OUR MENU'S NUTRITIONAL INFORMATION

We invite you to use the following nutritional information to make choices that are right for you. Whether you are monitoring calories, fat, protein, sodium or carbohydrates, you will find what you need to make informed selections that fit into your lifestyle.

MENU

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
SIGNATURE COCKTAILS								
Mango Mai Tai		190	0	0	0	0	5	34
Malibu Hurricane		200	0	0	0	<1g	15	35
Grey Goose Cape Codder		130	0	0	0	0	0	13
Triple Berry Sangria		200	0	0	0	<1g	30	35
Strawberry Mojito		280	0	0	0	0	0	44
Mojito		190	0	0	0	0	0	25
Bloody Mary		140	0	0	0	2	1170	16
Top-Shelf Long Island Iced Tea		190	0	0	0	0	0	21
MARTINIS								
Cosmopolitan		220	0	0	0	0	0	15
Martini	with Vodka	150	1.5	0	0	0	260	1
	with Gin	150	1.5	0	0	0	260	1
Chocolate Martini		330	6	0	0	3	30	30
Caramel Appletini		160	0	0	0	0	10	18
FROZEN SPECIALITIES								
Bahama Mama		370	0	0	0	0	30	68
Sunset Passion Colada		360	8	7	0	<1g	15	63
Pina Colada		320	6	5	0	<1g	35	55
Alotta Colada™		700	16	14	0	2	55	95
Mudslide		520	21	13	0.5	7	160	52
Strawberry Daiquiri		250	0	0	0	0	10	46
Berry Mango Daiquiri		350	0	0	0	<1g	30	62
MARGARITAS								
Grand Patron Margarita		270	0	0	0	0	490	36
Perfect 1800 Margarita		220	0	0	0	0	410	26
Top-Shelf Margarita	Frozen	520	0	0	0	0	640	97
	On the Rocks	300	0	0	0	0	810	25

Except where pictured, nutritional content does not include condiments, dipping sauces or optional sides, shown separately. Due to the handcrafted nature of our menu items and the inherent size variations of seafood, nutritional content may vary. USDA/FDA recommended limit for saturated fat is less than 20 grams, trans fat less than 2 grams, and sodium less than 2,300 mg for a 2,000 calorie-per-day diet. A 2,000-calorie daily diet is used as the basis for general nutrition advice. Individual calorie needs, however, may vary.

If you have a food allergy, please ask your server for our allergen menu before placing your order. For items lowest in calories, fat and sodium, please refer to our LightHouse℠ menu.
Item availability varies by restaurant.

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		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
MARGARITAS - CONT.								
Lobsterita®	Traditional	890	0	0	0	0	860	183
	Strawberry	700	0	0	0	0	55	135
	Raspberry	690	0	0	0	1	50	131
Classic Margarita	On the Rocks	250	0	0	0	0	770	22
	Frozen	470	0	0	0	0	590	96
Skinny Margarita	On the Rocks	190	0	0	0	0	390	19
	Frozen	180	0	0	0	0	10	22
Skinny Long Island Iced Tea		120	0	0	0	0	5	13
WINE BY THE GLASS								
Sparkling		100	0	0	0	0	15	2
White, Blush or Red		120	0	0	0	0	20	7
WINE BY THE BOTTLE								
Sparkling		420	0	0	0	0	60	6
White, Blush or Red		490	0	0	0	0	70	27
DRAFT BEER								
Sam Adams	14 oz	180	0	0	0	2	15	15
	20 oz	260	0	0	0	3	25	21
Bud Light	14 oz	120	0	0	0	0	15	15
	20 oz	180	0	0	0	0	20	21
Shock Top Belgian White	14 oz	200	0	0	0	2	10	17
	20 oz	280	0	0	0	4	15	24
Kona Longboard*	14 oz	200	0	0	0	3	15	13
	20 oz	290	0	0	0	4	25	19
Golden Spike*	14 oz	140	0	0	0	0	15	10
	20 oz	200	0	0	0	0	25	15
NONALCHOLIC DRINKS								
Fruit Smoothie	Strawberry	460	11	7	0	6	210	85
	Raspberry	450	10	6	0	5	180	84
	Peach	390	5	3	0	4	290	82
Boston Iced Tea	Peach	110	0	0	0	0	0	28
	Raspberry	100	0	0	0	0	0	26
	Classic Cranberry	80	0	0	0	0	0	19
Harbor Cafe Coffee™		0	0	0	0	0	5	0
Iced Tea		0	0	0	0	0	0	0
Hot Tea		0	0	0	0	0	0	0

MENU - (cont.)

