



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 1/27/2020 - 4/19/2020

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®											
Butter-Poached Maine Lobster Meat	500	410	45	28	0	190	920	2	0	0	20
Butter-Poached Maine Lobster Tail	250	200	23	14	0	155	520	0	0	0	12
Fried Petite Maine Lobster Tail	200	120	13	1	0	65	720	11	0	0	10
Lobster and Chips	1400	850	94	28	0.5	170	2970	119	10	19	19
Lobster Lover's Dream®	1480	910	102	53	2	575	3560	63	6	3	76
Lobster Mac and Cheese	640	320	35	21	1	200	1590	46	1	2	37
New England Lobster and Seafood Bake	1870	1190	132	48	1	485	4510	88	13	11	75
Seaport Lobster and Shrimp	790	520	58	26	0.5	410	2660	26	2	2	39
Ultimate Lobsterfest® Surf and Turf	1600	1030	114	47	2	420	2740	62	9	4	80
FEATURED COCKTAILS											
Prickly Pear Margarita	170	0	0	0	0	0	0	20	0	18	0
Strawberry Shoreline	220	0	0	0	0	0	10	35	<1	30	0
FEATURED APPETIZER											
Chilled Lobster Claw and Shrimp Cocktail	290	10	1.5	0	0	215	2170	24	2	17	44
SEASIDE STARTERS											
Crab-Stuffed Shrimp Rangoon	660	410	45	11	0.5	115	1400	48	3	24	15
Hand-Breaded Calamari	1010	580	65	7	0.5	460	3520	63	6	5	44
Langostino Lobster-Artichoke-and-Seafood Dip	1190	660	74	21	1	175	2160	92	11	10	36
Lobster and Langostino Pizza	700	320	35	15	1	125	1600	59	3	4	39
Mozzarella Cheesesticks	700	360	40	12	0	60	1970	56	4	6	30
Parrot Isle Jumbo Coconut Shrimp	610	350	39	11	0	95	990	52	5	21	15
Seafood-Stuffed Mushrooms	390	200	22	12	1	125	1080	18	2	5	30
Seaside Sampler	960	460	51	20	1	330	2610	70	6	31	57
Signature Jumbo Shrimp Cocktail	130	0	0	0	0	165	1070	11	0	9	21

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White Wine and Roasted-Garlic Mussels	880	470	53	13	1	75	2900	67	4	5	31
Create Your Own Appetizer – Chicken Breast Strips	620	410	45	5	0	55	1490	28	3	9	24
Create Your Own Appetizer – Clam Strips	590	390	43	5	0	30	1080	39	3	6	10
Create Your Own Appetizer – Mozzarella Cheesesticks	370	190	21	6	0	30	1100	30	2	4	15
Create Your Own Appetizer – Stuffed Mushrooms	390	200	22	12	1	125	1080	18	2	5	30
Buffalo Chicken Wings*	660	430	48	11	0	275	2870	5	1	2	52
Batterfried Crawfish*	870	430	47	4.5	0	85	2470	89	7	22	23
Fried Oysters*	620	230	26	2.5	0	70	1980	76	6	22	23
TASTING PLATES											
Dragon Broccoli®	440	25	24	2	0	0	1620	48	4	10	8
New Orleans Shrimp	370	200	23	7	0	95	1610	28	2	3	13
Petite Chilled Lobster-and-Shrimp Roll	310	150	17	3.5	0	75	780	25	2	5	16
Shrimp Potstickers	220	45	5	0.5	0	40	1260	35	2	15	9
Tuna Poke	250	60	7	0.5	0	35	630	21	1	9	24
SOUPS & SALADS											
Classic Caesar Salad	520	410	46	9	0.5	45	1050	18	4	3	10
Add a salad topping - Chilled Lobster and Shrimp	330	200	22	3.5	0	155	1130	6	0	4	25
Add a salad topping - Wood-Grilled Chicken	120	20	2	0	0	75	550	0	0	0	24
Add a salad topping - Wood-Grilled Fresh Salmon	310	170	19	3.5	0	90	490	0	0	0	32
Add a salad topping - Wood-Grilled Shrimp	90	35	4	1	0	125	700	0	0	0	13
Lobster Bisque (Cup)	310	180	20	11	0	80	900	14	0	4	10
Lobster Bisque (Bowl)	600	360	40	22	1	150	1730	27	0	8	18
New England Clam Chowder (Cup)	240	140	15	9	0	50	680	11	0	4	7
New England Clam Chowder (Bowl)	470	270	30	17	1	100	1350	22	1	7	15
Creamy Potato Bacon* (Cup)	310	180	20	11	0.5	60	970	21	1	1	6
Creamy Potato Bacon* (Bowl)	610	360	39	23	1	120	1940	41	2	2	11
Manhattan Clam Chowder* (Cup)	160	35	4	1.5	0	20	800	14	2	3	9
Manhattan Clam Chowder* (Bowl)	310	70	8	3	0	35	1610	27	4	6	18
Seafood Gumbo* (Cup)	220	80	9	2.5	0	25	880	19	1	0	9
Seafood Gumbo* (Bowl)	460	170	19	5	0	50	1960	56	3	3	18
PERFECT PAIRINGS											
Garlic Shrimp Scampi	220	160	18	3.5	0.5	105	970	3	0	0	12
