



## ALLERGEN GUIDE

### US RESTAURANTS

Information Valid 1/29/2018 - 4/22/2018

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
<b>Yes = Menu item contains this specific allergen</b> <b>Blank = Specific allergen is not in the Menu Item</b> <ul style="list-style-type: none"> <li>• Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.</li> </ul>	Risk of possible contamination due to cooking method												
<b>LOBSTERFEST®</b>													
Lobster Lover's Dream®	•			Yes		Yes	Yes				Yes	Yes	
Dueling Lobster Tails™	•			Yes		Yes	Yes		Yes	Yes	Yes		Yes
Lobster Truffle Mac and Cheese				Yes		Yes	Yes			Yes	Yes		
Lobsterfest® Surf and Turf	•			Yes		Yes	Yes			Yes	Yes		
Seaport Lobster and Shrimp	•			Yes		Yes				Yes			Yes
Stuffed Tilapia with Langostino Lobster				Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
Lobster Savannah - Add On	•			Yes		Yes	Yes		Yes	Yes	Yes		Yes
Lobster Truffle Mac and Cheese - Add On				Yes		Yes	Yes			Yes	Yes		
Creamy Langostino and Maine Lobster Topping - Add On				Yes		Yes	Yes			Yes	Yes		Yes
<b>FEATURED SIDE</b>													
Roasted Green Beans and Mushrooms						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
<b>FEATURED APPETIZER</b>													
Chilled Lobster-and-Shrimp Cocktail										Yes			Yes
<b>ULTIMATE LOBSTER LOVER'S LUNCH™</b>													
Lobster Truffle Mac and Cheese with Salad				Yes		Yes	Yes			Yes	Yes		
1/2 Lobster-and-Langostino Pizza with Salad				Yes		Yes	Yes			Yes	Yes		Yes
Petite Red Lobster Roll and Fries	•			Yes		Yes	Yes			Yes			
Seafood-Stuffed Mushrooms with Salad				Yes	Yes	Yes	Yes	Yes		Yes	Yes		Yes
<b>SEASIDE STARTERS</b>													
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				Yes		
Create Your Own Appetizer – Clam Strips	•			Yes	Yes	Yes	Yes		Yes		Yes		
<b>TASTING PLATES</b>													
Dragon Broccoli	•			Yes			Yes				Yes		Yes
Loaded Seaside Fries	•			Yes	Yes	Yes	Yes		Yes		Yes		Yes
Petite Red Lobster Roll				Yes		Yes	Yes			Yes	Yes		
Shrimp Potstickers	•			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
Yucatan Shrimp with <i>grilled artisan bread</i>	•			Yes		Yes	Yes			Yes	Yes		Yes
<b>SOUPS &amp; SALADS</b>													
Classic Caesar Salad				Yes	Yes	Yes	Yes	Yes			Yes		
Add Grilled Chicken	•			Yes	Yes	Yes	Yes	Yes			Yes		
Add Grilled Salmon	•			Yes	Yes	Yes	Yes	Yes			Yes		
Add Grilled Shrimp	•			Yes	Yes	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
<b>ENTRÉES</b>													
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
Crab Linguini Alfredo				Yes		Yes	Yes			Yes	Yes		Yes
Maple-Glazed Chicken	•			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
Shrimp Linguini Alfredo				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			
Surf & Turf - Rock Lobster and NY Strip	•			Yes		Yes				Yes			
Surf & Turf - Wood-Grilled Shrimp and Sirloin	•			Yes		Yes				Yes			Yes

