



Due to the handcrafted nature of our menu items, and the inherent size variations of seafood, nutritional content may vary.
 If you have other nutrition questions, please try our Nutrition Calculator or Interactive Menu on our website; or contact us at: 800-562-7837 (Monday-Friday 10am-5pm EST).

Information Valid 3/6/2017 - 4/30/2017

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. *Regional item--Availability may vary	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
LOBSTERFEST®											
Creamy Shrimp-Topped Lobster Tail	310	170	19	9	0.5	230	1050	6	<1	1	30
Grilled Maine Lobster Tail	390	330	37	22	0	195	650	<1	0	0	14
Langostino Lobster Topping	130	80	9	5	0	75	440	7	0	3	8
Lobster Lover's Dream®	1280	690	77	38	2	515	2640	60	5	4	84
Lobsterfest® Surf and Turf with Sirloin	1050	540	61	25	2	410	3040	46	6	7	81
Lobsterfest® Surf and Turf with NY Strip	1310	670	74	31	2.5	500	3400	48	8	9	114
Roasted Maine Lobster Bake	770	340	38	9	1	265	1790	57	4	3	45
Seafood-Stuffed Lobster Tail	260	130	14	4	0	155	930	8	0	1	23
Seaport Lobster and Shrimp	850	540	60	26	1	440	2110	24	<1	2	47
Steamed Maine Lobster Tail	390	330	37	22	0	195	650	<1	0	0	14
Stuffed Tilapia with Langostino Lobster	380	120	14	3.5	0	150	680	13	2	3	51
Ultimate Feast®	1120	660	74	27	1	410	3340	68	4	12	46
Wood-Grilled Lobster and Red Shrimp	670	410	46	24	0	345	1670	24	1	2	33
Wood-Grilled Lobster, Shrimp and Salmon	860	390	43	14	0	345	2240	56	1	25	62
FEATURED COCKTAILS											
Island Lobster Punch	170	0	0	0	0	0	0	18	<1	15	0
Lobsterfest® Fizz	190	0	0	0	0	0	15	25	1	21	0
FEATURED APPETIZER											
Chilled Lobster-and-Shrimp Cocktail	240	10	1	0	0	215	1600	12	<1	9	43
FEATURED DESSERT											
Bananas Foster Cheesecake	1260	610	68	33	0	190	760	144	5	100	35
SEASIDE STARTERS											
Crispy Calamari and Vegetables	1830	1140	127	15	0.5	245	4720	138	8	19	36
Crispy Shrimp Lettuce Wraps	620	160	18	1.5	0	145	2560	93	9	45	23
Langostino Lobster-Artichoke-and-Seafood Dip	1040	500	56	17	1	155	2300	104	10	8	32

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Lobster and Langostino Pizza	710	320	35	17	1.5	150	2090	55	4	3	46
Mozzarella Cheesesticks	810	400	44	15	1	75	2240	67	4	8	37
Parrot Isle Jumbo Coconut Shrimp	610	350	39	11	0	95	990	52	5	21	15
Seafood-Stuffed Mushrooms	450	250	28	14	1	135	1020	20	2	5	34
Seaside Sampler	850	420	46	18	1	270	2270	63	5	30	47
Signature Shrimp Cocktail	130	0	0	0	0	165	1070	11	<1	9	21
Sweet Chili Shrimp	1140	710	79	10	1	230	2050	80	4	44	27
White Wine and Roasted-Garlic Mussels	700	280	32	9	1	75	1860	68	4	6	32
Create Your Own Appetizer – Chicken Breast Strips	560	350	39	4.5	0	60	1410	30	1	8	22
Create Your Own Appetizer – Clam Strips	560	360	40	5	0	30	920	39	<1	5	11
Create Your Own Appetizer – Crispy Calamari and Vegetables	1020	660	73	9	0	130	2650	72	5	11	19
Create Your Own Appetizer – Mozzarella Cheesesticks	680	340	37	13	0.5	65	1900	57	4	7	31
Create Your Own Appetizer – Stuffed Mushrooms	300	170	19	10	0.5	90	680	13	1	4	23