Lobster Mac and Cheese	640	320	35	21	1	200	1590	46	1	2	37
Maine Lobster Tail (Classic)	370	320	36	23	0	190	630	0	0	0	12
Maine Lobster Tail (Wood-Grilled)	390	330	37	22	0	195	790	0	0	0	13
Topped Maine Lobster Tail	190	90	10	6	0	165	810	7	0	3	20
Walt's Favorite Shrimp	300	110	12	1	0	80	1760	35	3	9	12
Wood-Grilled Sea Scallops	80	25	2.5	0.5	0	30	540	2	0	0	12
Wood-Grilled Shrimp	80	30	3.5	0.5	0	105	580	0	0	0	11

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DINNER ENTRÉES											
Admiral's Feast	1650	880	98	10	1	245	5000	129	9	18	64
Bar Harbor Lobster Bake	1250	500	56	13	1.5	395	3450	106	10	5	76
Cajun Chicken Linguini Alfredo (Half)	690	270	30	12	1.5	115	1760	62	6	3	41
Cajun Chicken Linguini Alfredo (Full)	1340	540	60	24	3	230	3530	116	11	5	81
Cajun Chicken with Shrimp and Sausage*	860	410	46	11	1	305	3630	37	4	6	74
Crab Linguini Alfredo (Half)	610	250	28	11	1.5	85	1360	57	4	2	30
Crab Linguini Alfredo (Full)	1180	500	56	23	2.5	170	2730	107	7	4	59
Dragon Shrimp®	810	250	28	3	0	135	4370	108	8	30	32
Fish and Chips	980	520	58	7	0.5	125	2070	80	7	20	33
Live Maine Lobster (Classic)	440	310	34	21	0	295	290	0	0	0	33
Live Maine Lobster (Stuffed)	610	370	41	23	0	365	950	12	0	2	45
Maine Lobster and Steak: 6 oz. Filet Mignon	900	590	65	35	1	320	1880	27	4	3	51
Maine Lobster and Steak: 12 oz. NY Strip	1230	790	87	43	2	405	2890	28	5	4	82
Maple-Glazed Chicken	450	60	7	1.5	0	145	1600	43	0	20	51
Mixed Grill with 7 oz. Sirloin	830	430	48	21	1.5	330	2930	30	3	2	70
Mixed Grill with Fresh Atlantic Salmon	850	490	54	17	1	285	2770	28	2	1	60
Parrot Isle Jumbo Coconut Shrimp	960	550	61	16	0	150	1620	77	8	27	24
Parrot Isle Jumbo Coconut Shrimp (Add five more)	530	300	33	10	0	80	830	46	4	20	12
RL Signature Creamy Lobster Alfredo (Half)	680	280	31	13	1.5	110	1740	61	5	3	37
RL Signature Creamy Lobster Alfredo (Full)	1310	560	62	27	2.5	225	3160	113	9	5	72
Salmon New Orleans (Half)	580	370	41	11	0	185	1270	9	2	3	42
Salmon New Orleans (Full)	890	540	60	14	0	280	1360	9	2	3	74
Salmon Power Bowl	810	340	38	6	0	90	1890	68	8	12	46
Seafarer's Feast	1100	640	72	27	0.5	405	4450	62	5	10	51
Seaside Shrimp Trio	1100	520	58	16	2	330	4060	94	8	12	49
Shrimp Linguini Alfredo (Half)	580	250	28	11	1.5	145	1340	56	5	2	25
Shrimp Linguini Alfredo (Full)	1130	500	56	23	2.5	295	2690	105	8	5	49
Shrimp Your Way – Fried Shrimp	210	80	9	1	0	95	1310	21	2	9	11
Shrimp Your Way – Popcorn Shrimp	430	180	19	1.5	0	90	1860	49	5	11	16
Shrimp Your Way – Shrimp Scampi	220	160	18	3.5	0.5	105	970	3	0	0	12
Southwest-Style Tacos with Grilled Chicken	620	190	21	3.5	0	80	2240	75	7	9	35
Southwest-Style Tacos with Grilled Shrimp	550	180	20	3	0	135	2300	72	7	8	24
Southwest-Style Tacos with Grilled Tilapia	690	210	24	4	0	95	1680	70	7	6	52
Steak – 6 oz. Filet Mignon	460	210	23	12	1	125	1100	26	4	3	38
Steak – 7 oz. Sirloin	480	200	22	11	0.5	150	1560	26	4	3	45
Steak – 12 oz. NY Strip	790	410	45	20	2	210	2100	27	5	3	69
Ultimate Feast®	1070	610	68	27	0.5	430	4420	60	4	10	54
Wood-Grilled Lobster, Shrimp and Salmon	870	480	53	17	1	350	2470	36	2	2	60
Walt's Favorite Shrimp	550	220	24	2	0	155	2930	60	5	10	22
Walt's Favorite Shrimp (Add 1/2 dozen more)	300	110	12	1	0	80	1760	35	3	9	12

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Wild-Caught Whitefish (Golden-Fried)	1210	710	79	8	0	155	2800	72	5	9	51
Wild-Caught Whitefish (Oven-Broiled)	420	100	11	1	0	205	500	1	0	0	70
Wild-Caught Snow Crab Legs	440	310	34	21	0	205	1600	0	0	0	32
Wood-Grilled Shrimp	280	80	9	2	0	205	1580	23	2	0	24
Wood-Grilled Shrimp and Sirloin	560	230	25	12	0.5	255	2140	27	4	3	56