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		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
NONALCHOLIC DRINKS - CONT.								
Flavored Lemonade	Strawberry	240	0	0	0	0	0	59
	Peach	280	0	0	0	0	0	71
Coke®		190	0	0	0	0	65	53
Diet Coke®		0	0	0	0	0	60	0
Sprite®		200	0	0	0	0	90	52
Dr Pepper®		200	0	0	0	0	70	54
Barq's® Root Beer		210	0	0	0	0	95	60
Classic Lemonade		170	0	0	0	0	0	42
Minute Maid® Raspberry Lemonade		300	0	0	0	0	35	50
Minute Maid® Light™ Lemonade		5	0	0	0	0	90	0
SEASIDE STARTERS								
Parrot Isle Jumbo Coconut Shrimp Appetizer		510	34	8	0	14	950	38
Shrimp Nachos		1200	72	21	1.5	43	3360	98
Sweet Chili Shrimp		1140	79	10	1	27	2050	80
Crispy Shrimp Lettuce Wraps		620	18	1.5	0	23	2560	93
Crispy Calamari and Vegetables		1660	109	12	0	36	4280	132
Mozzarella Cheesesticks		780	43	15	1	36	2010	64
Seaside Sampler		680	39	13	0.5	44	1540	41
Lobster-Artichoke-and-Seafood Dip		1040	61	18	1	30	1960	93
Lobster Pizza		680	31	12	1	34	1740	66
White Wine and Roasted-Garlic Mussels		910	55	13	1.5	32	2170	69
Signature Shrimp Cocktail		100	0.5	0	0	22	280	<1g
Lobster-Crab-and-Seafood-Stuffed Mushrooms		430	26	13	1	31	1050	20
Create Your Own Appetizer Combination								
Crispy Calamari and Vegetables		840	55	7	0	19	2180	66
Clam Strips		390	24	2.5	0	10	730	33
Mozzarella Cheesesticks		390	21	8	0	18	1010	32
Chicken Breast Strips		350	20	2	0	22	1110	21
Stuffed Mushrooms		220	12	6	0	0	740	12
Buffalo Chicken Wings*		760	49	11	0	72	3260	8
Fried Oysters*		630	33	3.5	0	16	700	67
Batterfried Crawfish*		1280	81	8	0.5	39	1650	99

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		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
SOUPS, SALADS & MORE								
New England Clam Chowder	Cup	200	15	9	0	6	640	11
	Bowl	400	29	17	0.5	12	1290	23
Lobster Bisque	Cup	290	23	13	0	6	820	15
	Bowl	570	46	27	0	12	1650	31
Creamy Potato Bacon	Cup	250	18	11	0	4	850	19
	Bowl	510	35	21	0	7	1700	39
Seafood Gumbo*	Cup	170	7	2	0	6	850	19
	Bowl	350	14	4.5	0	13	1690	38
Manhattan Clam Chowder*	Cup	80	3	2	0	2	810	10
	Bowl	150	6	4	0	4	1610	19
Classic Caesar Salad		540	50	9	0	8	1140	15
	With Chicken	700	56	10	0	36	2140	15
	With Shrimp	660	56	10	0	26	1480	17
	With Salmon	810	66	13	0	38	1610	15
Wood-Grilled Tacos	With Shrimp	650	25	5	<1	29	1710	76
	With Chicken	690	26	5	0	39	1950	76
	With Fresh Tilapia	740	26	5	0	53	1560	76
	With Lobster Meat	660	28	5	0	25	2120	78
SIDES								
Cheddar Bay Biscuit® *(each)*		160	10	3	2.5	3	380	16
Garden Salad		70	1.5	0	0	1	150	13
Caesar Salad		270	25	4.5	0	4	570	8
Add Shrimp to Your Salad		60	3	0.5	0	7	150	0
Coleslaw		260	20	3	0	2	350	17
Broccoli		50	0.5	0	0	4	105	7
Petite Green Beans		90	6	3.5	0	2	200	8
Asparagus (seasonal)		60	3.5	2.5	0	3	190	5
Wild Rice Pilaf		170	3	0.5	0	3	460	32
Mashed Potatoes		210	10	6	0	5	620	27
Baked Potato		200	0.5	0	0	4	310	43
	Add Butter	100	11	5	0	0	55	0
	Add Sour Cream	25	2	1.5	0	0	10	<1g
French Fries		360	17	1.5	0	5	320	47
Creamy Lobster Baked Potato		350	13	4.5	0	13	690	46
Creamy Lobster Mashed Potatoes		380	24	10	0.5	11	1010	30

MENU - (cont.)