Battered Crawfish*	1390	730	81	8	0.5	185	2710	125	9	27	41
Buffalo Chicken Wings*	990	660	73	16	0	370	3570	10	2	3	74
Fried Oysters*	950	490	54	7	0	65	1940	97	7	27	18
SOUPS & SALADS											
Classic Caesar Salad	520	410	46	9	0.5	45	1050	18	4	3	10
Classic Caesar Salad with Grilled Chicken	630	430	48	10	1	120	1430	18	4	3	34
Classic Caesar Salad with Grilled Shrimp	580	420	46	9	0.5	175	1380	18	4	3	24
Classic Caesar Salad with Grilled Salmon	830	590	65	13	0.5	140	1140	18	4	3	42
Lobster and Langostino Bisque (Cup)	290	200	22	13	0.5	80	870	15	0	4	7
Lobster and Langostino Bisque (Bowl)	590	390	44	26	1	160	1740	30	0	9	15
New England Clam Chowder (Cup)	200	130	15	9	0	55	640	11	<1	4	6
New England Clam Chowder (Bowl)	400	260	29	17	0.5	110	1290	23	1	8	12
Creamy Potato Bacon Soup* (Cup)	270	170	19	11	0.5	60	890	21	1	1	4
Creamy Potato Bacon Soup* (Bowl)	530	340	38	23	1	120	1780	41	2	2	9
Manhattan Clam Chowder* (Cup)	110	35	4	2	0	20	920	12	2	4	7
Manhattan Clam Chowder* (Bowl)	220	70	8	3.5	0	40	1830	24	3	8	15
Seafood Gumbo* (Cup)	170	70	7	2.5	0	25	840	19	1	<1	7
Seafood Gumbo* (Bowl)	340	130	15	4.5	0	45	1680	37	2	2	14
ADD TO ANY MEAL											
Garlic-Grilled Sea Scallops	100	45	5	1	0	25	480	4	0	0	12
Garlic-Grilled Shrimp Skewer	110	60	6	1	0	115	600	0	0	0	12
Garlic Shrimp Scampi	230	150	17	3	<1	120	600	3	1	1	17
Maine Lobster Tail (Steamed)	390	330	37	22	0	195	650	<1	0	0	14
Maine Lobster Tail (Wood-Grilled)	390	330	37	22	0	195	650	<1	0	0	14
Topped Maine Lobster Tail	230	110	13	6	0	185	810	7	0	3	22
Walt's Favorite Shrimp	340	130	14	1.5	0	90	1650	39	3	11	13
DINNER ENTRÉES											
Admiral's Feast	1420	710	79	9	0.5	265	4050	113	6	19	65
Bar Harbor Lobster Bake	1710	840	94	40	2	540	3700	120	9	9	91
Cajun Chicken Linguini Alfredo (Half)	750	330	37	16	1.5	130	1700	57	4	3	45

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Cajun Chicken Linguini Alfredo (Full)	1170	410	45	18	1.5	210	2420	106	8	3	82
Center-Cut NY Strip Steak	690	280	32	13	1.5	205	1670	29	5	3	73
Crab Linguini Alfredo (Half)	940	550	61	24	2.5	140	2280	60	4	4	40
Crab Linguini Alfredo (Full)	1910	1090	121	48	5	270	4520	119	7	7	79
Garlic-Grilled Shrimp	350	140	15	3	0	230	1570	26	<1	1	27
Hand-Battered Fish and Chips	970	480	54	6	0	120	1690	80	7	16	43
Lighthouse Garlic-Grilled Shrimp	390	140	16	3	0	230	1600	34	3	3	30
Lighthouse Maple-Glazed Chicken	370	45	5	1	0	75	870	53	3	22	30
Lighthouse Rock Lobster Tail	440	130	14	2.5	0	150	1160	35	3	4	45
Lighthouse Snow Crab Legs	430	310	34	21	0	165	1110	8	3	2	23
Lighthouse Wood-Grilled Peppercorn Sirloin and Shrimp	520	160	18	5	1	215	1710	36	3	3	54
Live Maine Lobster (Steamed)	530	310	35	21	0	430	1130	0	0	0	54
Live Maine Lobster (Roasted and Stuffed)	440	90	10	3.5	0.5	380	1490	21	<1	4	65
Maple-Glazed Chicken	450	60	7	1.5	0	145	1840	46	<1	20	52
NY Strip and Rock Lobster Tail	1140	630	71	35	1.5	380	2370	30	5	4	95
Parmesan-Crusted Fresh Tilapia	640	370	41	15	1.5	135	1120	12	<1	1	54
Parrot Isle Jumbo Coconut Shrimp	960	550	61	16	0	150	1630	78	8	27	24
