233
Shrimp Linguini Alfredo	3240	1450	162	44	3	920	9240	303	18	102	147
Ultimate Family Feast	4120	2740	306	123	1	1710	15900	147	13	31	198
Walt's Favourite Shrimp	1660	660	73	6	0	470	9490	188	13	30	67
Create Your Own Family Feast – Island Jumbo Coconut Shrimp	1580	840	93	30	1	300	1930	145	10	72	41
Create Your Own Family Feast – Savoury Garlic Shrimp	790	600	67	10	1	360	3350	7	2	2	41
Create Your Own Family Feast – Walt's Favourite Shrimp	660	220	25	2	0	160	4720	89	6	27	24
Create Your Own Family Feast – Golden-Fried Fish	2560	1760	196	25	2	290	4680	122	9	20	78
Family French Fries	1730	550	62	5	1	0	5770	271	21	42	22
Family Green Beans	260	120	14	1	0	0	1310	33	12	14	8
Family Mashed Potatoes	570	240	26	11	1	40	1790	73	8	5	11
Family Rice	690	90	10	2	0	0	1750	135	3	6	11
Signature Biscuits (Half Dozen)	960	500	56	32	1	2	2350	100	3	4	14
Signature Biscuits (One Dozen)	1920	940	104	44	2	0	4700	200	6	8	28
Chocolate Wave Cake (14 slices)	13020	6720	746	226	9	1190	9400	1564	82	1085	118
Vanilla Bean Cheesecake (12 slices)	8190	5410	601	360	19	2290	4240	673	12	543	98
DESSERTS											
Brownie Overboard™	980	470	53	26	1	170	390	121	5	81	12
Chocolate Wave	920	520	58	19	1	100	750	134	6	90	10

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Vanilla Bean Cheesecake	730	450	50	30	1.5	190	350	68	3	54	9
Warm Apple Crostada	550	230	26	12	0	15	470	74	2	33	6
SIDES & ADDITIONS											
Baked Potato	210	20	2	0	0	0	20	45	5	2	5
Add Butter	60	60	7	3.5	0	10	35	0	0	0	0
Add Sour Cream	15	10	1.5	1	0	5	5	1	0	0	0
Bacon Mac & Cheese	630	330	37	21	1	113	1630	47	2	6	26
Coleslaw	190	110	12	2	0	15	370	16	4	9	3
Creamy Lobster-Topped Baked Potato	370	140	16	4.5	0	30	490	48	5	3	11
Creamy Lobster-Topped Mashed Potatoes	350	210	23	8	0	45	1070	27	3	3	9
Crispy Brussels Sprouts	470	210	24	8	0	0	830	55	13	18	13
French Fries	510	180	20	2	0	0	1390	74	6	0	7
Green Beans	90	40	5	0	0	0	440	11	4	5	3
Mashed Potatoes	170	70	8	3	0	13	540	22	3	2	3
Rice	230	30	4	1	0	0	580	45	1	3	4
Signature Biscuits (each)	160	80	9	4	0	0	390	17	1	1	3
DRESSINGS & CONDIMENTS											
100% Pure Melted Butter	300	300	33	21	0	90	290	0	0	0	0
Blue Cheese Dressing	230	220	24	5	0	25	300	2	0	1	2
Butter	60	60	7	3.5	0	10	35	0	0	0	0
Caesar Dressing	300	290	32	5	0.5	30	590	1	0	0	2
Champagne Vinaigrette Dressing	70	40	4	0.5	0	0	390	9	0	7	0
Cocktail Sauce	35	0	0	0	0	0	520	9	0	6	0
Ketchup	60	0	0	0	0	0	480	15	1	12	1
Marinara Sauce	35	20	2	0	0	0	230	4	0	2	1
Pico de Gallo	10	0	0	0	0	0	170	2	0	1	0
Piña Colada Sauce	100	40	4.5	3.5	0	10	40	14	0	12	1
Plum Sauce	60	0	0	0	0	0	270	15	0	14	0
Ranch Dressing	130	130	15	2.5	0	20	350	2	0	1	1
Sour Cream	15	10	1.5	1	0	5	5	1	0	0	0
Tartar Sauce	210	190	22	3.5	0	15	150	4	0	2	0
Thousand Island Dressing	190	160	18	3	0	15	240	6	0	3	0
ALCOHOLIC DRINKS											
Alotta Colada™	550	60	6	6	0	0	95	102	2	98	1
Bahama Mama	340	0	0	0	0	0	55	63	1	59	0
Berry Mango Daiquiri	320	0	0	0	0	0	40	55	2	49	0
Liquor (1 oz.)	50	0	0	0	0	0	0	0	0	0	0
Liqueur (1 oz.)	100	0	0	0	0	0	0	11	0	11	0
Lobsterita® – Strawberry	440	0	0	0	0	0	10	81	3	68	1
Lobsterita® – Traditional	160	0	0	0	0	0	640	13	0	12	0