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	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
ADD TO ANY MEAL							
Maine Lobster Tail	90	3.5	0.5	0	14	370	0
Garlic-Grilled Shrimp Skewer	160	10	2	0	16	400	2
Snow Crab Legs 1/2 pound	90	1	0	0	20	790	0
Garlic-Grilled Sea Scallops	100	5	1	0	12	480	4
SHRIMP & CLASSIC COMBINATIONS							
Admiral's Feast	1200	62	6	0	64	3300	97
Shrimp Linguini Alfredo Half	660	36	12	1	30	1510	54
Full	1290	70	24	1.5	59	2940	108
Parrot Isle Jumbo Coconut Shrimp	860	57	13	0	24	1580	64
Add five more	440	29	6	0	12	810	33
Seaside Shrimp Trio	1020	52	14	1	55	3230	84
Shrimp Your Way							
Scampi	100	4.5	1	0	13	700	1
Coconut Shrimp Bites	300	18	4	0	11	760	24
Fried Shrimp	220	11	1	0	15	590	13
Popcorn Shrimp	380	18	1.5	0	16	1410	38
Walt's Favorite Shrimp	580	28	3	0	24	2150	57
Add 1/2 dozen more	340	14	1.5	0	13	1650	39
CREATE YOUR OWN COMBINATION							
Parrot Isle Jumbo Coconut Shrimp	690	45	10	0	19	1270	51
Seafood-Stuffed Flounder	250	15	3	0	21	970	8
Garlic-Grilled Sea Scallops	100	5	1	0	12	480	4
Walt's Favorite Shrimp	390	19	2	0	16	1440	38
Garlic Shrimp Scampi	150	7	1.5	0	20	1050	2
Garlic-Grilled Shrimp	330	13	2.5	0	19	860	34
Steamed Snow Crab Legs	90	1	0	0	20	790	0
Shrimp Linguini Alfredo	660	36	12	1	30	1510	54
Wood-Grilled Fresh Salmon	310	19	4	0	32	530	0
7 oz. Peppercorn-Grilled Sirloin	240	9	4	0.5	36	710	3
Fried Oysters*	630	33	3.5	0	16	700	67
Batterfried Crawfish*	920	64	6	0	34	1330	52
SEAFOOD BAKES							
Bar Harbor Lobster Bake	1540	81	20	2	82	3140	113
Crab and Roasted-Garlic Seafood Bake	900	48	13	1.5	62	3570	52
Roasted Maine Lobster Bake	710	38	10	1	40	2290	45

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	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
CRAB							
Snow Crab Legs 1 lb (includes corn and potatoes)	370	5	1	0	46	2240	35
Add 1/2 pound more	90	1	0	0	20	790	0
Crab Linguini Alfredo Half	1030	68	22	1.5	46	2380	59
Full	2030	135	44	3.5	89	4680	117
LOBSTER AND SIGNATURE COMBINATIONS							
Ultimate Feast®	650	25	3.5	0	42	2600	62
Live Maine Lobster (includes corn and potatoes)							
Steamed	420	5	1	0	60	1500	35
With Crab-and-Seafood Stuffing	500	9	2.5	0	64	1780	43
Wood-Grilled Lobster, Shrimp and Salmon	870	52	22	0.5	65	2170	35
Lobster Scampi Linguini	1310	78	21	2	58	2890	89
Rock Lobster Tail	170	1	0	0	39	540	1
FISH							
Parmesan-Crusted Tilapia	370	16	5	0	39	840	17
Hand-Battered Fish and Chips	700	33	3	0	42	1030	60
Wild-Caught Flounder/Sole Golden-fried	500	24	2.5	0	43	1190	27
Oven-broiled	450	9	0	0	74	920	7
Baked with crab-and-seafood stuffing	500	30	6	1	41	1940	16
Walleye* Fried	590	29	3	0	68	1520	12
Broiled	420	8	1.5	0	81	210	0
Batterfried	1170	73	7	0	77	2170	51
Blackened	440	9	1.5	0	81	520	3
Salmon New Orleans	620	42	11	0.5	46	1080	14
4-COURSE FEAST							
New England Clam Chowder	200	15	9	0	6	640	11
Creamy Potato Bacon Soup	250	18	11	0	4	850	19
Manhattan Clam Chowder*	80	3	2	0	2	810	10
Seafood Gumbo*	170	7	2	0	6	850	19
Garden Salad	70	1.5	0	0	1	150	13
Caesar Salad	270	25	4.5	0	4	570	8
Coleslaw	260	20	3	0	2	350	17
Jumbo Coconut and Spicy Pineapple-Grilled Shrimp	760	36	8	0.5	33	1940	75
Shrimp-and-Scallops Alfredo with fresh tomatoes	790	44	15	1.5	39	1940	59

MENU - (cont.)