Parrot Isle Jumbo Coconut Shrimp (Add five more)	440	260	29	6	0	70	810	33	4	7	12
Roasted Maine Lobster Bake	770	340	38	9	1	265	1790	57	4	3	45
Rock Lobster Tail	700	420	47	24	0	240	1410	28	<1	2	42
Salmon New Orleans (Half)	780	540	61	14	1	190	1650	11	2	3	45
Salmon New Orleans (Full)	1020	640	71	17	1	290	1740	13	2	3	78
Seaside Shrimp Trio	1260	620	70	21	2	345	3860	98	7	14	59
Shrimp Linguini Alfredo (Half)	620	290	32	13	1.5	125	1430	55	4	2	27
Shrimp Linguini Alfredo (Full)	1220	560	63	26	2.5	245	2810	109	7	4	52
Shrimp Your Way – Coconut Shrimp Bites	400	200	22	7	0	90	800	38	3	16	11
Shrimp Your Way – Fried Shrimp	260	100	11	1	0	105	1170	24	2	9	16
Shrimp Your Way – Popcorn Shrimp	420	160	18	1.5	0	145	1980	49	4	11	17
Shrimp Your Way – Scampi	260	180	20	4	1	120	670	3	<1	<1	17
Snow Crab Legs	480	310	35	21	0	235	1870	0	0	0	40
Ultimate Feast®	1120	660	74	27	1	410	3340	68	4	12	46
Walt's Favorite Shrimp	620	260	28	3	0	180	2730	68	4	13	24
Walt's Favorite Shrimp (Add 1/2 dozen more)	340	130	14	1.5	0	90	1650	39	3	11	13
Wild-Caught Flounder/Sole (Golden-Fried)	730	390	43	5	0	170	850	12	0	6	73
Wild Caught Flounder/Sole (Oven-Broiled)	420	100	11	1	0	205	500	0	0	0	70
(Baked with crab-and-seafood stuffing)	460	220	25	6	0.5	145	1830	16	1	3	41
Wood-Grilled Lobster, Shrimp and Salmon	860	390	43	14	0	345	2240	56	1	25	62
Wood-Grilled Peppercorn Sirloin	430	160	18	8	1	115	1310	27	3	2	40
Wood-Grilled Peppercorn Sirloin and Shrimp	540	220	24	9	1	230	1910	28	3	2	52
Wood-Grilled Tacos with Chicken	610	190	21	4.5	0	80	1680	69	5	5	35
Wood-Grilled Tacos with Fresh Tilapia	700	220	25	5	0	95	2250	69	5	5	52
Wood-Grilled Tacos with Lobster Meat	630	240	27	5	0	135	2030	71	5	6	25
Wood-Grilled Tacos with Shrimp	560	180	20	4	0	135	1620	69	5	5	26

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Create Your Own Combination – Garlic-Grilled Sea Scallops	100	45	5	1	0	25	480	4	0	0	12
Create Your Own Combination – Garlic-Grilled Shrimp	240	80	9	1.5	0	115	960	26	0	1	15
Create Your Own Combination – Garlic Shrimp Scampi	260	180	20	4	1	120	670	3	<1	<1	17
Create Your Own Combination – Parrot Isle Jumbo Coconut Shrimp	790	450	50	14	0	125	1310	65	6	24	20
Create Your Own Combination – 7 oz. Peppercorn-Grilled Sirloin	240	80	9	4	0.5	100	710	3	0	0	36
Create Your Own Combination – Seafood-Stuffed Flounder	230	110	13	3	0	70	910	8	<1	1	20
Create Your Own Combination – Shrimp Linguini Alfredo	620	290	32	13	1.5	125	1430	55	4	2	27
Create Your Own Combination – Soy-Ginger Salmon	330	150	17	3	0	85	740	12	1	9	30
Create Your Own Combination – Walt's Favorite Shrimp	430	170	19	2	0	120	2020	49	3	12	17
Create Your Own Combination – Wood-Grilled Fresh Tilapia	220	50	6	1.5	0	90	200	0	0	0	41
Create Your Own Combination – Batterfried Crawfish*	970	580	64	7	0	185	1910	63	5	15	35
Create Your Own Combination – Fried Oysters*	520	330	37	5	0	65	1140	35	3	14	13
4-Course Feast – Cajun Chicken Linguini Alfredo	750	330	37	16	1.5	130	1700	57	4	3	45
4-Course Feast – Garlic-Grilled Shrimp	350	140	15	3	0	230	1570	26	<1	1	27
