

lobsterfest®



Scan for our
TOUCH-FREE
MENU
and to view all our
LOBSTERFEST®
FEATURES.

LOBSTER LOVER'S DREAM® 36.99
A roasted rock lobster tail, butter-poached Maine lobster tail, and lobster-and-shrimp linguini in a creamy lobster sauce. Served with choice of two sides. 1730 Cal

LOBSTER, SHRIMP & SALMON* 29.99
Maine lobster tail, grilled jumbo shrimp skewer and Atlantic salmon, drizzled with brown butter, with choice of two sides. 710 Cal



Lobster, Shrimp & Salmon*

BAR HARBOR LOBSTER BAKE 28.99
Petite Maine lobster tails, split and roasted, with shrimp, bay scallops, mussels and fresh tomatoes. Served over linguini in a garlic and white wine broth. 1100 Cal

NEW ULTIMATE SURF & TURF* 36.99
A 6 oz. filet mignon, butter-poached Maine lobster tail and bacon-wrapped sea scallops. Served with choice of two sides. 850 Cal



Ultimate Surf & Turf*

LOBSTER LINGUINI 25.49
Maine lobster meat tossed with tomatoes and linguini in a creamy lobster sauce. 1120 Cal

NEW KUNG PAO NOODLES WITH CRISPY LOBSTER 20.99
Hand-battered, fried lobster tail with noodles tossed in a sweet and spicy soy-ginger sauce with edamame, cabbage, crispy onions, cashews, and green onions. 1410 Cal



Kung Pao Noodles with Crispy Lobster

starters

LOBSTER & LANGOSTINO PIZZA 11.99
Blend of Maine, langostino and Norway lobster, mozzarella, fresh tomatoes and sweet basil. 700 Cal

PARROT ISLE JUMBO COCONUT SHRIMP 9.99
Served with our signature piña colada sauce. 610 Cal

SIGNATURE JUMBO SHRIMP COCKTAIL 9.99
Served with cocktail sauce. 130 Cal

SEAFOOD-STUFFED MUSHROOMS 9.99
Signature seafood stuffing and Monterey Jack. 390 Cal

HAND-BREADED CALAMARI 10.99
Topped with banana peppers. Served with marinara. 1010 Cal

LANGOSTINO LOBSTER-ARTICHOKE- &-SEAFOOD DIP 9.99
Langostino and Norway lobster with spinach in a three-cheese blend. Served with tortilla chips and pico de gallo. 1190 Cal

CRAB-STUFFED SHRIMP RANGOON 9.99
Served with sweet chili sauce. 660 Cal

MOZZARELLA CHEESESTICKS 7.99
Served with marinara. 700 Cal

WHITE WINE & ROASTED-GARLIC MUSSELS 11.49
Sautéed with tomato and green onions. Served with grilled artisan bread. 880 Cal

NEW BACON-WRAPPED SEA SCALLOPS 9.99
Sea scallops wrapped in crispy bacon. 340 Cal

NEW HOUSEMADE CRAB CAKES 11.99
Jumbo lump crabmeat and brioche crumb. Pan-seared and served with remoulade. 550 Cal

SOUPS

LOBSTER BISQUE
Cup 6.49 310 Cal | Bowl 7.49 600 Cal

NEW ENGLAND CLAM CHOWDER
Cup 4.99 240 Cal | Bowl 5.99 470 Cal

bowls

CLASSIC CAESAR SALAD 9.99 520 Cal
• Seasoned Shrimp +3.00 660 Cal
• Grilled Chicken +2.00 720 Cal
• Atlantic Salmon* +4.50 830 Cal



NEW SESAME-SOY SALMON* 14.99
Grilled Atlantic salmon, crispy Brussels sprouts, quinoa rice, edamame, mixed greens and crispy onions topped with a soy-ginger drizzle. 870 Cal

NEW BAJA SHRIMP 12.99
Seasoned shrimp, avocado, black beans, quinoa rice, red onion, crispy slaw, pico de gallo, sour cream and tortilla strips with jalapeño ranch. 1130 Cal

sandwiches

Served on a toasted brioche bun with choice of side.

