



## ALLERGEN GUIDE

US RESTAURANTS

Information Valid 4/25/2016 - 6/5/2016

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			
	Fried in 100% Canola Oil	Grilled	Brushed with a sauce that touched lobster, scallops and shrimp	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> <b>• Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.</b>																
<b>CREATE YOUR OWN SEAFOOD TRIO</b>																
Baked Lobster Alfredo						Yes		Yes	Yes			Yes	Yes		Yes	
Chimichurri Shrimp <i>with rice pilaf</i>		•	•			Yes		Yes	Yes			Yes	Yes		Yes	
Creamy Shrimp Scampi Pasta						Yes		Yes	Yes			Yes	Yes		Yes	
Garlic Parmesan Chicken Alfredo		•	•			Yes		Yes	Yes				Yes		Yes	
Lemon-Garlic Butter Shrimp						Yes		Yes	Yes			Yes	Yes		Yes	
Panko-Crusted Crab Cakes	•						Yes	Yes	Yes			Yes	Yes		Yes	
Parmesan Fried Shrimp	•						Yes	Yes	Yes			Yes	Yes		Yes	
Pineapple Teriyaki Chicken <i>with rice pilaf</i>		•	•			Yes		Yes	Yes				Yes		Yes	
Spicy Tennessee Bourbon Shrimp <i>with rice pilaf</i>		•	•			Yes		Yes	Yes			Yes	Yes		Yes	
<b>SEASIDE STARTERS</b>																
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 <i>with tortilla chips</i>	•		•			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	
Sweet Chili Shrimp	•					Yes	Yes		Yes			Yes	Yes		Yes	
White Wine and Roasted-Garlic Mussels <i>with grilled artisan bread</i>		•	•			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			

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<b>REGIONAL APPETIZERS AND SOUPS</b>															
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 <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		
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
<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
Center-Cut NY Strip Steak		•				Yes		Yes	Yes				Yes		Yes
Crab Linguini Alfredo						Yes		Yes	Yes			Yes	Yes		Yes
Garlic Grilled Shrimp Skewer with <i>wild rice pilaf</i>		•	•			Yes		Yes	Yes			Yes	Yes		Yes
Hand-Battered Fish and Chips	•								Yes	Yes			Yes		
Lighthouse Garlic-Grilled Shrimp with <i>wild rice pilaf and broccoli</i>		•	•			Yes		Yes	Yes			Yes	Yes		Yes
Lighthouse Maple-Glazed Chicken with <i>wild rice pilaf and broccoli</i>		•				Yes			Yes				Yes		Yes
Lighthouse Rock Lobster Tail with <i>wild rice pilaf and broccoli</i>		•	•			Yes		Yes	Yes			Yes	Yes		Yes
Lighthouse Snow Crab Legs with <i>broccoli and drawn butter</i>								Yes				Yes			
Lighthouse Grilled Peppercorn Sirloin and Shrimp with <i>wild rice pilaf and broccoli</i>		•	•			Yes		Yes	Yes			Yes	Yes		Yes
Lobster Scampi Linguini		•	•			Yes		Yes	Yes			Yes	Yes		Yes
Maple-Glazed Chicken		•				Yes		Yes	Yes				Yes		
New York Strip and Rock Lobster Tail		•	•			Yes		Yes	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		•	•			Yes		Yes	Yes			Yes	Yes		Yes

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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		•	•			Yes		Yes		Yes		Yes			Yes
Wood-Grilled Peppercorn Sirloin		•				Yes		Yes	Yes				Yes		Yes
Wood-Grilled Peppercorn Sirloin and Shrimp		•	•			Yes		Yes	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		Yes
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 – Steamed Snow Crab Legs												Yes			
Create Your Own Combination – Walt's Favorite Shrimp	•						Yes	Yes	Yes			Yes	Yes		Yes
Create Your Own Combination – Wood-Grilled Fresh Salmon		•	•			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
<b>REGIONAL ENTRÉES</b>															
Canadian Walleye – Beer-Battered	•								Yes	Yes			Yes		
Canadian Walleye – Blackened			•							Yes					
Canadian Walleye – Broiled			•			Yes				Yes					

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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
<b>4-COURSE FEAST (unique items)</b>															
Cajun Chicken Linguini Alfredo		•				Yes		Yes	Yes				Yes		Yes
Garlic-Grilled Shrimp <i>with wild rice pilaf</i>		•	•			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	Yes				Yes		
Dessert – Triple-Chocolate Brownie à la Mode						Yes	Yes	Yes	Yes				Yes		
<b>TODAY'S FRESH FISH (pending availability)</b>															
Blackened Preparation			•												
Broiled Preparation			•												
Jumbo Lump Crab Cakes			•			Yes	Yes	Yes	Yes			Yes	Yes		
King Crab Legs												Yes			
Live Maine Lobster – Steamed - <i>with corn and potatoes</i>												Yes			
Live Maine Lobster – Stuffed - <i>with corn and potatoes</i>						Yes	Yes	Yes	Yes	Yes		Yes	Yes		
Pineapple Habanero Sauce			•												
Soy Ginger Glaze			•			Yes			Yes				Yes		
<b>LUNCH ENTRÉES (unique items – please see main menu section for items not listed)</b>															
Bacon Cheddar Chicken Club Sandwich		•				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
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		
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		•	•			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

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Wild-Caught Flounder/Sole – Oven-broiled			•			Yes				Yes					
Wood-Grilled Cheeseburger		•				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		
<b>KIDS' MENU</b>															
Broiled Fish			•			Yes				Yes					
Chicken Fingers	•								Yes				Yes		
Garlic-Grilled Shrimp		•	•			Yes		Yes	Yes			Yes	Yes		Yes
Grilled Chicken		•						Yes							
Macaroni and Cheese						Yes		Yes	Yes				Yes		
Popcorn Shrimp	•					Yes	Yes	Yes	Yes			Yes	Yes		Yes
Snow Crab Legs												Yes			
<b>DESSERTS</b>															
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		
<b>SIDES &amp; ADDITIONS</b>															
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								
Creamy Langostino Lobster Baked Potato						Yes		Yes	Yes			Yes	Yes		Yes
Creamy Langostino Lobster Mashed Potatoes						Yes		Yes	Yes			Yes	Yes		Yes
French Fries	•														

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Fresh Fruit – Orange Wedges																	
Garden Salad <i>does not include dressing choice</i>								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			Yes	
Grilled Zucchini and Squash		•				Yes		Yes	Yes			Yes					
Lemon-Parmesan Asparagus						Yes		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									
Snow Crab Legs Add-On												Yes					
Tomato-Mozzarella Caprese								Yes									
Wild Rice Pilaf						Yes			Yes				Yes			Yes	
<b>DRESSINGS &amp; SAUCES</b>																	
100% Pure Melted Butter								Yes									
Add Butter to Baked Potato								Yes									
Add Sour Cream to Baked Potato								Yes									
Blueberry-Balsamic Vinaigrette																	Yes
Blue Cheese Dressing							Yes	Yes									
Caesar Dressing						Yes	Yes	Yes		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									
Red Wine Vinaigrette																	
Tartar Sauce						Yes	Yes										
Thousand Island Dressing							Yes										