Create Your Own Combination – Butter-Poached Maine Lobster Meat	500	410	45	28	0	190	920	2	0	0	20
Create Your Own Combination – Garlic Shrimp Scampi	430	310	35	7	1	205	1940	6	1	1	24
Create Your Own Combination – Nashville Hot Shrimp with Honey	440	170	19	1.5	0	95	1230	53	2	15	15
Create Your Own Combination – Parrot Isle Jumbo Coconut Shrimp	780	450	50	14	0	120	1310	65	6	24	19
Create Your Own Combination – Shrimp Linguini Alfredo	580	250	28	11	1.5	145	1340	56	5	2	25
Create Your Own Combination – Soy-Ginger Salmon	360	170	19	3.5	0	90	770	10	0	8	33
Create Your Own Combination – Walt's Favorite Shrimp	380	150	16	16	0	105	2150	43	3	9	15
Create Your Own Combination – Wild-Caught Whitefish (Oven-Broiled)	210	50	5	0	0	100	250	1	0	0	35
Create Your Own Combination – Wild-Caught Whitefish (Golden-Fried)	710	450	50	6	0	85	1490	38	3	6	26
Create Your Own Combination – Wood-Grilled Sea Scallops	80	25	2.5	0.5	0	30	540	2	0	0	12
Create Your Own Combination – Wood-Grilled Shrimp	200	50	6	1	0	105	1000	23	1	0	13
Create Your Own Combination – 7 oz. Wood-Grilled Sirloin	290	120	13	7	0	135	960	2	1	0	41
Create Your Own Combination – Wood-Grilled Tilapia	220	50	6	1.5	0	90	440	0	0	0	41
Create Your Own Combination – Batterfried Crawfish*	870	430	47	4.5	0	85	2470	89	7	22	23
Create Your Own Combination – Fried Oysters*	620	230	26	2.5	0	70	1980	76	6	22	23
3- or 4-Course Feast – Cajun Chicken Linguini Alfredo	690	270	30	12	1.5	115	1760	62	6	3	41
3- or 4-Course Feast – Crunchy Popcorn Shrimp	620	260	29	2.5	0	135	2500	68	6	12	23
3- or 4-Course Feast – Garlic Shrimp Scampi	430	310	35	7	1	205	1940	6	1	1	24
3- or 4-Course Feast – Hawaiian-Style Garlic Shrimp	630	310	34	16	1	230	2110	57	3	25	25
3- or 4-Course Feast – Parrot Isle Jumbo Coconut Shrimp	780	450	50	14	0	120	1310	65	6	24	19
3- or 4-Course Feast – Shrimp Linguini Alfredo	580	250	28	11	1.5	145	1340	56	5	2	25
3- or 4-Course Feast – Wood-Grilled Salmon	310	170	19	3.5	0	90	490	<1	0	0	32
3- or 4-Course Feast – Wood-Grilled Shrimp	280	80	9	2	0	205	1580	23	2	0	24
3- or 4-Course Feast – Wood-Grilled 7 oz. Sirloin	480	200	22	11	0.5	150	1560	26	4	3	45

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Canadian Walleye* (Half)	550	380	43	5	0	110	800	19	1	4	22
Canadian Walleye* (Full)	880	580	65	7	0	205	1410	32	2	5	43
TODAY'S CATCH (pending availability)											
Atlantic Cod (Lunch/Half)	210	35	4	0	0	95	140	<1	0	0	40
Atlantic Cod (Dinner)	420	70	8	1	0	195	280	<1	0	0	81
Gold Band Snapper (Lunch/Half)	210	45	5	0.5	0	70	85	<1	0	0	38
Gold Band Snapper (Dinner)	420	90	10	1.5	0	140	170	<1	0	0	77
Grouper*	220	35	3.5	0	0	80	90	0	0	0	42
Mahi-Mahi*	210	35	3.5	0	0	160	190	<1	0	0	40
Orange Roughy*	240	40	4.5	0	0	165	140	<1	0	0	46
Rainbow Trout (Lunch/Half)	250	100	11	2.5	0	100	85	<1	0	0	34
Rainbow Trout (Dinner)	490	200	22	4.5	0	200	170	<1	0	0	67
Salmon (Lunch/Half)	310	170	19	3.5	0	90	90	<1	0	0	32
Salmon (Dinner)	630	350	39	7	0	185	180	<1	0	0	64
Swordfish*	320	150	16	3.5	0	135	170	<1	0	0	40
Tilapia (Lunch/Half)	220	50	6	1.5	0	90	90	<1	0	0	41
Tilapia (Dinner)	430	100	11	3	0	180	180	<1	0	0	82
Wahoo/Ono*	300	160	18	4	0	110	135	<1	0	0	33
Walleye*	210	35	4	0	0	180	105	0	0	0	40
Yellowfin Tuna*	250	25	2.5	0	0	85	95	<1	0	0	52
Live Maine Lobster 1 1/4 pound (Classic)	440	310	34	21	0	295	290	0	0	0	33
Live Maine Lobster 1 1/4 pound (Roasted and Stuffed)	610	370	41	23	0	365	950	12	0	2	45
Hand-Shucked Oysters on the Half Shell* - Steamed (1/2 dozen)	570	340	38	22	0	120	1540	45	2	10	10
Hand-Shucked Oysters on the Half Shell* - Steamed (dozen)	780	390	43	23	0	155	2220	79	3	11	20