NEW CRISPY COD 11.99
Hand-battered wild-caught cod, tartar sauce and crunchy coleslaw. 830 Cal

NEW NASHVILLE HOT CHICKEN 10.99
Spicy sweet chicken tenders, ranch, lettuce and banana peppers. 1140 Cal

NEW WAGYU BACON CHEESEBURGER* 11.99
A ½ lb. grilled Wagyu patty, bacon, aged white Cheddar, lettuce and tomato. 900 Cal

pastas

GARLIC LINGUINI ALFREDO
• Shrimp 16.99 990 Cal
• Cajun Chicken 15.99 1070 Cal
• Crab 19.99 1110 Cal

LOBSTER LINGUINI 25.49
Maine lobster meat tossed with tomatoes and linguini in a creamy lobster sauce. 1120 Cal

NEW KUNG PAO NOODLES
A sweet and spicy soy-ginger sauce with edamame, cabbage, crispy onions, cashews and green onions.
• Crispy Lobster Tail 20.99 1410 Cal
• Chicken 15.99 1330 Cal
• Crispy Shrimp 16.99 1360 Cal

classics

Served with choice of two sides (except for Fish & Chips).

PARROT ISLE JUMBO COCONUT SHRIMP 15.99
Served with our signature piña colada sauce. 1220 Cal
Add six more for 4.99. 560 Cal



SALMON* NEW ORLEANS
Blackened Atlantic salmon topped with shrimp tossed in a Cajun butter sauce, with tomato-cilantro relish.
Half 18.99 580 Cal | Full 23.99 890 Cal

WILD-CAUGHT SNOW CRAB LEGS 21.49
Served with melted butter. 440 Cal

WALT'S FAVORITE SHRIMP 14.99
Hand-breaded, butterflied and lightly fried. Served with cocktail sauce. 550 Cal
Add six more for 3.99. 300 Cal

HAND-BREADED CHICKEN TENDERS 13.99
Served with honey mustard. 910 Cal

FISH & CHIPS 13.99
Hand-battered, wild-caught cod served with fries, coleslaw and tartar sauce. 1230 Cal

SIMPLY GRILLED FAVORITES
• Garlic Shrimp Skewers 15.99 320 Cal
• Rainbow Trout 17.99 490 Cal
• Atlantic Salmon* 19.99 630 Cal

STEAKS
Grilled and seasoned with peppercorn.
• 7 oz. Sirloin* 15.99 290 Cal
• 12 oz. NY Strip* 22.99 600 Cal
• 6 oz. Filet Mignon* 22.99 270 Cal

PERFECT PAIRINGS

ADD TO ANY MEAL

MAINE LOBSTER TAIL 10.99 370 Cal
BACON-WRAPPED SEA SCALLOPS 7.49 470 Cal
HOUSEMADE CRAB CAKE 6.99 370 Cal

feasts

Served with choice of two sides (except for Bar Harbor Lobster Bake).

LOBSTER LOVER'S DREAM® 36.99
A roasted rock lobster tail, butter-poached Maine lobster tail and lobster-and-shrimp linguini in a creamy lobster sauce. 1730 Cal

SEASIDE SHRIMP TRIO 19.99
Walt's Favorite Shrimp, garlic shrimp scampi and creamy shrimp linguini Alfredo. 1500 Cal

BAR HARBOR LOBSTER BAKE 28.99
Petite Maine lobster tails, split and roasted, with shrimp, bay scallops, mussels and fresh tomatoes. Served over linguini in a garlic and white wine broth. 1100 Cal

ULTIMATE FEAST® 31.99
Tender Maine lobster tail, North American snow crab legs, garlic shrimp scampi and Walt's Favorite Shrimp. 1070 Cal

ADMIRAL'S FEAST 19.99
Walt's Favorite Shrimp, wild-caught whitefish, clam strips and bay scallops, all fried to a golden-brown. 1570 Cal

LOBSTER, SHRIMP & SALMON* 29.99
Tender Maine lobster tail, grilled jumbo shrimp skewer and Atlantic salmon, drizzled with brown butter. 710 Cal

NEW ULTIMATE SURF & TURF* 36.99
A 6 oz. filet mignon, butter-poached Maine lobster tail and bacon-wrapped sea scallops. 850 Cal



CREATE your OWN

Choose two for 19.99 (500 - 1420 Cal) • Choose three for 23.49 (750 - 2130 Cal)
Served with choice of two sides.

