



ALLERGEN GUIDE

US RESTAURANTS

Information Valid 1/28/2019 - 4/21/2019

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
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												
LOBSTERFEST®													
Lobster Lover's Dream®	•			Yes		Yes	Yes				Yes	Yes	Yes
Ultimate Lobsterfest® Surf and Turf	•			Yes		Yes	Yes				Yes	Yes	Yes
Lobster in Paradise	•		Yes	Yes	Yes	Yes	Yes				Yes	Yes	Yes
Lobster-Topped Tilapia	•			Yes		Yes	Yes	Yes			Yes	Yes	Yes
Ultimate Lobster Roll with Lobster Bisque	•			Yes		Yes	Yes				Yes	Yes	Yes
Seaport Lobster and Shrimp	•			Yes		Yes					Yes		Yes
Classic Surf and Turf	•			Yes		Yes					Yes		
Butter-Poached Maine Lobster Tail - Add on	•					Yes					Yes		
Coconut-Fried Maine Lobster Tail - Add on	•		Yes	Yes		Yes	Yes				Yes	Yes	Yes
Lobster Lover's Dream® Pasta - Add on	•			Yes		Yes	Yes				Yes	Yes	Yes
Caribbean Shrimp and Lobster Bake - Add on	•		Yes	Yes		Yes	Yes				Yes	Yes	Yes
Buttered Lobster Bake - Add on	•					Yes					Yes		
Creamy Lobster Topping - Add on				Yes		Yes	Yes				Yes	Yes	Yes
FEATURED APPETIZER													
Chilled Lobster-and-Shrimp Cocktail											Yes		Yes
FEATURED SIDES													
Roasted Green Beans				Yes		Yes							
Cauliflower Au Gratin	•			Yes		Yes	Yes					Yes	Yes

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SEASIDE STARTERS													
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
Peppercorn-Panko Calamari	•					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 Jumbo 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		
TASTING PLATES													
Dragon Broccoli	•			Yes			Yes				Yes		Yes
Chilled Lobster and Shrimp Roll	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Shrimp Potstickers	•			Yes	Yes		Yes			Yes	Yes		Yes
Yucatan Shrimp with grilled artisan bread	•			Yes		Yes	Yes			Yes	Yes		Yes
Tuna Poke with tortilla chips	•			Yes			Yes	Yes			Yes		
SOUPS & SALADS													
Classic Caesar Salad					Yes	Yes	Yes	Yes			Yes		
Add Grilled Chicken	•				Yes	Yes	Yes	Yes			Yes		
Add Grilled Salmon	•				Yes	Yes	Yes	Yes			Yes		
Add Grilled Shrimp	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
Add Lobster and Shrimp Topping					Yes	Yes	Yes	Yes		Yes	Yes		Yes
Creamy Potato Bacon Soup						Yes	Yes				Yes		
Lobster Bisque				Yes		Yes	Yes			Yes	Yes		Yes
New England Clam Chowder						Yes	Yes		Yes		Yes		
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

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Crab Linguini Alfredo	•			Yes		Yes	Yes			Yes	Yes		Yes
Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes	Yes		Yes
Creamy Lobster Linguini Alfredo	•			Yes		Yes	Yes			Yes	Yes		Yes
Maple-Glazed Chicken	•			Yes			Yes				Yes		
Mixed Grill (Salmon)	•			Yes		Yes		Yes	Yes	Yes			Yes
Mixed Grill (Sirloin)				Yes		Yes			Yes	Yes			Yes
Mixed Grill (Chicken)				Yes		Yes			Yes	Yes			Yes
Parrot Isle Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes		Yes
Rock Lobster Tail	•			Yes		Yes				Yes			Yes
Seaside Shrimp Trio	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Snow Crab Legs	•									Yes			
Steak Dinner - Filet, Simply Grilled	•					Yes							
Steak Dinner - NY Strip, Simply Grilled	•					Yes							
Steak Dinner - Sirloin, Simply Grilled	•					Yes							
Surf & Turf - Rock Lobster and Filet	•			Yes		Yes				Yes			Yes
Surf & Turf - Rock Lobster and NY Strip	•			Yes		Yes				Yes			Yes
Surf & Turf - Wood-Grilled Shrimp and Sirloin	•			Yes		Yes				Yes			Yes
Ultimate Feast®	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Walt's Favorite Shrimp	•				Yes	Yes	Yes			Yes	Yes		Yes
Wood-Grilled Shrimp Skewer	•			Yes		Yes				Yes			Yes
Create Your Own Combination – Garlic Shrimp Scampi	•			Yes		Yes				Yes			Yes
Create Your Own Combination – Soy-Ginger Salmon	•			Yes			Yes	Yes			Yes		
Create Your Own Combination – Wood-Grilled Tilapia	•							Yes					
Create Your Own Combination – Grilled Sea Scallops	•			Yes		Yes			Yes				Yes
Create Your Own Combination – Wood-Grilled Sirloin	•					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
GLOBALLY INSPIRED													
Dragon Shrimp	•			Yes			Yes			Yes	Yes		Yes
Salmon New Orleans	•					Yes		Yes		Yes			Yes
Southwest-Style Tacos with Tilapia	•				Yes	Yes	Yes	Yes			Yes		Yes
Southwest-Style Tacos with Grilled Chicken	•				Yes	Yes	Yes				Yes		Yes