Hand-Shucked Oysters on the Half Shell* - Raw (1/2 dozen)	300	50	6	1	0	30	1590	51	4	12	12
Hand-Shucked Oysters on the Half Shell* - Raw (dozen)	530	100	11	2	0	65	2350	85	5	13	22
Steamed Clams*	900	470	53	13	1	95	3440	64	3	5	36
Steamed North Pacific King Crab Legs*	480	320	35	21	0	210	1560	<1	0	0	41
Crab Cakes*	720	360	40	7	0.5	245	1700	49	4	5	41
Blackened Fish Seasoning (per fillet)	15	0	0	0	0	0	200	3	1	0	0
Broiled Fish Seasoning (per fillet)	10	0	0	0	0	0	460	2	0	0	0
Grilled Fish Seasoning (per fillet)	0	0	0	0	0	0	1000	0	0	0	0
Creamy Langostino Lobster Beurre Blanc Topping	140	80	9	5	0	70	480	7	0	3	8
Olive Oil Topping	40	40	4.5	0.5	0	0	0	0	0	0	0
Soy-Ginger Glaze	40	0	0	0	0	0	270	10	0	8	0
Blackened with Blue Cheese Topping	330	300	33	6	0.5	35	610	5	1	2	3
Brown Butter Topping	280	260	29	12	1	45	390	4	0	0	<1
Cheddar Bay Crumb Topping	230	160	18	9	0	30	580	11	0	1	4

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Cheddar Bay Crumb with Shrimp Topping	350	240	27	11	0.5	105	1200	13	<1	2	13
Honey BBQ Topping	290	220	24	8	0	20	770	17	1	11	2
Honey BBQ with Shrimp Topping	410	290	33	9	0.5	95	1390	19	2	12	10
Lemon Pepper Topping	10	0	0	0	0	0	310	2	<1	0	0
Parmesan Crab Topping	200	130	15	7	1	35	830	8	1	1	7
Parmesan Panko Topping	300	200	22	10	1	35	940	15	0	1	8
Parmesan Panko with Shrimp Topping	420	280	31	11	1	110	1550	17	<1	2	16
Tomato Basil Cream Topping	220	130	14	4.5	0	15	1620	18	<1	3	6
Tomato Basil Cream with Shrimp Topping	340	200	23	6	0.5	90	2240	20	1	4	15
LUNCH ENTRÉES											
Classic Caesar Salad	520	410	46	9	0.5	45	1050	18	4	3	10
Add a salad topping - Chilled Lobster and Shrimp	160	100	11	1.5	0	75	570	3	0	2	13
Add a salad topping - Wood-Grilled Chicken	120	20	2	0	0	75	550	0	0	0	24
Add a salad topping - Wood-Grilled Fresh Salmon	310	170	19	3.5	0	90	490	0	0	0	32
Add a salad topping - Wood-Grilled Shrimp	90	35	4	1	0	125	700	0	0	0	13
Crunchy Popcorn Shrimp	430	180	19	1.5	0	90	1860	49	5	11	16
Dragon Power Bowl with Grilled Chicken	340	45	5	1	0	75	1850	43	4	13	31
Dragon Power Bowl with Crispy Shrimp	410	130	14	1.5	0	70	2130	54	5	13	17
Dragon Power Bowl with Grilled Shrimp	340	90	10	2	0	125	2050	43	5	13	20
Dragon Power Bowl with Grilled Fresh Salmon	530	200	22	4	0	90	1790	43	4	13	39
Farm-Raised Catfish (Blackened)	210	90	10	2	0	95	300	2	0	0	26
Farm-Raised Catfish (Golden-Fried)	460	320	36	5	0	85	950	12	0	3	22
Fish and Chips	980	520	58	7	0.5	125	2070	80	7	20	33
Garlic Shrimp Scampi	220	160	18	3.5	0.5	105	970	3	0	0	12
Hand-Breaded Shrimp	240	100	11	1	0	110	1460	23	2	9	13
Harvest Power Bowl with Grilled Chicken	670	260	29	5	0	80	1690	64	12	11	38
Harvest Power Bowl with Crispy Shrimp	730	340	38	5	0	75	1980	75	13	11	25
Harvest Power Bowl with Grilled Shrimp	650	300	33	6	0	120	1830	64	12	11	26
Harvest Power Bowl with Grilled Fresh Salmon	860	410	47	8	0	100	1640	64	12	11	46
Linguini Alfredo with Cajun Chicken (Lunch)	690	270	30	12	1.5	115	1760	62	6	3	41
Linguini Alfredo with Cajun Chicken (Full)	1340	540	60	24	3	230	3530	116	11	5	81
Linguini Alfredo with Crab (Lunch)	610	250	28	11	1.5	85	1360	57	4	2	30
Linguini Alfredo with Crab (Full)	1180	500	56	23	2.5	170	2730	107	7	4	59
Linguini Alfredo with Lobster (Lunch)	680	280	31	13	1.5	110	1740	61	5	3	37
Linguini Alfredo with Lobster (Full)	1310	560	62	27	2.5	225	3160	113	9	5	72
Linguini Alfredo with Shrimp (Lunch)	580	250	28	11	1.5	145	1340	56	5	2	25
Linguini Alfredo with Shrimp (Full)	1130	500	56	23	2.5	295	2690	105	8	5	49
Maple-Glazed Chicken	330	40	4.5	1	0	75	1050	43	0	20	27
Petite Chilled Lobster-and-Shrimp Roll with Fries	970	410	45	8	0.5	155	2650	105	8	22	37