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	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
4-COURSE FEAST - CONT.							
Garlic-Grilled Shrimp	490	23	4.5	0.5	35	1250	35
Hand-Breaded Shrimp	430	23	2	0	31	1180	26
Wood-Grilled Fresh Tilapia	260	6	1.5	0	45	640	7
Cajun Chicken Linguini Alfredo	1310	58	18	1	93	2860	105
Triple-Chocolate Brownie à la Mode	430	23	13	0.5	16	160	48
Caramel Cheesecake	420	25	13	0	5	280	41
LAND & SEA							
NY Strip and Rock Lobster Tail	810	33	15	1.5	96	1990	33
Wood-Grilled Peppercorn Sirloin	450	19	9	1	41	1330	30
Wood-Grilled Peppercorn Sirloin and Shrimp	610	29	11	1	57	1730	32
Maple-Glazed Chicken Dinner	580	15	3	0	59	2550	52
Cajun Chicken Linguini Alfredo Half	840	45	15	1	53	1940	56
Full	1310	58	18	1	93	2860	105
Center-Cut NY Strip Steak	710	32	15	1.5	74	1690	32
Parmesan-Crusted Chicken Alfredo	1390	88	32	2.5	71	3220	81
DRESSINGS 1.5 OZ							
Blue Cheese Dressing	230	24	5	0	2	300	1
Blueberry Balsamic Dressing	80	4	0.5	0	0	200	11
Caesar Dressing	300	32	6	0.5	2	590	<1g
French Dressing	180	16	2.5	0	0	460	10
Honey Mustard Dressing	190	17	2.5	0	<1g	270	8
Ranch Dressing	150	16	2.5	0	<1g	320	2
Red Wine Vinaigrette	80	5	0	0	0	430	10
Thousand Island Dressing	220	21	3	0	0	290	8
CONDIMENTS AND SAUCES							
100% Pure Melted Butter	300	33	21	0	0	280	0
Cocktail Sauce	45	0	0	0	<1g	580	11
Honey-Mustard Dipping Sauce	190	17	2.5	0	<1g	270	8
Ketchup	60	0	0	0	<1g	480	15
Marinara Sauce	35	2	0	0	<1g	230	4
Mayonnaise	300	33	4.5	0	0	220	0
Mustard	0	0	0	0	0	460	0
Pico de Gallo	10	0	0	0	0	190	2
Pina Colada Sauce	100	4.5	3.5	0	<1g	40	14
Pineapple Salsa	40	0	0	0	<1g	340	9
Tartar Sauce	210	21	3	0	0	180	4

LUNCH MENU

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**Regional item, availability varies.*

	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
QUICK CATCHES							
Coastal Soup and Grilled Shrimp Salad							
with New England Clam Chowder	530	34	18	0.5	22	1600	36
with Creamy Potato Bacon Soup	640	40	22	0	17	2010	52
with Lobster Bisque	710	51	28	0	21	1960	44
with Seafood Gumbo*	480	19	5	0	23	2000	52
with Manhattan Clam Chowder*	290	10	4.5	0	14	1930	32
Shrimp and Wood-Grilled Chicken							
with Wood-Grilled Shrimp Skewer	400	12	2.5	0	39	1620	33
with Hand-Breaded Shrimp	480	17	2.5	0	42	1870	41
with Garlic Shrimp Scampi	390	10	2	0	42	1870	33
Bacon Cheddar Chicken Club Sandwich	1100	60	13	1	51	2060	88
Wood-Grilled Burger	1050	59	14	1.5	42	1190	88
Add Bacon	60	4	1.5	0	4	160	0
Hand-Battered Fish and Chips	700	33	3	0	42	1030	60
Wood-Grilled Tacos							
with Shrimp	650	25	5	0.5	29	1710	76
with Chicken	690	26	5	0	39	1950	76
with Fresh Tilapia	740	26	5	0	53	1560	76
with Lobster Meat	660	28	5	0	25	2120	78
Crunch-Fried Fish Sandwich	1180	64	10	1	37	2090	116
Wood-Grilled Shrimp Skewers	340	9	2	0	24	900	41
CREATE YOUR OWN LUNCH							
Lightly Breaded Clam Strips	390	24	2.5	0	10	730	33
Garlic-Grilled Shrimp Skewer	230	6	1	0	12	620	33
Garlic Shrimp Scampi	60	1.5	0	0	11	420	<1g
Hand-Breaded Shrimp	150	8	1	0	11	410	9
Crunch-Fried Fish	400	24	2	0	19	1290	28
Chicken Breast Strips	350	20	2	0	22	1110	21
Bay Scallops Broiled	100	3	0.5	0	15	600	4
Fried	120	4.5	0	0	10	380	8
Batterfried Crawfish*	460	32	3	0	17	670	26