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Southwest-Style Tacos with Lobster	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Southwest-Style Tacos with Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Yucatan Tilapia and Shrimp	•			Yes		Yes		Yes		Yes			Yes
CLASSIC FISH													
Wild-Caught Flounder/Sole – Golden-fried	•					Yes	Yes	Yes			Yes		Yes
Wild-Caught Flounder/Sole – Oven-broiled	•			Yes				Yes					
PERFECT PAIRINGS - ADD TO ANY MEAL													
Garlic Shrimp Scampi <i>Add-on</i>	•			Yes		Yes				Yes			Yes
Classic Maine Lobster Tail <i>Add-On</i>	•			Yes						Yes			
Wood-Grilled Maine Lobster Tail <i>Add-On</i>	•			Yes		Yes				Yes			
Topped Maine Lobster Tail <i>Add-On</i>	•			Yes		Yes	Yes			Yes	Yes		Yes
Walt's Favorite Shrimp <i>Add-On</i>	•				Yes	Yes	Yes			Yes	Yes		Yes
Wood-Grilled Sea Scallops <i>Add-On</i>	•			Yes		Yes			Yes				Yes
Wood-Grilled Shrimp Skewer <i>Add-On</i>	•			Yes		Yes				Yes			Yes
4-COURSE FEAST (unique items)													
Cajun Chicken Linguini Alfredo	•			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 Tilapia	•							Yes					
Wood-Grilled Sirloin	•					Yes							
Wood-Grilled Shrimp Skewer	•			Yes		Yes				Yes			Yes
Dessert – Triple-Chocolate Brownie à la Mode				Yes	Yes	Yes	Yes				Yes		
TODAY'S CATCH MENU													
Today's Catch (pending availability)	•							Yes					
Blackened Preparation	•												
Broiled Preparation	•			Yes									
Grilled Preparation	•												
Creamy Langostino Lobster Beurre Blanc Topping	•			Yes		Yes	Yes			Yes	Yes		Yes
Olive Oil	•												
Pineapple Relish Topping	•												
Soy Ginger Glaze	•			Yes			Yes				Yes		
Yucatan Shrimp Topping	•			Yes		Yes				Yes			Yes

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Jumbo Lump Crab Cakes	•			Yes	Yes	Yes	Yes			Yes	Yes		
North Pacific King Crab Legs	•									Yes			
Live Maine Lobster – Classic	•									Yes			
Live Maine Lobster – Stuffed	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
LUNCH ENTRÉES (unique items – please see main menu section for items not listed)													
Classic Caesar Salad					Yes	Yes	Yes	Yes			Yes		
Add Grilled Chicken	•				Yes	Yes	Yes	Yes			Yes		
Add Grilled Salmon	•				Yes	Yes	Yes	Yes			Yes		
Add Grilled Shrimp	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
Add Lobster and Shrimp Topping					Yes	Yes	Yes	Yes		Yes	Yes		Yes
Coastal Soup and Grilled Shrimp Salad Combinations <i>does not include soup or dressing choice</i>	•			Yes		Yes	Yes			Yes	Yes		Yes
Crunchy Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Farm-Raised Catfish - Golden-Fried	•						Yes	Yes			Yes		
Farm-Raised Catfish - Blackened	•							Yes					
Garlic Shrimp Scampi	•			Yes		Yes				Yes			Yes
Hand-Breaded Shrimp	•				Yes	Yes	Yes			Yes	Yes		Yes
Linguini Alfredo with Cajun Chicken	•			Yes		Yes	Yes				Yes		Yes
Linguini Alfredo with Crab	•			Yes		Yes	Yes			Yes	Yes		Yes
Linguini Alfredo with Shrimp	•			Yes		Yes	Yes			Yes	Yes		Yes
Maple-Glazed Chicken	•			Yes			Yes				Yes		
Chilled Lobster-and-Shrimp Roll	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Hot Lobster Roll	•			Yes		Yes	Yes			Yes	Yes		
Sailor's Platter	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
Shrimp & Wood-Grilled Chicken – Hand-Breaded Shrimp	•				Yes	Yes	Yes			Yes	Yes		Yes
Shrimp & Wood-Grilled Chicken – Garlic Shrimp Scampi	•			Yes		Yes				Yes			Yes
Shrimp & Wood-Grilled Chicken – Wood-Grilled Shrimp	•			Yes		Yes				Yes			Yes
Southwest-Style Tacos with Tilapia	•				Yes	Yes	Yes	Yes			Yes		Yes
Southwest-Style Tacos with Grilled Chicken	•				Yes	Yes	Yes				Yes		Yes
Southwest-Style Tacos with Lobster	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Southwest-Style Tacos with Shrimp	•			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					