4-Course Feast – Jumbo Coconut Shrimp	780	450	50	14	0	120	1300	65	6	24	19
4-Course Feast – Shrimp Linguini Alfredo	620	290	32	13	1.5	125	1430	55	4	2	27
4-Course Feast - Soy-Ginger Salmon	330	150	17	3.5	0	85	740	12	<1	9	30
4-Course Feast – Wood-Grilled Sirloin	430	160	18	8	1	115	1310	27	3	2	40
Canadian Walleye* (Batterfried)	1170	660	73	7	0	295	2170	51	4	2	77
(Blackened)	440	80	9	1.5	0	360	520	3	1	0	81
(Broiled)	420	70	8	1.5	0	360	210	0	0	0	81
(Golden-fried)	590	270	29	3	0	260	1520	12	0	2	68
TODAY'S FRESH FISH (pending availability)											
Arctic Char	350	140	16	4	0	50	150	0	0	0	41
Cod	200	25	3	0	0	95	140	0	0	0	40
Fresh Flounder	200	40	4.5	0	0	100	180	0	0	0	35
Grouper	210	35	3.5	0.5	0	80	90	0	0	0	42
Haddock	170	20	2.5	0	0	115	450	0	0	0	34
Halibut	200	40	4	0.5	0	100	140	0	0	0	38
Lake Whitefish	310	130	14	2	0	130	110	0	0	0	42
Opah	210	25	3	0	0	145	180	0	0	0	42
Perch	180	30	3	0	0	170	115	0	0	0	36
Rainbow Trout (Lunch/Half)	240	100	11	2.5	0	100	85	0	0	0	34
Rainbow Trout (Full)	490	200	22	4.5	0	200	170	0	0	0	67
Red Rockfish	170	35	4	0.5	0	90	130	0	0	0	33

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Salmon (Lunch/Half)	310	170	19	4	0	90	90	0	0	0	32
Salmon (Full)	620	350	39	8	0	185	180	0	0	0	64
Gulf Snapper	230	40	4.5	0.5	0	80	95	0	0	0	45
Pacific Snapper	160	20	2.5	0.5	0	75	300	2	0	0	32
Fresh Sole	200	40	4.5	0	0	100	180	0	0	0	35
Tilapia (Lunch/Half)	210	50	6	1.5	0	90	90	0	0	0	41
Tilapia (Full)	430	100	11	3	0	180	180	0	0	0	82
Tuna	250	25	2.5	0	0	85	95	0	0	0	52
Wahoo	300	160	18	4	0	110	135	0	0	0	33
Live Maine Lobster 1 1/4 pound (Steamed)	530	310	35	21	0	430	1130	0	0	0	54
Live Maine Lobster 1 1/4 pound (Roasted and Stuffed)	440	90	10	3.5	0.5	380	1490	21	<1	4	65
Hand-Shucked Oysters on the Half Shell* - Steamed (1/2 dozen)	440	320	35	22	0	120	1060	21	1	9	7
Hand-Shucked Oysters on the Half Shell* - Steamed (dozen)	510	340	37	22	0	155	1200	27	1	9	13
Hand-Shucked Oysters on the Half Shell* - Raw (1/2 dozen)	180	30	3.5	1	0	30	1100	27	3	11	9
Hand-Shucked Oysters on the Half Shell* - Raw (dozen)	250	50	5	1.5	0	65	1330	34	3	11	16
Steamed Clams*	670	320	36	11	1	100	2410	49	3	7	34
Steamed North Pacific King Crab Legs*	680	350	39	22	0	300	4500	0	0	0	76
Crab Cakes*	620	290	32	6	0	250	1830	42	3	3	41
LUNCH ENTRÉES											
Cajun Chicken Linguini Alfredo (Lunch)	750	330	37	16	1.5	130	1700	57	4	3	45
Cajun Chicken Linguini Alfredo (Full)	1170	410	45	18	1.5	210	2420	106	8	3	82
Classic Caesar Salad	520	410	46	9	0.5	45	1050	18	4	3	10
Classic Caesar Salad with Chicken	630	430	48	10	1	120	1430	18	4	3	34
Classic Caesar Salad with Fresh Salmon	830	590	65	13	0.5	140	1140	18	4	3	42
Classic Caesar Salad with Shrimp	580	420	46	9	0.5	175	1380	18	4	3	24
Coastal Soup and Grilled Shrimp Salad (New England Clam Chowder)	530	310	34	18	0.5	175	1650	35	6	11	22
Coastal Soup and Grilled Shrimp Salad (Lobster and Langostino Bisque)	710	440	48	27	1.5	225	2100	43	5	13	25
Coastal Soup and Grilled Shrimp Salad (Creamy Potato Bacon Soup*)	660	390	43	24	1	185	2140	54	7	6	19