Sailor's Platter	450	160	18	2.5	0	215	1740	18	2	9	48
Shrimp and Wood-Grilled Chicken – Hand-Breaded Shrimp	410	100	11	1.5	0	140	2050	40	2	9	35

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Shrimp and Wood-Grilled Chicken – Garlic Shrimp Scampi	460	200	22	4	0.5	175	1930	26	2	1	39
Shrimp and Wood-Grilled Chicken – Wood-Grilled Shrimp	300	70	8	1.5	0	135	1330	24	1	0	33
Endless Salad - Caesar (initial and refill)	290	230	25	5	0	25	600	12	1	3	5
Endless Salad - Garden (initial and refill)	100	45	5	2.5	0	10	190	10	2	3	4
Endless Soup - New England Clam Chowder (initial)	470	270	30	17	1	100	1350	22	1	7	15
Endless Soup - New England Clam Chowder (refill)	240	140	15	9	0	50	680	11	0	4	7
Endless Soup - Lobster Bisque (initial)	600	360	40	22	1	150	1730	27	0	8	18
Endless Soup - Lobster Bisque (refill)	310	180	20	11	0	80	900	14	0	4	10
Endless Soup - Creamy Potato Bacon* (initial)	610	360	39	23	1	120	1940	41	2	2	11
Endless Soup - Creamy Potato Bacon* (refill)	310	180	20	11	0.5	60	970	21	1	1	6
Endless Soup - Manhattan Clam Chowder* (initial)	310	70	8	3	0	35	1610	27	4	6	18
Endless Soup - Manhattan Clam Chowder* (refill)	160	35	4	1.5	0	20	800	14	2	3	9
Endless Soup - Seafood Gumbo* (initial)	460	170	19	5	0	50	1960	56	3	3	18
Endless Soup - Seafood Gumbo* (refill)	220	80	9	2.5	0	25	880	19	1	0	9
Southwest-Style Tacos with Grilled Chicken	620	190	21	3.5	0	80	2240	75	7	9	35
Southwest-Style Tacos with Grilled Shrimp	550	180	20	3	0	135	2300	72	7	8	24
Southwest-Style Tacos with Grilled Tilapia	690	210	24	4	0	95	1680	70	7	6	52
Wild-Caught Whitefish (Golden-Fried)	710	450	50	6	0	85	1490	38	3	6	26
Wild-Caught Whitefish (Oven-Broiled)	210	50	5	0	0	100	250	1	0	0	35
Wood-Grilled Shrimp Skewers	280	90	10	2	0	125	1440	31	4	3	19
Create Your Own Lunch – Bay Scallops – Broiled	50	5	0.5	0	0	35	280	1	0	0	11
Create Your Own Lunch – Bay Scallops – Fried	230	80	9	1	1	45	1040	23	2	9	14
Create Your Own Lunch – Chicken Breast Strips	620	410	45	5	0	55	1490	28	3	9	24
Create Your Own Lunch – Garlic Shrimp Scampi	220	160	18	3.5	0.5	105	970	3	0	0	12
Create Your Own Lunch – Golden-Fried Fish	710	450	50	6	0	85	1490	38	3	6	26
Create Your Own Lunch – Hand-Breaded Shrimp	160	60	7	0.5	0	65	1090	18	2	9	8
Create Your Own Lunch – Lightly Breaded Clam Strips	590	390	43	5	0	30	1080	39	3	6	10
Create Your Own Lunch – Wood-Grilled Chicken	240	40	4.5	1	0	75	960	23	<1	0	27
Create Your Own Lunch – Wood-Grilled Shrimp	220	60	6	1	0	65	720	31	1	2	9
Canadian Walleye* (Fried)	550	380	43	5	0	110	800	19	1	4	22
WEEKDAY SPECIALS (Hours vary) Available in select locations											
Endless Shrimp - Garlic Shrimp Scampi (initial)	440	310	35	7	1	205	1940	7	2	2	24
Endless Shrimp - Garlic Shrimp Scampi (refill)	210	160	18	3.5	0.5	105	970	2	0	0	12
Endless Shrimp - Hand-Breaded Shrimp (initial)	290	120	14	1	0	140	1680	26	2	9	16
Endless Shrimp - Hand-Breaded Shrimp (refill)	210	80	9	1	0	95	1310	21	2	9	11
Endless Shrimp - Nashville Hot Shrimp (initial)	440	170	19	1.5	0	95	1230	53	2	15	15
Endless Shrimp - Nashville Hot Shrimp (refill)	320	120	13	1	0	60	890	41	2	15	10
Endless Shrimp - Wood-Grilled Shrimp Skewer (initial)	240	80	9	2	0	125	1160	23	1	0	16
Endless Shrimp - Wood-Grilled Shrimp Skewer (refill)	60	30	3.5	0.5	0	65	380	0	0	0	7
Petite Ultimate Feast®	780	530	59	26	0.5	350	3050	26	3	10	36

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Parrot Isle Jumbo Coconut Shrimp	960	550	61	16	0	150	1620	77	8	27	24
Seafood Pasta Diavolo*	920	220	24	3	0	250	2710	110	11	9	66
HAPPY HOUR SPECIALS (Hours vary) Available in select locations											