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	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
LUNCH CLASSICS							
Classic Caesar Salad	540	50	9	0	8	1140	15
with Chicken	700	56	10	0	36	2140	15
with Shrimp	660	56	10	0	26	1480	17
with Salmon	810	66	13	0	38	1610	15
Maple-Glazed Chicken	410	9	1.5	0	31	1550	52
Sailor's Platter	340	10	1	0	52	1280	6
Wild-Caught Flounder/Sole Golden-fried	310	15	1.5	0	27	740	17
Oven-broiled	160	3.5	0	0	29	600	0
Baked with Crab-and-Seafood Stuffing	250	15	3	0	21	970	8
Shrimp Linguini Alfredo Lunch	660	36	12	1	30	1510	54
Full	1290	70	24	1.5	59	2940	108
Crab Linguini Alfredo Lunch	1030	68	22	1.5	46	2380	59
Full	2030	135	44	3.5	89	4680	117
Cajun Chicken Linguini Alfredo Lunch	840	45	15	1	53	1940	56
Full	1310	58	18	1	93	2860	105
Parmesan-Crusted Chicken Alfredo	1390	88	32	2.5	71	3220	81
Farm-Raised Catfish Blackened	220	8	2	0	37	350	0
Golden-fried	230	10	1.5	0	31	270	3
Canadian Walleye* Fried	290	15	1.5	0	34	760	6
Beer Battered	590	37	3.5	0	38	1090	26
Broiled	210	4	0.5	0	40	105	0
Blackened	220	4.5	0.5	0	41	260	2
Hand-Breaded Shrimp	260	14	1.5	0	18	710	16
Crunchy Popcorn Shrimp	380	18	1.5	0	16	1410	38
Garlic Shrimp Scampi	100	4.5	1	0	13	700	1
SWEET TREATS							
Warm Chocolate Chip Lava Cookie	1070	51	23	1	12	470	142
New York-Style Cheesecake with Strawberries	590	41	25	1	9	390	48
Carrot Cake	600	36	12	0	6	570	63
Warm Apple Crostada	620	30	15	0	9	530	79
Key Lime Pie	580	22	12	2.5	9	450	88
Chocolate Wave	1490	81	25	3	16	950	172
Baileys and Coffee	180	8	5	0	2	50	15
Coffee Nudge	130	2	1.5	0	<1g	15	13
Irish Coffee	90	2	1	0	<1g	25	4

LUNCH SPECIALS

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	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
Classic Caesar Salad with Chicken	700	56	10	0	36	2140	15
with Shrimp	640	53	10	0	29	1880	16
with Salmon	810	66	13	0	38	1610	15
Cup of Soup and Grilled Shrimp Salad							
with New England Clam Chowder	320	18	9	0	17	1160	24
with Lobster Bisque	420	28	14	0	16	1140	29
with Creamy Potato Bacon	390	22	11	0	13	1160	33
with Manhattan Clam Chowder*	210	8	2.5	0	12	1120	23
with Seafood Gumbo*	480	19	5	0	23	2000	52
Bacon Cheddar Chicken Club Sandwich	1100	60	13	1	51	2060	88
Wood-Grilled Burger	1050	59	14	1.5	42	1190	88
Wood-Grilled Chicken Tacos	690	26	5	0	39	1950	76
Wood-Grilled Fresh Tilapia Tacos	740	26	5	0	53	1560	76
Wood-Grilled Shrimp Tacos	650	25	5	<1	29	1710	76

KIDS' COVE MENU

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
**Regional item, availability varies.*