Coastal Soup and Grilled Shrimp Salad (Manhattan Clam Chowder*)	350	110	13	4.5	0	100	2190	36	8	12	25
Coastal Soup and Grilled Shrimp Salad (Seafood Gumbo*)	470	180	20	5	0	110	2040	50	7	6	24
Crab Linguini Alfredo (Lunch)	940	550	61	24	2.5	140	2280	60	4	4	40
Crab Linguini Alfredo (Full)	1910	1090	121	48	5	270	4520	119	7	7	79
Crunch-Fried Fish Sandwich	1380	680	76	15	1	105	2880	136	7	24	34
Crunchy Popcorn Shrimp	420	160	18	1.5	0	145	1980	49	4	11	17
Farm-Raised Catfish – Blackened	220	70	8	2	0	120	350	0	0	0	37

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Farm-Raised Catfish – Golden-fried	440	280	31	5	0	100	440	7	0	5	31
Garlic Shrimp Scampi	260	180	20	4	1	120	670	3	<1	<1	17
Hand-Battered Fish and Chips	970	480	54	6	0	120	1690	80	7	16	43
Hand-Breaded Shrimp	310	120	14	1.5	0	125	1290	26	2	9	19
Maple-Glazed Chicken	330	40	4.5	1	0	75	1150	46	<1	20	27
Sailor's Platter	490	180	20	3	0.5	230	1450	18	2	9	54
Shrimp Linguini Alfredo (Lunch)	620	290	32	13	1.5	125	1430	55	4	2	27
Shrimp Linguini Alfredo (Full)	1220	560	63	26	2.5	245	2810	109	7	4	52
Shrimp and Wood-Grilled Chicken – Hand-Breaded Shrimp	450	110	12	1.5	0	145	1730	45	2	10	39
Shrimp and Wood-Grilled Chicken – Garlic Shrimp Scampi	400	130	15	3	0.5	160	1120	27	<1	1	39
Shrimp and Wood-Grilled Chicken – Wood-Grilled Shrimp Skewer	310	70	7	1.5	0	135	960	26	0	1	34
Wild-Caught Flounder/Sole (Golden-Fried)	470	290	32	4.5	0	90	510	8	0	5	37
(Oven-Broiled)	210	50	5	0	0	100	250	0	0	0	35
(Baked with Crab-and-Seafood Stuffing)	230	110	13	3	0	70	910	8	<1	1	20
Wood-Grilled Cheeseburger	1230	620	68	26	2.5	160	1800	103	7	20	47
Wood-Grilled Chicken Sandwich	890	300	33	10	0.5	110	1790	103	7	20	39
Wood-Grilled Shrimp Skewers	290	80	9	1.5	0	125	840	33	3	3	21
Wood-Grilled Tacos with Chicken	610	190	21	4.5	0	80	1680	69	5	5	35
Wood-Grilled Tacos with Fresh Tilapia	700	220	25	5	0	95	2250	69	5	5	52
Wood-Grilled Tacos with Lobster Meat	630	240	27	5	0	135	2030	71	5	6	25
Wood-Grilled Tacos with Shrimp	560	180	20	4	0	135	1620	69	5	5	26
Create Your Own Lunch – Bay Scallops – Broiled	100	25	3	0.5	0	30	600	4	0	0	15
Create Your Own Lunch – Bay Scallops – Fried	160	40	4.5	0	0	25	960	19	1	9	11
Create Your Own Lunch – Chicken Breast Strips	560	350	39	4.5	0	60	1410	30	1	8	22
Create Your Own Lunch – Crunch-Fried Fish	610	400	45	5	0	70	1460	32	0	3	19
Create Your Own Lunch – Garlic-Grilled Shrimp Skewer	190	50	5	1	0	65	580	26	0	1	10
Create Your Own Lunch – Garlic Shrimp Scampi	150	90	10	2	0	85	380	2	0	0	12
Create Your Own Lunch – Hand-Breaded Shrimp	200	70	8	1	0	70	990	20	2	9	12
Create Your Own Lunch – Lightly Breaded Clam Strips	560	360	40	5	0	30	920	39	<1	5	11
Create Your Own Lunch – Batterfried Crawfish*	510	290	32	3.5	0	95	1250	37	3	12	18
Canadian Walleye* (Batterfried)	590	330	37	3.5	0	145	1090	26	2	1	38
(Blackened)	220	40	4.5	0.5	0	180	260	2	<1	0	41
(Broiled)	210	35	4	0.5	0	180	105	0	0	0	40
(Golden-Fried)	290	130	15	1.5	0	130	760	6	0	<1	34
LOBSTER LOVER'S LUNCH (MONDAY THROUGH FRIDAY, 11 A.M. - 3 P.M.)											