1/2 Lobster and Langostino Pizza	350	160	18	7	0	60	800	30	2	2	20
Chicken Breast Strips	890	570	63	7	0	85	2290	41	4	9	40
Mozzarella Cheesesticks	590	300	33	10	0	50	1680	48	3	6	25
Signature Jumbo Shrimp Cocktail	130	0	0	0	0	165	1070	11	0	9	21
PARTY PLATTERS AND FAMILY-STYLE											
Chicken Breast Strips (25 pieces)	4520	2890	321	34	1.5	420	11530	207	21	49	200
Crab-Stuffed Shrimp Rangoon (25 pieces)	2490	1520	169	41	2.5	465	5430	181	13	82	61
Crunchy Popcorn Shrimp (2 1/4 lb.)	2500	1050	117	9	0.5	540	10010	270	25	48	92
Garlic Shrimp Scampi (35 shrimp)	1080	780	88	16	2.5	520	4840	15	3	4	60
Maple-Glazed Chicken Breasts with Rice	2380	310	35	7	1	365	6050	362	7	126	145
Mozzarella Cheesesticks (25 cheesesticks)	1550	790	88	26	0	125	4700	128	9	19	64
Petite Chilled Lobster-and-Shrimp Rolls (10 rolls)	3140	1510	169	37	3	775	7770	247	18	51	161
Petite Maine Lobster Tails (8 tails)	540	35	4	1	0	585	4660	52	6	40	76
Parrot Isle Jumbo Coconut Shrimp (25 shrimp)	2870	1570	174	48	1.5	570	3860	245	20	99	83
Seafood-Stuffed Mushrooms (24 pieces)	1550	800	89	46	3.5	495	4310	72	7	20	118
Shrimp Potstickers (25 potstickers)	1500	370	41	4	0	335	6620	213	14	60	69
Signature Jumbo Shrimp Cocktail (1 1/4 lb.)	500	15	1.5	0.5	0	665	3980	40	4	30	82
Signature Jumbo Shrimp Cocktail (2 lbs.)	800	20	2.5	1	0.5	1165	6130	53	5	40	142
Walt's Favorite Shrimp (25 shrimp)	1290	460	51	4	0	325	7990	159	12	48	49
White Wine and Roasted-Garlic Mussels (1 1/2 lb.)	1770	940	105	26	2	150	5790	134	7	10	63
Cheddar Bay Biscuits® (Half Dozen)	970	530	59	26	1	25	2250	95	3	4	18
Cheddar Bay Biscuits® (One Dozen)	1940	1060	118	52	2	50	4500	190	6	8	36
Family Feast - Bar Harbor Lobster Bake	2500	1000	112	27	3	790	6910	213	21	11	152
Family Feast - Cajun Chicken Linguini Alfredo	3950	1680	188	82	9	590	9860	353	32	17	201
Family Feast - Crab Linguini Alfredo	4000	1780	199	82	9	560	9190	353	26	15	188
Family Feast - RL Signature Creamy Lobster Alfredo	4130	1880	210	89	9	575	8520	361	29	16	185
Family Feast - Shrimp Linguini Alfredo	3870	1780	199	82	10	925	9060	349	28	16	159
Family Feast - Wood-Grilled Salmon	1890	1050	117	22	0	550	2950	4	0	0	193
Family Feast - Cajun Chicken with Shrimp and Sausage	2710	1250	140	34	2.5	835	10980	153	13	18	201
Create Your Own Family Feast – Garlic Shrimp Scampi	860	620	70	13	2	410	3870	11	3	3	48
Create Your Own Family Feast – Parrot Isle Jumbo Coconut Shrimp	2030	1090	121	38	1	385	2550	183	13	87	54
Create Your Own Family Feast – Shrimp Linguini Alfredo	1170	500	56	23	2.5	290	2680	113	9	4	50
Create Your Own Family Feast – Walt's Favorite Shrimp	880	300	33	2.5	0	210	5800	114	9	40	33
Create Your Own Family Feast – Whitefish (Broiled)	1050	160	18	2	0	300	2370	90	3	2	115

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Create Your Own Family Feast – Whitefish (Fried)	2610	1800	200	24	1.5	280	4880	125	8	27	78
Create Your Own Family Feast – Wood-Grilled Shrimp	770	190	21	4	1	410	3950	90	4	2	53
Create Your Own Family Feast – Wood-Grilled Tilapia	690	190	21	5	0	270	2390	2	0	0	123
Wood-Grilled Chicken Taco Bar	5820	2610	290	95	7	1015	16300	499	46	70	323
Wood-Grilled Shrimp Taco Bar	5250	2520	280	90	7	1435	16750	476	48	58	232
Family Caesar Salad	1440	1130	126	26	2	135	2950	52	6	11	26
Family Garden Salad	550	240	27	12	1	60	1060	55	8	14	23
Family Baked Potatoes with Butter and Sour Cream	1250	450	51	23	1.5	90	300	182	19	12	23
Family Broccoli	140	15	1.5	0	0	0	930	27	10	7	11
Family Green Beans	880	750	83	46	1.5	175	1000	32	12	15	9
Family Mashed Potatoes	760	320	35	15	1	60	2390	97	11	7	14
Family Rice	490	90	10	2	0	0	1650	89	3	1	10