<b>Yes = Menu item contains this specific allergen</b> <b>Blank = 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	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
Ultimate Feast®	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Walt's Favorite Shrimp	•				Yes	Yes	Yes			Yes	Yes		Yes
Wood-Grilled Lobster, Shrimp and Salmon	•			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 Fresh Tilapia	•							Yes					
Create Your Own Combination – Wood Grilled Sea Scallops	•			Yes		Yes			Yes				Yes
Create Your Own Combination – Wood-Grilled Sirloin - Simply Grilled	•					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
<b>GLOBALLY INSPIRED</b>													
Dragon Shrimp	•			Yes			Yes			Yes	Yes		Yes
Pub-Style Fish & Chips	•			Yes	Yes	Yes	Yes	Yes			Yes		
Salmon New Orleans	•			Yes		Yes	Yes	Yes		Yes			Yes
Southwest-Style Tacos with Fresh Tilapia	•			Yes	Yes	Yes	Yes	Yes			Yes		Yes
Southwest-Style Tacos with Grilled Chicken	•			Yes	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
Yucatan Tilapia and Shrimp	•			Yes		Yes	Yes	Yes		Yes			Yes
<b>CLASSIC FISH</b>													
Wild-Caught Flounder/Sole – Golden-fried	•			Yes		Yes	Yes	Yes			Yes		
Wild-Caught Flounder/Sole – Oven-broiled				Yes				Yes					

<b>Yes = Menu item contains this specific allergen</b> <b>Blank = 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	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
<b>PERFECT PAIRINGS - ADD TO ANY MEAL</b>													
Garlic Shrimp Scampi Add-on	•			Yes		Yes				Yes			Yes
Maine Lobster Tail Add-On – Steamed	•					Yes				Yes			
Maine Lobster Tail Add-On – Wood-Grilled	•			Yes		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
Wood Grilled Sea Scallops Add-On	•			Yes		Yes			Yes				Yes
Wood Grilled Shrimp Skewer Add-On	•			Yes		Yes				Yes			Yes
<b>4-COURSE FEAST (unique items)</b>													
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 Fresh Tilapia	•							Yes					
Wood-Grilled Sirloin	•			Yes		Yes							
Wood Grilled Shrimp Skewer	•			Yes		Yes				Yes			Yes
Dessert – Triple-Chocolate Brownie à la Mode				Yes	Yes	Yes	Yes				Yes		
<b>TODAY'S FRESH FISH MENU</b>													
Today's Fresh Fish (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		



<b>Yes = Menu item contains this specific allergen</b> <b>Blank = 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	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
Yucatan Shrimp Topping	•			Yes		Yes				Yes			Yes
Jumbo Lump Crab Cakes	•			Yes	Yes	Yes	Yes			Yes	Yes		
North Pacific King Crab Legs	•									Yes			
Live Maine Lobster – Steamed	•									Yes			
Live Maine Lobster – Stuffed	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes		
<b>LUNCH ENTRÉES (unique items – please see main menu section for items not listed)</b>													
Classic Caesar Salad				Yes	Yes	Yes	Yes	Yes			Yes		
add - Grilled Chicken	•			Yes	Yes	Yes	Yes	Yes			Yes		
add - Grilled Salmon	•			Yes	Yes	Yes	Yes	Yes			Yes		
add- Grilled Shrimp	•			Yes	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					
Farm-Raised Catfish - Grilled	•							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				Yes		
Petite Red Lobster Roll				Yes		Yes	Yes			Yes	Yes		
Pub-Style Fish & Chips	•			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

<b>Yes = Menu item contains this specific allergen</b> <b>Blank = 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	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
Shrimp and Wood-Grilled Chicken – Garlic Shrimp Scampi	•			Yes		Yes				Yes			Yes
Shrimp and Wood-Grilled Chicken – Wood-Grilled Shrimp	•			Yes		Yes				Yes			Yes
Southwest-Style Tacos with Fresh Tilapia	•			Yes	Yes	Yes	Yes	Yes			Yes		Yes
Southwest-Style Tacos with Grilled Chicken	•			Yes	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		Yes
Wild-Caught Flounder/Sole – Oven-broiled				Yes				Yes					
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				Yes		
Create Your Own Lunch – Golden Fried Fish	•						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		
<b>LUNCH SPECIALS Monday - Friday (11am- 3pm)</b>													
Classic Caesar Salad - Chicken	•			Yes	Yes	Yes	Yes	Yes			Yes		
Classic Caesar Salad - Salmon	•			Yes	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 Fresh Tilapia	•			Yes	Yes	Yes	Yes	Yes			Yes		Yes
Southwest-Style Tacos with Grilled Chicken	•			Yes	Yes	Yes	Yes				Yes		Yes
Southwest-Style Tacos with Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
<b>KIDS' MENU</b>													
Chicken Fingers	•			Yes			Yes				Yes		
Fresh Fruit – Orange Wedges													