Classic Caesar Salad	290	230	25	5	0	25	600	12	2	2	5
Garden Salad	70	15	1.5	0	0	0	140	13	2	4	2
Add Grilled Shrimp To Your Salad	60	25	3	<1	0	50	150	<1	0	0	7
New England Clam Chowder - Cup	200	130	15	9	0	55	640	11	<1	4	6
Lobster Bisque - Cup	290	200	22	13	<1	80	870	15	0	4	7
1/2 Lobster-and-Langostino Pizza	350	150	17	8	1	75	1040	27	1	1	23
Lobster Roll with French Fries	540	200	23	4	0	45	1400	74	5	18	14
Lobster-Topped Caesar Side Salad	460	330	37	7	<1	85	1020	13	2	3	19

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. *Regional item--Availability may vary	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
LUNCH SPECIALS (MONDAY THROUGH FRIDAY, 11 A.M. - 3 P.M.)											
Classic Caesar Salad	520	410	46	9	0.5	45	1050	18	4	3	10
Classic Caesar Salad with Chicken	630	430	48	10	1	120	1430	18	4	3	34
Classic Caesar Salad with Shrimp	580	420	46	9	0.5	175	1380	18	4	3	24
Classic Caesar Salad with Salmon	830	590	65	13	0.5	140	1140	18	4	3	42
Grilled Shrimp Salad and Cup of Soup (Lobster and Langostino Bisque)	420	240	27	14	0.5	145	1230	28	5	8	17
Grilled Shrimp Salad and Cup of Soup (New England Clam Chowder)	330	170	19	9	0	120	1000	24	5	7	16
Grilled Shrimp Salad and Cup of Soup (Creamy Potato Bacon Soup*)	390	210	24	12	0.5	125	1250	33	6	5	14
Grilled Shrimp Salad and Cup of Soup (Manhattan Clam Chowder*)	240	80	9	2.5	0	85	1280	25	6	8	17
Grilled Shrimp Salad and Cup of Soup (Seafood Gumbo*)	300	110	12	3	0	85	1200	31	6	5	17
Wood-Grilled Cheeseburger	1230	620	68	26	2.5	160	1800	103	7	20	47
Wood-Grilled Chicken Sandwich	890	300	33	10	0.5	110	1790	103	7	20	39
Wood-Grilled Chicken Tacos	610	190	21	4.5	0	80	1680	69	5	5	35
Wood-Grilled Tilapia Tacos	700	220	25	5	0	95	2250	69	5	5	52
Wood-Grilled Shrimp Tacos	560	180	20	4	0	135	1620	69	5	5	26
DESSERTS											
Brownie Overboard™	680	350	39	20	1	140	250	79	3	58	8
Chocolate Wave	1100	70	62	21	1	110	730	133	6	93	21
Key Lime Pie	400	130	15	8	0	160	200	59	1	48	8
New York-Style Cheesecake	590	370	41	25	1	200	390	48	3	43	9
Triple-Chocolate Brownie a la Mode	450	220	25	14	0.5	100	160	52	2	37	6
Warm Apple Crostada	650	290	32	16	0	40	540	82	3	40	19
Warm Chocolate Chip Lava Cookie	920	370	42	20	0	105	540	126	4	82	21
SIDES & ADDITIONS											
Add Grilled Shrimp to Your Salad	60	25	3	0.5	0	50	150	<1	0	0	7
Asparagus (seasonal)	110	80	9	6	0	25	530	5	2	2	3
Baked Potato	210	20	2	0	0	0	860	45	5	2	5
Baked Potato (unsalted)	210	20	2	0	0	0	20	45	5	2	5
Add Butter	100	100	11	5	0	20	55	0	0	0	0
Add Sour Cream	25	20	2	1.5	0	10	10	<1	0	0	0
Broccoli (steamed)	40	0	0	0	0	0	35	8	3	2	3
Caesar Salad	290	230	25	5	0	25	600	12	2	2	5
Cheddar Bay Biscuits® (each)	160	90	10	3	2.5	<5	380	16	<1	<1	3
Coleslaw	260	180	20	3	0	20	350	17	3	11	2
Creamy Langostino Lobster Baked Potato	350	100	11	5	0	75	1300	51	5	5	14
Creamy Langostino Lobster Mashed Potatoes	330	160	18	9	0	90	1040	31	3	4	12
French Fries	430	150	17	1.5	0	0	790	62	5	12	6