Family New England Clam Chowder (1 quart)	1390	770	86	49	2	275	4360	116	5	22	41
Family Lobster Bisque (1 quart)	1710	970	108	60	2.5	415	5350	128	4	23	52
Family Creamy Potato Bacon* (1 quart)	1710	970	108	62	2.5	320	5810	165	8	8	31
Family Manhattan Clam Chowder* (1 quart)	880	240	27	10	0	100	5970	118	11	25	47
Family Seafood Gumbo* (1 quart)	1250	460	51	15	1	140	5330	151	8	7	47
Chocolate Wave Cake (14 slices)	13020	6720	746	226	9	1190	9400	1564	82	1085	118
Key Lime Pie (12 slices)	5830	2240	249	119	0	3350	2320	798	9	626	125
Vanilla Bean Cheesecake (12 slices)	8190	5410	601	360	19	2290	4240	673	12	543	98
DESSERTS											
Brownie Overboard™	1020	510	57	29	1	190	360	121	5	84	13
Chocolate Wave	1110	560	62	22	1	120	720	134	6	93	11
Key Lime Pie	500	190	21	10	0	280	190	70	0	55	10
Triple-Chocolate Brownie a la Mode	450	220	24	13	0.5	85	170	56	2	39	6
Vanilla Bean Cheesecake	700	450	50	30	1.5	190	350	60	1	48	8
Warm Apple Crostada	590	270	30	15	0	35	440	74	2	36	7
SIDES & ADDITIONS											
Add Grilled Shrimp to Your Salad	60	35	4	1	0	50	320	0	0	0	5
Asparagus (seasonal)	80	60	7	4	0	20	470	4	2	2	3
Baked Potato	210	20	2	0	0	0	20	45	5	2	5
Add Butter	80	80	8	4	0	15	45	0	0	0	0
Add Sour Cream	25	20	2	1.5	0	10	10	0	0	0	0
Broccoli	40	0	0	0	0	0	270	8	3	2	3
Caesar Salad	290	230	25	5	0	25	600	12	1	3	5
Cheddar Bay Biscuits® (each)	160	90	10	4.5	0	<5	380	16	0	0	3
Coleslaw	150	90	10	1.5	0	10	190	13	3	7	2
Creamy Langostino & Norway Lobster Baked Potato	350	100	11	6	0	70	500	51	5	5	13

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Creamy Langostino & Norway Lobster Mashed Potatoes	320	150	17	9	0	80	1000	30	3	4	11
Garden Salad <i>does not include dressing choice</i>	100	45	5	2.5	0	10	190	10	2	3	4
Loaded Baked Potato	460	220	24	12	0	55	460	47	5	4	16
Mashed Potatoes	190	80	9	4	0	15	600	24	3	2	4
Rice	120	20	2.5	0	0	0	410	22	0	0	2
Roasted Harvest Vegetables	260	120	13	2.5	0	5	550	32	7	6	4
Sea-Salted French Fries	290	100	12	1	0	0	610	42	3	0	4
Tomato-Mozzarella Caprese Side Salad	160	90	11	5	0	30	850	9	1	6	9
DRESSINGS & CONDIMENTS											
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	80	80	8	4	0	15	45	0	0	0	0
Caesar Dressing	300	0	32	6	0.5	30	590	0	0	0	2
Champagne Vinaigrette	70	40	4	0.5	0	0	390	9	0	7	0
Cocktail Sauce	45	0	0	0	0	0	580	11	0	9	0
French Dressing*	180	140	16	2.5	0	0	460	10	0	9	0
Honey Mustard Dressing	200	160	18	3	0	15	290	9	0	8	0
Ketchup	60	0	0	0	0	0	480	15	0	12	0
Marinara Sauce	35	15	2	0	0	0	230	4	0	2	0
Pico de Gallo	10	0	0	0	0	0	170	2	0	1	0
Piña Colada Sauce	100	40	4.5	3.5	0	10	40	14	0	12	0
Ranch Dressing	150	140	16	2.5	0	15	320	2	0	1	0
Sour Cream	25	20	2	1.5	0	10	10	0	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™	550	60	6	6	0	0	95	102	2	98	0
Bahama Mama	360	0	0	0	0	0	55	61	0	58	0
Baileys and Coffee	200	90	10	6	0	35	45	15	0	11	2
Berry Mangorita	180	0	0	0	0	0	490	21	2	17	0
Berry Mango Daiquiri	320	0	0	0	0	0	40	55	2	49	0
Bloody Mary	100	0	0	0	0	0	600	5	0	1	0
Caramel Appletini	200	0	0	0	0	0	85	27	0	23	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
Irish Coffee	200	50	6	3.5	0	0	15	17	0	5	0
Jack and Coke® o' Nut	350	30	3	3	0	0	50	53	0	51	0
Lobsterita® – Strawberry	500	0	0	0	0	0	10	82	3	69	0
Lobsterita® – Traditional	350	0	0	0	0	0	630	42	0	42	0
Lobsterita® – Raspberry	500	0	0	0	0	0	10	82	3	70	0
Malibu Hurricane	160	0	0	0	0	0	10	28	0	22	0
Mango Mai Tai	200	0	0	0	0	0	10	35	0	29	0

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Manhattan	160	0	0	0	0	0	0	8	0	4	0
Margarita – Classic (Frozen)	180	0	0	0	0	0	480	23	0	22	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	15	0	14	0