PARROT ISLE JUMBO COCONUT SHRIMP 660 Cal

GARLIC SHRIMP SCAMPI 430 Cal

POPCORN SHRIMP 430 Cal

GOLDEN-FRIED WHITEFISH 710 Cal

HOUSEMADE CRAB CAKES +3.99 550 Cal

ATLANTIC SALMON* +1.99 310 Cal

WALT'S FAVORITE SHRIMP 380 Cal

CLAM STRIPS 590 Cal

BAY SCALLOPS
golden-fried 420 Cal
oven-broiled 250 Cal

BACON-WRAPPED SEA SCALLOPS +3.99 470 Cal

*CONTAINS (OR MAY CONTAIN) RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. A 2,000 calorie-per-day diet is used for general nutritional advice, but calorie needs vary. Additional nutrition information is available upon request.

daily deals

ULTIMATE ENDLESS SHRIMP® MONDAY

Mix and match from the options below.
Served with choice of side. 17.99

GARLIC SHRIMP SCAMPI
430 Cal • refill 220 Cal

GRILLED SHRIMP SKEWER
320 Cal • refill 80 Cal

PARROT ISLE JUMBO COCONUT SHRIMP
660 Cal • refill 660 Cal

WALT'S FAVORITE SHRIMP
300 Cal • refill 300 Cal

TWO FOR TUESDAY

Get two Lobster, Shrimp & Salmon* entrées for 49.99.
Each served with choice of two sides. 710 Cal (each)

STEAK-AND-LOBSTER WEDNESDAY

A Maine lobster tail paired with a peppercorn-seasoned 7 oz. sirloin* for 19.99.
Served with choice of two sides. 700 Cal

THROWBACK THURSDAY

Get Walt's Favorite Shrimp and a fountain beverage or iced tea for 12.99.
Served with choice of two sides. 550 Cal

FISH FRY FRIDAY

Hand-battered, wild-caught cod served with fries, coleslaw and tartar sauce. 11.99 1230 Cal

LUNCH SPECIALS

Salmon, Rainbow Trout and pasta entrées are \$2 less every day until 3 pm.
Ask your server about our other lunch favorites.

sides

BROCCOLI 40 Cal

GREEN BEANS 90 Cal

SIDE CAESAR SALAD 290 Cal

COLESLAW 110 Cal

QUINOA RICE 160 Cal

SEA-SALTED FRIES 510 Cal

MASHED POTATOES 190 Cal

BAKED POTATO 270 Cal

With butter, sour cream and sprinkled salt.
» Add bacon, Cheddar and green onions +.99. 520 Cal

LOBSTER-TOPPED POTATOES

Baked potato (350 Cal) or mashed potatoes (320 Cal) topped with langostino and Norway lobster +3.99.

NEW CRISPY BRUSSELS SPROUTS +1.99 380 Cal

beverages

COCKTAILS

BAHAMA MAMA

Captain Morgan Original Spiced Rum blended with tropical fruit flavors and Bacardi Black rum. 360 Cal

SUNSET PASSION COLADA

Malibu rum piña colada with strawberry, raspberry or peach topper. 310 Cal

TROPIC TREASURE

Martell VSSD cognac, Malibu coconut rum, piña colada mix and a tropical juice blend. 190 Cal