Garden Salad <i>does not include dressing choice</i>	70	15	1.5	0	0	0	140	13	2	4	2

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. *Regional item--Availability may vary	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Mashed Potatoes	190	80	9	4	0	15	600	24	3	2	4
Roasted Carrots and Butternut Squash with Bourbon Brown Butter	310	140	16	10	0	45	690	41	7	24	2
Roasted Green Beans and Mushrooms	120	90	10	5	0	20	110	6	2	3	2
Sweet Corn Cobette	100	20	2	0.5	0	0	45	20	2	3	3
Tomato-Mozzarella Caprese	120	70	8	4	0	25	310	6	1	4	7
Wild Rice Pilaf	130	20	2.5	0	0	0	360	25	0	<1	3
DRESSINGS & SAUCES											
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	100	100	11	5	0	20	55	0	0	0	0
Caesar Dressing	300	0	32	6	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	45	0	0	0	0	0	580	11	<1	9	<1
Honey Mustard Dressing	200	160	18	3	0	15	290	9	0	8	<1
Honey Mustard Dipping Sauce	200	160	18	3	0	15	290	9	0	8	<1
Ketchup	60	0	0	0	0	0	480	15	<1	12	<1
Marinara Sauce	35	15	2	0	0	0	230	4	0	2	<1
Mayonnaise	200	200	22	3	0	10	190	0	0	0	0
Mustard	20	10	1	0	0	0	330	1	<1	0	1
Pico de Gallo	10	0	0	0	0	0	190	2	0	1	0
Piña Colada Sauce	100	40	4.5	3.5	0	10	40	14	0	12	<1
Ranch Dressing	150	140	16	2.5	0	15	320	2	0	1	<1
Sour Cream	25	20	2	1.5	0	10	10	<1	0	0	0
Tartar Sauce	210	190	21	3	0	15	180	4	0	3	0
Thousand Island Dressing	210	180	19	3	0	15	270	8	0	8	0
ALCOHOLIC DRINKS											
Alotta Colada™	580	60	7	7	0	0	30	109	7	98	2
Bahama Mama	380	0	0	0	0	0	10	62	3	52	<1
Berry Mango Daiquiri	320	0	0	0	0	0	10	54	3	44	<1
Bloody Mary	110	0	0	0	0	0	620	6	<1	2	0
Caramel Appletini	160	0	0	0	0	0	35	16	0	14	0
Chocolate Martini	340	20	2	1.5	0	10	50	48	2	42	3
Cosmopolitan	170	0	0	0	0	0	5	10	0	9	0
Lobsterita® - Strawberry	500	0	0	0	0	0	10	82	3	69	<1
Lobsterita® - Traditional	410	0	0	0	0	0	630	57	0	57	0
Lobsterita® - Raspberry	500	0	0	0	0	0	10	82	3	70	<1
Malibu Hurricane	170	0	0	0	0	0	10	30	<1	24	0
Mango Mai Tai	210	0	0	0	0	0	10	35	<1	29	0
Manhattan	160	0	0	0	0	0	0	8	0	4	0
Margarita - Classic (Frozen)	220	0	0	0	0	0	480	30	0	29	0
Margarita - Classic (Rocks)	120	0	0	0	0	0	480	8	0	7	0
Margarita - Grand Patrón	200	0	0	0	0	0	480	16	<1	15	0
Margarita - Peach (Frozen)	290	0	0	0	0	0	0	50	1	45	<1

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Margarita – Peach (Rocks)	170	0	0	0	0	0	0	20	<1	18	0
Margarita – Perfect 1800	160	0	0	0	0	0	480	13	<1	12	0
Margarita – Raspberry (Frozen)	290	0	0	0	0	0	0	48	2	41	0
Margarita – Raspberry (Rocks)	170	0	0	0	0	0	0	20	<1	17	0
Margarita – Strawberry (Frozen)	290	0	0	0	0	0	0	49	2	42	0
Margarita – Strawberry (Rocks)	180	0	0	0	0	0	0	21	1	17	0
Margarita – Top-Shelf (Frozen)	250	0	0	0	0	0	480	33	0	33	0
Margarita – Top-Shelf (Rocks)	160	0	0	0	0	0	480	11	0	10	0
Martini	160	15	1.5	0	0	0	260	1	0	0	0
Mojito	200	0	0	0	0	0	5	32	1	28	0
Mojito – Strawberry	290	0	0	0	0	0	10	49	1	44	0
Mudslide	520	200	22	13	1	70	95	53	<1	43	6