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Lobsterita® – Raspberry	440	0	0	0	0	0	10	82	3	69	1
Lobster Caesar™	130	0	0	0	0	35	1660	12	1	7	5
Long Island Iced Tea	180	0	0	0	0	0	10	15	0	15	0
Malibu Hurricane	170	0	0	0	0	0	10	30	1	24	0
Mango Mai Tai	200	0	0	0	0	0	10	35	1	29	0
Margarita – Classic (Frozen)	180	0	0	0	0	0	480	23	0	22	0
Margarita – Classic (Rocks)	120	0	0	0	0	0	480	7	0	6	0
Margarita – Grand Patrón	200	0	0	0	0	0	480	15	1	14	0
Margarita - Peach (Frozen)	290	0	0	0	0	0	0	48	1	43	1
Margarita - Peach (Rocks)	170	0	0	0	0	0	0	19	1	17	0
Margarita - Raspberry (Frozen)	280	0	0	0	0	0	0	46	2	40	0
Margarita - Raspberry (Rocks)	170	0	0	0	0	0	0	19	1	16	0
Margarita – Strawberry (Frozen)	280	0	0	0	0	0	0	47	2	40	0
Margarita – Strawberry (Rocks)	170	0	0	0	0	0	0	20	1	17	0
Mojito	160	0	0	0	0	0	10	21	1	19	0
Piña Colada	330	35	4	4	0	0	60	67	2	63	0
Shrimp Caesar®	130	0	0	0	0	25	1630	12	1	7	4
Sunset Passion Colada	310	30	3	3	0	0	50	67	2	61	1
Triple Berry Sangria	210	0	0	0	0	0	50	36	3	31	1
Tropical White Sangria	150	0	0	0	0	0	10	24	2	15	0
WINE											
Wine (6 oz.)	150	0	0	0	0	0	5	5	0	1	0
Wine (9 oz.)	220	0	0	0	0	0	10	7	0	2	0
Wine (Bottle)	630	0	0	0	0	0	30	19	0	5	1
Wine (Litre)	850	0	0	0	0	0	40	26	0	6	1
BEER											
Light Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	1
Regular Beer (12 oz.)	150	0	0	0	0	0	15	13	0	0	2
Can (15 oz.)	150	0	0	0	0	0	30	12	0	12	7
Light Draft Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	1
Regular Draft Beer (12 oz.)	150	0	0	0	0	0	15	13	0	0	2
Light Draft Beer (20 oz.)	170	0	0	0	0	0	25	10	0	1	1
Regular Draft Beer (20 oz.)	260	0	0	0	0	0	25	21	0	0	3
NONALCOHOLIC DRINKS											
Boston Iced Tea (Classic Cranberry)	80	0	0	0	0	0	25	22	0	21	0
Boston Iced Tea (Peach)	180	0	0	0	0	0	25	45	1	42	1
Boston Iced Tea (Raspberry)	170	0	0	0	0	0	25	44	1	39	0
Coffee	0	0	0	0	0	0	0	0	0	0	0
Coke®	190	0	0	0	0	0	60	52	0	52	0
Diet Coke®	0	0	0	0	0	0	55	0	0	0	0

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Fruit Smoothie (Peach)	470	50	6	3.5	0	25	240	96	1	84	7
Fruit Smoothie (Raspberry)	460	50	6	3.5	0	25	240	94	2	79	7
Fruit Smoothie (Strawberry)	460	50	6	3.5	0	25	240	95	3	79	7
Hand-Crafted Lemonade (Classic)	140	0	0	0	0	0	10	37	0	35	0
Hand-Crafted Lemonade (Peach)	220	0	0	0	0	0	10	56	1	52	0
Hand-Crafted Lemonade (Strawberry)	210	0	0	0	0	0	10	55	1	49	0
Hot Tea	0	0	0	0	0	0	5	1	0	0	0
IBC™ Root Beer	160	0	0	0	0	0	60	43	0	43	0
Sweet Iced Tea	130	0	0	0	0	0	50	34	0	34	0
Minute Maid® Raspberry Lemonade	240	0	0	0	0	0	30	64	0	60	0
Sprite®	190	0	0	0	0	0	85	51	0	51	0
KIDS' MENU											
Casco Bay Cooler (Peachy Breezy Smoothie)	190	0	0	0	0	0	115	45	1	40	3
Casco Bay Cooler (Raspberry Bay Smoothie)	190	0	0	0	0	0	115	44	1	37	3
Casco Bay Cooler (Sunset Strawberry Smoothie)	190	0	0	0	0	0	115	44	1	37	3
Juice	110	0	0	0	0	0	15	27	0	24	2
Lemonade	80	0	0	0	0	0	5	22	0	21	0
Milk 1%	100	20	2.5	1.5	0	10	105	12	0	12	8
Chocolate Milk	140	20	2.5	1.5	0	10	150	24	0	23	7
Raspberry Lemonade	90	0	0	0	0	0	10	24	0	23	0
Broccoli	40	5	0	0	0	0	35	8	3	2	3
Green Beans	90	40	5	0	0	0	440	11	4	5	3
Caesar Salad	320	240	27	6	0.5	35	640	12	1	3	6
Chicken Fingers	470	140	16	1.5	0	35	1130	48	1	15	20
Golden-Fried Fish	240	80	9	1	0	50	900	24	1	13	17
Grilled Shrimp	130	70	8	2	2	100	650	2	1	1	13
Grilled Chicken	170	30	3.5	0.5	0	70	1010	16	1	15	18
Grilled Tilapia	220	50	6	1.5	0	90	440	1	0	0	41
Macaroni and Cheese	280	90	10	3	0	15	550	39	1	9	10
Petite Maritime Lobster Tail	360	320	35	21	0	170	580	1	0	0	10
Popcorn Shrimp	250	90	10	1	0	45	1120	34	3	13	8
Surf's Up Sundae	160	50	6	3	0	15	80	25	0	15	2