MARGARITAS

Sauza Gold tequila margarita -

Classic - Rocks 120 Cal/Frozen 180 Cal

Strawberry - Rocks 170 Cal/Frozen 280 Cal

Raspberry - Rocks 170 Cal/Frozen 280 Cal

Peach - Rocks 170 Cal/Frozen 290 Cal

TOP-SHELF LONG ISLAND ICED TEA

Absolut, Tanqueray, Bacardi and Patrón Citrónge. 180 Cal

BERRY MANGORITA

1800 Silver tequila, triple sec, mango and strawberry. 180 Cal

GRAND PATRÓN MARGARITA

Patrón Silver tequila, Patrón Citrónge and a sidecar of Grand Marnier. 200 Cal

TITO'S® STRAWBERRY LEMONADE

Tito's® Handmade Vodka with strawberry lemonade. 180 Cal

MOJITO

Bacardi Superior rum with fresh lime juice, mint and sugar. 160 Cal

SANGRIAS

• TROPICAL WHITE

Barefoot moscato, pineapple and mango juices, and lemon-lime soda. 150 Cal

• TRIPLE BERRY

Red wine, berry juices and fruit. 200 Cal



Triple Berry & Tropical White Sangrias

BEER

BOTTLED

Budweiser

Coors Light

Miller Lite

Michelob ULTRA®

Heineken

Modelo Especial

Lagunitas IPA

Fat Tire Amber Ale

Corona Extra

12 oz. Beer, Light/Regular 100/150 Cal

DRAFT 14 OZ OR 20 OZ

Bud Light

Stella Artois

Blue Moon Belgian White

Sam Adams Boston Lager

Availability may vary.

14 oz. Light/Regular 120/180 Cal

20 oz. Light/Regular 170/260 Cal



WINE

WHITE

6 OZ

150 Cal

9 OZ

220 Cal

BOTTLE

640 Cal

RIESLING

Chateau Ste. Michelle, Washington

7.79

10.29

28.00

MOSCATO

Barefoot, California

6.79

9.29

26.00

PINOT GRIGIO

Ecco Domani, Italy

8.29

10.79

32.00

SAUVIGNON BLANC

Matua, New Zealand

8.29

10.79

28.00

CHARDONNAY

Kendall-Jackson Vintner's Reserve, California

9.79

12.29

36.00

BLUSH

ROSÉ

AVA Grace, California

8.29

10.79

28.00

RED

PINOT NOIR

Mark West, California

8.79

11.29

34.00

CABERNET SAUVIGNON

Josh Cellars, California

9.79

12.29

36.00

Selections vary by restaurant.
Ask your server for additional selections.

NON-ALCOHOLIC

Enjoy complimentary refills on sodas, lemonades, coffee and teas.

HAND-CRAFTED BEVERAGES 3.59

Classic Lemonade 140 Cal

Strawberry Lemonade 240 Cal

Watermelon-Lime Refresca 80 Cal

FOUNTAIN BEVERAGES 2.79

Pepsi® 150 Cal, Diet Pepsi® 0 Cal, Sierra Mist® 150 Cal,

Dr. Pepper® 140 Cal, Mtn DEW® 160 Cal,

Fruit Punch 170 Cal

STUBBORN® CRAFT SODAS 2.79

Classic Root Beer 150 Cal

Agave Vanilla Cream Soda 150 Cal

FRUIT SMOOTHIES 4.99

Strawberry 460 Cal, Raspberry 460 Cal,

Peach 470 Cal

BOSTON ICED TEAS 3.29

Raspberry 100 Cal, Peach 110 Cal,

Classic Cranberry 80 Cal

ICED TEA 2.79 0 Cal

COFFEE 2.65 0 Cal

ORGANIC HOT TEAS 2.49 0 Cal

PERRIER SPARKLING WATER 2.99 0 Cal



Brownie Overboard™

DESSERTS

VANILLA BEAN CHEESECAKE 7.49

With a vanilla cookie crust and vanilla bean-whipped cream. 700 Cal

KEY LIME PIE 6.99

Sweet and tart key lime custard with a graham cracker crust. 500 Cal

CHOCOLATE WAVE 7.49

Warm chocolate cake with vanilla ice cream. 1110 Cal

BROWNIE OVERBOARD™ 7.99

Topped with vanilla ice cream, caramel and fudge. 1020 Cal



MY
RED LOBSTER
REWARDS™

Earn FREE REWARDS†

Join on our tabletop device or use QR code to download our App.

†Subject to My Red Lobster Rewards terms and privacy notice at www.redlobster.com/terms-conditions.

HONEST
TO
GOOD
Seafood

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Due to supply disruptions, item availability and recipes may vary. Thank you for understanding

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