Old Fashioned	180	0	0	0	0	0	0	6	0	4	0
Piña Colada	340	40	4	4	0	0	20	71	4	63	2
Strawberry Daiquiri	290	0	0	0	0	0	5	52	3	43	<1
Sunset Passion Colada	340	30	3.5	3.5	0	0	15	71	4	63	1
Top-Shelf Long Island Iced Tea	190	0	0	0	0	0	10	16	0	15	0
Triple Berry Sangria	280	0	0	0	0	0	50	54	3	47	<1
WINE											
Sparkling (6 oz.)	110	0	0	0	0	0	15	2	0	0	0
White (6 oz.)	140	0	0	0	0	0	10	5	0	2	0
Blush or Red (6 oz.)	150	0	0	0	0	0	10	5	0	1	0
White, Blush or Red (9 oz.)	220	0	0	0	0	0	15	7	0	3	0
White, Blush or Red (Bottle)	490	0	0	0	0	0	70	27	0	0	0
DRAFT BEER											
Bud Light (14 oz.)	120	0	0	0	0	0	15	15	0	0	0
Bud Light (20 oz.)	180	0	0	0	0	0	20	21	0	0	0
Sam Adams (14 oz.)	180	0	0	0	0	0	15	15	0	0	2
Sam Adams (20 oz.)	260	0	0	0	0	0	25	21	0	0	3
Shock Top Belgian White (14 oz.)	200	0	0	0	0	0	10	17	0	0	2
Shock Top Belgian White (20 oz.)	280	0	0	0	0	0	15	24	0	0	4
NONALCOHOLIC DRINKS											
Barq's® Root Beer	210	0	0	0	0	0	95	60	0	60	0
Boston Iced Tea (Classic Cranberry)	80	0	0	0	0	0	25	21	0	20	0
Boston Iced Tea (Peach)	120	0	0	0	0	0	10	29	1	25	<1
Boston Iced Tea (Raspberry)	110	0	0	0	0	0	10	28	1	23	0
Classic Lemonade	150	0	0	0	0	0	10	41	0	39	0
Coke®	190	0	0	0	0	0	65	53	0	53	0
Diet Coke®	0	0	0	0	0	0	60	0	0	0	0
Dr Pepper®	200	0	0	0	0	0	70	54	0	54	0
Flavored Lemonade (Peach)	260	0	0	0	0	0	10	67	<1	63	0
Flavored Lemonade (Strawberry)	260	0	0	0	0	0	15	68	2	61	0
Fruit Smoothie (Peach)	470	50	6	3.5	0	25	240	96	1	84	7

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Fruit Smoothie (Raspberry)	460	50	6	3.5	0	25	240	94	2	79	7
Fruit Smoothie (Strawberry)	470	50	6	3.5	0	25	240	95	3	79	7
Harbor Café Coffee™	0	0	0	0	0	0	5	0	0	0	0
Hot Tea	0	0	0	0	0	0	0	0	0	0	0
Iced Tea	0	0	0	0	0	0	0	0	0	0	0
Minute Maid® Light™ Lemonade	5	0	0	0	0	0	65	3	0	0	0
Minute Maid® Raspberry Lemonade	300	0	0	0	0	0	35	50	0	0	0
Sprite®	200	0	0	0	0	0	90	52	0	52	0
AFTER DINNER DRINKS											
Baileys and Coffee	200	90	10	6	0	35	45	15	0	11	2
Irish Coffee	200	50	6	3.5	0	0	15	17	0	15	<1
KIDS' MENU											
Casco Bay Cooler (Cherry Wave Slushy)	150	0	0	0	0	0	25	37	0	36	0
Casco Bay Cooler (Frozen Strawberry Lemonade)	390	0	0	0	0	0	20	97	3	84	0
Casco Bay Cooler (Peachy Breezy Smoothie)	190	0	0	0	0	<5	115	45	<1	40	3
Casco Bay Cooler (Raspberry Bay Smoothie)	190	0	0	0	0	<5	115	44	<1	37	3
Casco Bay Cooler (Sunset Strawberry Smoothie)	190	0	0	0	0	<5	115	44	1	37	3
Juice	110	0	0	0	0	0	15	27	0	24	2
Lemonade	140	0	0	0	0	0	10	37	0	35	0
Milk 1%	110	20	2.5	1.5	0	15	130	13	0	12	9
Raspberry Lemonade	170	0	0	0	0	0	20	29	0	0	0
Broiled Fish	200	40	4.5	0	0	100	180	0	0	0	35
Chicken Fingers	350	180	20	2	0	45	1110	21	<1	0	22
Garlic-Grilled Shrimp	110	60	6	1	0	115	600	0	0	0	12
Grilled Chicken	120	20	2	0	0	75	380	0	0	0	24
Macaroni and Cheese	310	80	9	2.5	0	15	550	45	0	8	11
Petite Lobster Tail	390	330	37	22	0	195	650	1	0	0	14
Popcorn Shrimp	190	80	9	1	0	75	700	19	2	1	8
Surf's Up Sundae	170	80	9	5	0	30	45	20	0	14	12