Margarita – Peach (Frozen)	290	0	0	0	0	0	0	50	1	45	0
Margarita – Peach (Rocks)	170	0	0	0	0	0	0	20	0	18	0
Margarita – Perfect 1800	160	0	0	0	0	0	480	13	0	12	0
Margarita – Raspberry (Frozen)	280	0	0	0	0	0	0	46	2	40	0
Margarita – Raspberry (Rocks)	170	0	0	0	0	0	0	20	0	17	0
Margarita – Strawberry (Frozen)	280	0	0	0	0	0	0	47	2	40	0
Margarita – Strawberry (Rocks)	170	0	0	0	0	0	0	20	1	17	0
Margarita – Top-Shelf (Frozen)	220	0	0	0	0	0	480	26	0	25	0
Margarita – Top-Shelf (Rocks)	160	0	0	0	0	0	480	11	0	10	0
Mojito – Traditional	160	0	0	0	0	0	10	21	0	19	0
Mojito – Strawberry	250	0	0	0	0	0	10	39	1	35	0
Old Fashioned	180	0	0	0	0	0	5	14	1	13	0
Sunset Passion Colada	310	30	3	3	0	0	50	66	2	61	0
Tiki Passion Punch	220	0	0	0	0	0	15	38	1	34	0
Tito's® Strawberry Lemonade	180	0	0	0	0	0	0	25	0	22	0
Top-Shelf Long Island Iced Tea	180	0	0	0	0	0	10	15	0	15	0
Triple Berry Sangria	200	0	0	0	0	0	50	35	2	30	0
Tropical Treasure	190	10	1	1	0	0	15	21	0	20	0
Tropical White Sangria	150	0	0	0	0	0	10	24	2	15	0
WINE											
Sparkling (Split)	160	0	0	0	0	0	10	10	0	10	0
Wine (6 oz.)	150	0	0	0	0	0	5	5	0	1	0
Wine (9 oz.)	220	0	0	0	0	0	10	7	0	2	0
Wine (Bottle)	640	0	0	0	0	0	40	29	0	29	3
BEER											
Light Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	0
Regular Beer (12 oz.)	150	0	0	0	0	0	15	13	0	0	2
Nonalcoholic Beer (12 oz.)	70	0	0	0	0	0	10	15	0	0	0
Hard Cider (12 oz.)	220	0	0	0	0	0	10	32	0	26	0
Light Draft Beer (14 oz.)	120	0	0	0	0	0	15	7	0	0	0
Regular Draft Beer (14 oz.)	180	0	0	0	0	0	15	15	0	0	2
Light Draft Beer (20 oz.)	170	0	0	0	0	0	25	10	0	0	1
Regular Draft Beer (20 oz.)	260	0	0	0	0	0	25	21	0	0	3
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	19	0	19	0
Boston Iced Tea (Peach)	110	0	0	0	0	0	10	27	0	24	0

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Boston Iced Tea (Raspberry)	100	0	0	0	0	0	10	26	0	21	0
Coffee	0	0	0	0	0	0	5	0	0	0	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
Fruit Smoothie (Peach)	470	50	6	3.5	0	25	240	96	1	84	7
Fruit Smoothie (Raspberry)	460	50	6	3.5	0	25	240	94	2	79	7
Fruit Smoothie (Strawberry)	460	50	6	3.5	0	25	240	95	3	79	7
Hand-Crafted Classic Lemonade	140	0	0	0	0	0	10	37	0	35	0
Hand-Crafted Peach Lemonade	240	0	0	0	0	0	10	63	0	59	0
Hand-Crafted Raspberry Lemonade	240	0	0	0	0	0	30	64	0	60	0
Hand-Crafted Strawberry Lemonade	240	0	0	0	0	0	10	62	1	56	0
Iced Tea	0	0	0	0	0	0	15	1	0	0	0
Minute Maid® Light™ Lemonade	30	0	0	0	0	0	30	8	0	4	0
Sprite®	190	0	0	0	0	0	85	51	0	51	0
KIDS' MENU											
Casco Bay Cooler (Cherry Wave Slushy)	150	0	0	0	0	0	25	37	0	36	0
Casco Bay Cooler (Peachy Breezy Smoothie)	190	0	0	0	0	<5	115	45	0	40	3
Casco Bay Cooler (Raspberry Bay Smoothie)	190	0	0	0	0	<5	115	44	0	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	50	0	0	0	0	0	0	14	0	13	0
Milk 1%	100	20	2.5	1.5	0	10	105	12	0	12	8
Raspberry Lemonade	90	0	0	0	0	0	10	24	0	23	0
Caesar Salad	290	230	25	5	0	25	600	12	1	3	5
Chicken Fingers	620	410	45	5	0	55	1490	28	3	9	24
Fresh Broccoli	40	0	0	0	0	0	270	8	3	2	3
Fruit	30	0	0	0	0	0	0	8	2	6	0
Garden Salad <i>does not include dressing choice</i>	100	45	5	2.5	0	10	190	10	2	3	4
Garlic-Grilled Shrimp	80	30	3.5	0.5	0	105	580	<1	0	0	11
Golden-Fried Fish	560	260	29	2.5	0	70	1790	48	3	15	26
Grilled Chicken	320	180	20	3	0	90	840	10	0	8	25
Broiled Tilapia	220	50	6	1.5	0	90	800	<1	0	0	41
Macaroni and Cheese	280	90	10	3	0	15	550	39	1	9	10
Petite Chilled Lobster-and-Shrimp Roll	290	150	17	9	0	65	530	22	1	3	13
Petite Maine Lobster Tail	360	310	35	22	0	180	580	<1	0	0	10
Popcorn Shrimp	250	90	10	1	0	45	1120	34	3	13	8
Surf's Up Sundae	200	90	10	6	0	40	50	25	0	18	3