	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
Broiled Fish	170	4	0	0	29	230	0
Popcorn Shrimp	190	9	1	0	8	700	19
Macaroni and Cheese	280	7	2	0	11	590	42
Chicken Fingers	350	20	2	0	22	1110	21
Grilled Chicken	120	3	0.5	0	25	260	0
Garlic-Grilled Shrimp Skewer	60	2	0	0	11	420	0
Snow Crab Legs	90	1	0	0	20	790	0
DRINKS							
Milk-1%	110	2.5	1.5	0	9	130	13
Juice	110	0	0	0	2	15	27
Lemonade	150	0	0	0	0	0	38
Raspberry Lemonade	170	0	0	0	0	20	28
CASCO BAY COOLERS							
Sunset Strawberry	290	7	4.5	0	4	130	54
Peachy Breezy Smoothie	250	3	2	0	2	190	52
Raspberry Bay Smoothie	290	7	4	0	3	115	54
Frozen Strawberry Lemonade	390	0	0	0	0	20	97
Cherry Wave Slushy	150	0	0	0	0	25	37
SURF'S UP SUNDAE							
Surf's Up Sundae	170	9	5	0	12	45	20
SIDES							
Fruit	40	0	0	0	<1 g	0	10
Broccoli	50	0.5	0	0	4	105	7
Salad Garden	70	1.5	0	0	1	150	13
Caesar	270	25	4.5	0	4	570	8

TABLETOP BOOK MENU

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
FROZEN SPECIALTIES								
Bahama Mama		370	0	0	0	0	30	68
Sunset Passion Colada		360	8	7	0	<1g	15	63
Red Passion Colada		310	4.5	4	0	<1g	35	55
Pina Colada		320	6	5	0	<1g	35	55
Alotta Colada™		700	16	14	0	2	55	95
Big Berry™ Daiquiri		350	0	0	0	<1g	20	65
Strawberry Daiquiri		250	0	0	0	0	10	46
Berry Mango Daiquiri		350	0	0	0	<1g	30	62
Mudslide		520	21	13	0.5	7	160	52
MARGARITAS								
Lobsterita®	Traditional	890	0	0	0	0	860	183
	Strawberry	700	0	0	0	0	55	135
	Raspberry	690	0	0	0	1	50	131
Classic Margarita	Frozen	470	0	0	0	0	590	96
	On the Rocks	250	0	0	0	0	770	22
Fruit Infused Margaritas								
Strawberry	Frozen	350	0	0	0	0	20	68
	On the Rocks	230	0	0	0	0	15	39
Raspberry	Frozen	320	0	0	0	0	0	61
	On the Rocks	250	0	0	0	0	5	39
Peach	Frozen	330	0	0	0	0	0	62
	On the Rocks	240	0	0	0	0	0	39
Perfect 1800 Margarita		220	0	0	0	0	410	26
Grand Patron Margarita		270	0	0	0	0	490	36
Top-Shelf Margarita	Frozen	520	0	0	0	0	640	97
	On the Rocks	300	0	0	0	0	810	25
SPECIALTY COCKTAILS								
Malibu Bay Breeze		240	0	0	0	0	10	47
Top-Shelf Long Island Iced Tea		190	0	0	0	0	0	21
Malibu Hurricane		200	0	0	0	<1g	15	35
Mango Mai Tai		190	0	0	0	0	5	34
Strawberry Mojito		280	0	0	0	0	0	44
Special Cargo Colada		300	1.5	1.5	0	0	5	37
Triple Berry Sangria		200	0	0	0	<1g	30	35
Bloody Mary		140	0	0	0	2	1170	16

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
SPECIALTY COCKTAILS - CONT								
Mojito		190	0	0	0	0	0	25
Skinny Cocktails								
Margarita	Frozen	180	0	0	0	0	10	22
	On the Rocks	190	0	0	0	0	390	19
Long Island Iced Tea		120	0	0	0	0	5	13
Grey Goose Cape Codder		130	0	0	0	0	0	13
Mai Tai		190	0	0	0	0	5	34
Long Beach Iced Tea		190	0	0	0	0	0	22
Old Fashioned-Bourbon		160	0	0	0	0	0	4
MARTINIS								
Classic Martini	with Vodka	150	1.5	0	0	0	260	1
	with Gin	150	1.5	0	0	0	260	1
Cosmopolitan		220	0	0	0	0	0	15
Caramel Appletini		160	0	0	0	0	10	18
Chocolate Martini		330	6	0	0	3	30	30
Manhattan		150	0	0	0	0	0	5
SPIRITS								
Single-Malt Scotches		130	0	0	0	0	0	0
80 Proof Distilled Spirits		130	0	0	0	0	0	0
Cognac		130	0	0	0	0	0	0
AFTER DINNER DRINKS								
Baileys Irish Cream		270	4.5	0	0	0	0	6
Grand Marnier		80	0	0	0	0	0	6
Disaronno Amaretto		80	0	0	0	0	0	12
Kahlúa		90	0	0	0	0	0	15
Frangelico		70	0	0	0	0	0	12
Coffee Nudge		130	2	1.5	0	<1g	15	13
Irish Coffee		90	2	1	0	<1g	25	4
Baileys and Coffee		180	8	5	0	2	50	15
WINE BY THE GLASS								
Sparkling		100	0	0	0	0	15	2
White, Blush or Red		120	0	0	0	0	20	7
WINE BY THE BOTTLE								
Sparkling		420	0	0	0	0	60	6
White, Blush or Red		490	0	0	0	0	70	27

