ALLERGEN GUIDE

US RESTAURANTS
Information Valid 1/2/2017-2/5/2017

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		
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**
BIG FESTIVAL OF SHRIMP™													
Bourbon-Brown Sugar Grilled Shrimp Skewer *with Wild Rice Pilaf*	•			Yes			Yes			Yes	Yes		Yes
Creamy Shrimp-and-Cheese Linguini *with Toasted Panko*				Yes		Yes	Yes			Yes	Yes		Yes
Garlic-Grilled Shrimp Skewer *with Wild Rice Pilaf*	•			Yes		Yes	Yes			Yes	Yes		Yes
Hand-Crafted Garlic Shrimp Scampi	•			Yes		Yes				Yes			Yes
Parrot Isle Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes		Yes
Wild-Caught Firecracker Red Shrimp	•			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

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**
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
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

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**
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
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

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**
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
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		

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**
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 *does not include soup or dressing choice*	•			**Yes**		**Yes**	**Yes**			**Yes**	**Yes**		**Yes**
Bourbon-Brown Sugar Grilled Shrimp Skewer *with Wild Rice Pilaf and Broccoli*	•			**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**		
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**		

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**
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		
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 *does not include dressing choice*						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

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 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 Baby Gold Potatoes													
Roasted Carrots and Butternut Squash with Bourbon-Brown Butter						**Yes**							
Roasted Green Beans and Mushrooms						**Yes**							
Sweet Corn Cobette				**Yes**		**Yes**	**Yes**				**Yes**		**Yes**
Tomato-Mozzrella 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													
Mayonnaise				**Yes**	**Yes**								
Mustard													
Pico de Gallo													
Piña Colada Dipping Sauce			**Yes**			**Yes**							
Ranch Dressing					**Yes**	**Yes**							
Tartar Sauce				**Yes**	**Yes**								