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Wood-Grilled Shrimp Skewers	•			Yes		Yes				Yes			Yes
Create Your Own Lunch – Bay Scallops – Oven-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 – Golden Fried Fish	•					Yes	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		
LUNCH SPECIALS Monday - Friday (11am- 3pm)													
Classic Caesar Salad - Chicken	•				Yes	Yes	Yes	Yes			Yes		
Classic Caesar Salad - Salmon	•				Yes	Yes	Yes	Yes			Yes		
Classic Caesar Salad - Shrimp	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
Grilled Shrimp Salad with Cup of Soup <i>does not include soup or dressing choice</i>	•			Yes		Yes	Yes			Yes	Yes		Yes
Southwest-Style Tacos with Tilapia	•				Yes	Yes	Yes	Yes			Yes		Yes
Southwest-Style Tacos with Grilled Chicken	•				Yes	Yes	Yes				Yes		Yes
Southwest-Style Tacos with Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
EARLY DINING SPECIALS Monday - Friday (until 6 P.M.) Available in select locations													
MONDAY: Garlic Shrimp Scampi	•			Yes		Yes				Yes			Yes
MONDAY: Hand-Breaded Shrimp	•				Yes	Yes	Yes			Yes	Yes		Yes
MONDAY: Wood-Grilled Shrimp Skewer	•			Yes		Yes				Yes			Yes
THURSDAY: Petite Ultimate Feast®	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
FRIDAY: Parrot Isle Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes		Yes
KIDS' MENU													
Chicken Fingers	•						Yes				Yes		
Fresh Fruit – Orange Wedges													
Garlic-Grilled Shrimp	•			Yes		Yes				Yes			Yes
Golden Fried Fish	•					Yes	Yes	Yes			Yes		Yes
Grilled Chicken	•												
Broiled Tilapia	•			Yes				Yes					
Macaroni and Cheese				Yes		Yes	Yes				Yes		
Chilled Lobster and Shrimp Roll	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Petite Lobster Tail	•			Yes						Yes			

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Kids' Surf's Up Sundae				Yes		Yes							Yes
DESSERTS													
Brownie Overboard™				Yes	Yes	Yes	Yes				Yes		
Chocolate Wave				Yes	Yes	Yes	Yes				Yes		Yes
Key Lime Pie				Yes	Yes	Yes	Yes				Yes		
Vanilla Bean Cheesecake with Strawberries				Yes	Yes	Yes	Yes				Yes		
Warm Apple Crostada				Yes	Yes	Yes	Yes				Yes		
SIDES													
Add Shrimp to Your Salad	•			Yes		Yes				Yes			Yes
Asparagus- Seasonal	•					Yes							
Baked Potato													
Broccoli				Yes									
Caesar Salad - Side					Yes	Yes	Yes	Yes			Yes		
Cheddar Bay Biscuits®				Yes		Yes	Yes				Yes		
Coleslaw					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	•												
Garden Salad <i>does not include dressing choice</i>						Yes	Yes				Yes		
Mashed Potatoes				Yes		Yes							
Rice Pilaf				Yes									
Tomato-Mozzarella Caprese				Yes		Yes							Yes
DRESSINGS & CONDIMENTS													
100% Pure Melted Butter						Yes							
Add Butter to Baked Potato				Yes		Yes							
Add Sour Cream to Baked Potato						Yes							
Blue Cheese Dressing					Yes	Yes							
Caesar Dressing					Yes	Yes		Yes					
Champagne Vinaigrette													Yes
Cocktail Sauce													
Honey Mustard Dressing					Yes								
Ketchup													
Marinara Sauce													

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Pico de Gallo													
Piña Colada Dipping Sauce			Yes			Yes							
Ranch Dressing					Yes	Yes							
Tartar Sauce					Yes								
Thousand Island Dressing					Yes								
REGIONAL CHOICES (limited availability)													
Batterfried Crawfish	•					Yes	Yes			Yes	Yes		
Buffalo Chicken Wings	•												
Oysters - Fried	•					Yes	Yes		Yes		Yes		Yes
Oysters on the Half Shell, raw or steamed	•								Yes				
Manhattan Clam Chowder						Yes	Yes	Yes	Yes		Yes		Yes
Seafood Gumbo				Yes		Yes	Yes	Yes	Yes	Yes	Yes		Yes
Steamed Clams with <i>grilled artisan bread</i>	•			Yes		Yes	Yes		Yes		Yes		Yes
Canadian Walleye -- Beer-Battered	•						Yes	Yes			Yes		