<b>Yes = Menu item contains this specific allergen</b> <b>Blank = 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	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	<b>Molluscan Shellfish</b> oysters, clams, mussels, scallops	<b>Crustacean Shellfish</b> shrimp, crab, lobster	<b>Gluten*</b> identified within ingredients	MSG	Sulfites
Garlic-Grilled Shrimp	•			Yes		Yes				Yes			Yes
Golden Fried Fish	•					Yes	Yes	Yes			Yes		Yes
Grilled Chicken	•												
Grilled Tilapia	•							Yes					
Macaroni and Cheese				Yes		Yes	Yes				Yes		
Petite Red Lobster Roll				Yes		Yes	Yes			Yes	Yes		
Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes		Yes
Petite Lobster Tail	•									Yes			
Kids' Surf's Up Sundae				Yes		Yes							Yes
<b>DESSERTS</b>													
Brownie Overboard™			Yes	Yes	Yes	Yes	Yes				Yes		
Chocolate Wave				Yes	Yes	Yes	Yes				Yes		Yes
Key Lime Pie				Yes	Yes	Yes	Yes				Yes		
Vanilla Bean Cheesecake <i>with Strawberries</i>				Yes	Yes	Yes	Yes				Yes		
Warm Apple Crostada				Yes	Yes	Yes	Yes				Yes		
<b>SIDES</b>													
Add Shrimp to Your Salad	•			Yes		Yes				Yes			Yes
Asparagus- <i>Seasonal</i>						Yes							
Baked Potato													
Broccoli				Yes			Yes						
Caesar Salad - Side				Yes	Yes	Yes	Yes	Yes			Yes		
Cheddar Bay Biscuits®				Yes		Yes	Yes				Yes		
Coleslaw				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	•												



<b>Yes = Menu item contains this specific allergen</b> <b>Blank = 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	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
Fresh Roasted Brussel Sprouts - <i>Seasonal</i>						Yes							
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
Whipped Sweet Potatoes with <i>Honey-roasted pecans</i>			Yes	Yes		Yes	Yes				Yes		
<b>DRESSINGS &amp; CONDIMENTS</b>													
100% Pure Melted Butter						Yes							
Add Butter to Baked Potato				Yes		Yes							
Add Sour Cream to Baked Potato						Yes							
Blue Cheese Dressing				Yes	Yes	Yes							
Caesar Dressing				Yes	Yes	Yes		Yes					
Champagne Vinaigrette				Yes									Yes
Cocktail Sauce				Yes									
Honey Mustard Dressing				Yes	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								
Thousand Island Dressing				Yes	Yes								
<b>REGIONAL CHOICES (limited availability)</b>													
Batterfried Crawfish	•				Yes	Yes	Yes			Yes	Yes		Yes

<b>Yes = Menu item contains this specific allergen</b> <b>Blank = 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	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	<b>Molluscan Shellfish</b> oysters, clams, mussels, scallops	<b>Crustacean Shellfish</b> shrimp, crab, lobster	<b>Gluten*</b> identified within ingredients	MSG	Sulfites
Buffalo Chicken Wings	•												
Oysters - Fried	•				Yes	Yes	Yes		Yes		Yes		Yes
Oysters on the Half Shell, raw or steamed									Yes				
Manhattan Clam Chowder						Yes	Yes		Yes		Yes		Yes
Seafood Gumbo				Yes		Yes	Yes	Yes	Yes	Yes	Yes		Yes
Steamed Clams <i>with grilled artisan bread</i>	•			Yes		Yes	Yes		Yes		Yes		Yes
Canadian Walleye -- Beer-Battered	•						Yes	Yes			Yes		
Canadian Walleye -- Blackened	•							Yes					
Canadian Walleye -- Broiled	•							Yes					