TABLETOP BOOK MENU - (cont.)

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
DRAFT BEER								
Sam Adams	14 oz	180	0	0	0	2	15	15
	20 oz	260	0	0	0	3	25	21
Bud Light	14 oz	120	0	0	0	0	15	15
	20 oz	180	0	0	0	0	20	21
Shock Top Belgian White	14 oz	200	0	0	0	2	10	17
	20 oz	280	0	0	0	4	15	24
Kona Longboard*	14 oz	200	0	0	0	3	15	13
	20 oz	290	0	0	0	4	25	19
Golden Spike*	14 oz	140	0	0	0	0	15	10
	20 oz	200	0	0	0	0	25	15
NONALCOHOLIC DRINKS								
Flavored Lemonades	Strawberry	240	0	0	0	0	0	59
	Peach	280	0	0	0	0	0	71
Boston Iced Teas	Classic Cranberry	80	0	0	0	0	0	19
	Raspberry	100	0	0	0	0	0	26
	Peach	110	0	0	0	0	0	28
Fruit Smoothies	Strawberry	460	11	7	0	6	210	85
	Raspberry	450	10	6	0	5	180	84
	Peach	390	5	3	0	4	290	82
Harbor Cafe Coffee		0	0	0	0	0	5	0
Iced Tea		0	0	0	0	0	0	0
Hot Tea		0	0	0	0	0	0	0
Classic Lemonade		170	0	0	0	0	0	42
Coke®		190	0	0	0	0	65	53
Diet Coke®		0	0	0	0	0	60	0
Sprite®		200	0	0	0	0	90	52
Dr Pepper®		200	0	0	0	0	70	54
Barq's® Root Beer		210	0	0	0	0	95	60
Minute Maid® Light™ Lemonade		300	0	0	0	0	35	50
Minute Maid® Raspberry Lemonade		5	0	0	0	0	90	0
APPETIZERS								
Parrot Isle Jumbo Coconut Shrimp		510	34	8	0	14	950	38
Lobster Pizza		680	31	12	1	34	1740	66
Sweet Chili Shrimp		1140	79	10	1	27	2050	80
Crispy Shrimp Lettuce Wraps		620	18	1.5	0	23	2560	93

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
APPETIZERS - CONT.								
Seaside Sampler		680	39	13	0.5	44	1540	41
Lobster-Artichoke-and-Seafood Dip		1040	61	18	1	30	1960	93
Signature Shrimp Cocktail		100	0.5	0	0	22	280	<1g
Shrimp Nachos		1200	72	21	1.5	43	3360	98
White Wine and Roasted-Garlic Mussels		910	55	13	1.5	32	2170	69
Lobster-Crab-and-Seafood-Stuffed Mushrooms		430	26	13	1	31	1050	20
Crispy Calamari and Vegetables		1660	109	12	0	36	4280	132
Mozzarella Cheesesticks		780	43	15	1	36	2010	64
Create Your Own Appetizer Combination								
Crispy Calamari and Vegetables		840	55	7	0	19	2180	66
Clam Strips		390	24	2.5	0	10	730	33
Chicken Breast Strips		350	20	2	0	22	1110	21
Mozzarella Cheesesticks		390	21	8	0	18	1010	32
Stuffed Mushrooms		220	12	6	0	0	740	12
Lobster Bisque	Cup	290	23	13	0	6	820	15
	Bowl	570	46	27	0	12	1650	31
New England Clam Chowder	Cup	200	15	9	0	6	640	11
	Bowl	400	29	17	0.5	12	1290	23
Buffalo Chicken Wings*		760	49	11	0	72	3260	8
Oysters* on the Half Shell, 1/2 Dozen		70	2	0.5	0	6	140	6
Steamed Clams*		780	50	12	1	33	2410	46
DESSERTS								
Warm Apple Crostada		620	30	15	0	9	530	79
New York-Style Cheesecake with Strawberries		590	41	25	1	9	390	48
Warm Chocolate Chip Lava Cookie		1070	51	23	1	12	470	142
Chocolate Wave		1490	81	25	3	16	950	172
Carrot Cake		600	36	12	0	6	570	63
Key Lime Pie		580	22	12	2.5	9	450	88

FRESH FISH MENU

Since varieties can change daily, please see our Today's Fresh Fish menu for current selections.

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
**Regional item, availability varies.*

		Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
PREPARED GRILLED, BROILED OR BLACKENED								
Arctic Char		400	17	4	0	45	250	7
Cod		250	3.5	0.5	0	44	240	7
Fresh Flounder		250	5	0	0	39	290	7
Grouper		260	4.5	1	0	46	200	7
Haddock		220	3	0	0	38	550	7
Halibut		250	5	1	0	42	250	7
Lake Whitefish		360	15	2	0	46	220	7
Opah		260	3.5	0.5	0	46	280	7
Perch		230	4	0.5	0	40	220	7
Rainbow Trout	Lunch/Half	290	12	2.5	0	38	190	7
	Full	540	23	4.5	0	71	280	7
Red Rockfish		220	4.5	1	0	36	240	7
Salmon	Lunch/Half	360	20	4	0	36	190	7
	Full	670	39	8	0	68	280	7
Gulf Snapper		280	5	1	0	49	200	7
Pacific Snapper		210	3	0.5	0	36	400	9
Fresh Sole		200	6	1	0	27	670	7
Tilapia	Lunch/Half	210	6	1.5	0	41	90	0
	Full	480	12	3.5	0	86	280	7
Tuna		300	3	0.5	0	56	200	7
Wahoo		350	18	4.5	0	37	240	7
SIGNATURE SHELLFISH								
Live Maine Lobster (includes corn and potatoes)	1 ¼ Pound							
	Steamed	420	5	1	0	60	1500	35
	Stuffed	500	9	2.5	0	64	1780	43
Jumbo Lump Crab Cakes*		350	20	3	0	30	900	10
North Pacific King Crab Legs* (includes corn and potatoes)		640	10	1.5	0	95	5620	35
TOPPINGS								
Pineapple Salsa		40	0	0	0	<1 g	340	9
Soy Ginger Glaze		140	<1g	0	0	5	700	28

MENU SPECIALS

Nutritional content includes sides that are automatically served with a dish but does not include condiments, dipping sauces or side choices.
**Regional item, availability varies.*

	Calories	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Sodium (mg)	Carb. (g)
CRABFEST®							
Ultimate Feast®	650	25	3.5	0	42	2600	62
Wild-Caught Snow Crab and Seafood Bake	1210	69	18	2	84	4560	61
Wild-Caught King Crab and Seafood Bake	1300	71	18	2	99	5850	61
Crabfest® Ultimate Surf and Turf	780	37	15	1	69	2320	41
Crabfest® Ultimate Surf and Turf with NY Strip	1050	51	20	2	102	2680	43
Crab Linguini Alfredo (Half)	1030	68	22	1.5	46	2380	59
Crab Linguini Alfredo (Full)	2030	135	44	3.5	89	4680	117
Jumbo Lump Crab Cake Dinner	480	17	3	0	33	1360	43
Wild-Caught Snow Crab Legs Dinner	460	6	1.5	0	66	3040	40
Wild-Caught King Crab Legs Dinner	530	8	1	0	73	4380	40
Wild-Caught Alaska Bairdi Crab Legs Dinner	510	6	1.5	0	77	3480	40
Jumbo Lump Crab Cakes & Crab-Topped Salmon	860	48	15	<1	65	2640	38
Crab Lover's Dream™	1220	70	22	2	87	4380	59
Snow Crab Legs (Add-on)	90	1	0	0	20	790	0
King Crab Legs (Add-on)	110	2	0	0	22	1240	0
Alaska Bairdi Crab Legs (Add-on)	110	1	0	0	24	940	0
Jumbo Lump Crab Cake (Add-on)	100	4.5	1	0	10	300	4
Loaded Crab Topping (Add-on)	130	9	4	0	8	390	3
FEATURED APPETIZER							
Crabfest® Sampler	410	23	10	<1	33	980	17
FEATURED COCKTAIL							
High Tide	170	0	0	0	0	0	22