



ALLERGEN GUIDE

CANADA RESTAURANTS

Information Valid 6/29/2026 - 9/06/2026

When placing your order, please let your server know if you have a food allergy or sensitivity. Due to 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. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change, or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart.

* 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.

Soy Allergies – Our fried items are prepared using an oil blend that contains soybean oil. According to Health Canada regulations, highly refined soybean oil is not considered allergenic and is therefore exempt from labeling. Therefore, menu items that are fried in the oil blend containing soybean oil will not be identified in the allergen guide below as containing soy unless other forms of soy protein are present in the menu item.

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												
		Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish	Crustacean Shellfish	Sesame	Sulfites added, not naturally occurring	Gluten* identified within ingredients	
Yes = Menu item contains this specific allergen Blank = means specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method													
CRABFEST®														
Crab-Topped Stuffed Mushrooms	-			Yes		Yes	Yes			Yes	Yes		Yes	Yes
Crab Queso	-			Yes		Yes	Yes				Yes			Yes
Crab & Shrimp Linguini Alfredo	-			Yes		Yes	Yes				Yes		Yes	Yes
Salmon Oscar: Salmon (grilled) with Crab Topping	-			Yes		Yes	Yes	Yes			Yes		Yes	Yes
Steak Oscar: 7 oz. Sirloin with Crab Topping	-			Yes		Yes	Yes				Yes		Yes	Yes
Crab-Topped Baked Potato	-			Yes		Yes	Yes				Yes			Yes
Crab-Topped Mashed Potatoes	-			Yes		Yes	Yes				Yes			Yes
CRABFEST® - CRAB YOUR WAY														
1. CHOOSE YOUR CRAB - CRAB YOUR WAY														
Snow Crab with crispy potatoes	-										Yes			
Bairdi Crab with crispy potatoes	-										Yes			
2. CHOOSE YOUR FLAVOUR - CRAB YOUR WAY														
Cajun Style	-			Yes		Yes								

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Lemon Pepper	-			Yes		Yes							
Mike's Hot Honey®	-			Yes		Yes							
OLD BAY® and Butter Sauce	-			Yes		Yes						Yes	
RL Signature	-			Yes		Yes						Yes	
Roasted Garlic & Herb	-			Yes		Yes							
Simply Steamed	-					Yes							
CRABFEST® - SEAFOOD BOILS													
1. CHOOSE YOUR BOIL - SEAFOOD BOIL													
Crabfest Boil	-									Yes		Yes	
Mariner's Boil	-									Yes		Yes	
Sailor's Boil	-					Yes	Yes			Yes		Yes	Yes
2. CHOOSE YOUR FLAVOUR - SEAFOOD BOIL													
Cajun Style	-			Yes		Yes							
Lemon Pepper	-			Yes		Yes							
Mike's Hot Honey®	-			Yes		Yes							
OLD BAY® and Butter Sauce	-			Yes		Yes						Yes	
RL Signature	-			Yes		Yes						Yes	
Roasted Garlic & Herb	-			Yes		Yes							
3. CHOOSE YOUR SPICE - SEAFOOD BOIL													
Original	-												
Spicy	-												
Extra Spicy	-												
Scorchin'	-												
4. OTHER / ADD-ON'S													
Cajun Sausage	-					Yes	Yes					Yes	Yes
STARTERS & SOUPS													
Bacon-Wrapped Sea Scallops with chipotle ranch	-			Yes	Yes	Yes			Yes			Yes	
Shrimp Cocktail	-									Yes		Yes	
Crab Queso	-			Yes		Yes	Yes			Yes			Yes

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Escargot	-			Yes	Yes	Yes	Yes		Yes			Yes	Yes
Garlic Shrimp Flatbread	-			Yes		Yes	Yes			Yes		Yes	Yes
Island Jumbo Coconut Shrimp	-			Yes		Yes	Yes			Yes		Yes	Yes
Mozzarella Cheesesticks	-					Yes	Yes						Yes
Popcorn Shrimp	-			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Seafood-Stuffed Mushrooms	-			Yes		Yes	Yes		Yes	Yes		Yes	Yes
Sweet Chili Shrimp	-			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Calamari	-			Yes	Yes	Yes	Yes		Yes			Yes	Yes
White Wine and Garlic Mussels	-			Yes	Yes	Yes	Yes		Yes			Yes	Yes
Lobster Bisque (cup/bowl)	-			Yes		Yes	Yes			Yes		Yes	Yes
New England Clam Chowder (cup/bowl)	-			Yes		Yes	Yes	Yes	Yes			Yes	Yes
BOWLS & TACOS													
Chicken Caesar Bowl with Rice	-			Yes	Yes	Yes	Yes	Yes				Yes	Yes
Sesame-Soy Salmon Bowl	-			Yes		Yes	Yes	Yes			Yes	Yes	Yes
Southwest Shrimp Bowl	-			Yes	Yes	Yes				Yes		Yes	
Tacos, Crispy Shrimp	-			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Tacos, Grilled Shrimp	-			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Tacos, Grilled Tilapia	-				Yes	Yes	Yes	Yes				Yes	Yes
PASTAS													
Chicken Linguini Alfredo (Classic or Cajun Style)	-			Yes		Yes	Yes					Yes	Yes
Crab & Shrimp Linguini Alfredo				Yes		Yes	Yes			Yes		Yes	Yes
Shrimp Linguini Alfredo	-			Yes		Yes	Yes			Yes		Yes	Yes
Lobster & Shrimp Linguini	-			Yes		Yes	Yes			Yes		Yes	Yes
SHRIMP YOUR WAY													
Garlic Shrimp	-			Yes		Yes				Yes		Yes	
Grilled Shrimp Skewer	-			Yes		Yes				Yes		Yes	
Island Coconut Shrimp	-			Yes		Yes	Yes			Yes		Yes	Yes
Shrimp Linguini Alfredo	-			Yes		Yes	Yes			Yes		Yes	Yes

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Popcorn Shrimp	-			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Sweet Chili Shrimp	-			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Walt's Favourite Shrimp	-				Yes	Yes	Yes			Yes		Yes	Yes
LOBSTER & SEAFOOD SPECIALTIES													
Admiral's Feast with Chesapeake Fries	-				Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes
Grilled Lobster, Shrimp and Salmon with Rice	-			Yes		Yes		Yes		Yes		Yes	
Live Maritime Lobster Dinner (Classic)	-					Yes				Yes			
Live Maritime Lobster Dinner (Stuffed)	-			Yes	Yes	Yes	Yes		Yes	Yes		Yes	Yes
Surf & Turf - Maritime Lobster Tail & 7 oz Sirloin	-			Yes		Yes				Yes		Yes	
Twin Maritime Tails	-			Yes		Yes				Yes			
FEASTS													
Ultimate Feast® with Rice	-			Yes	Yes	Yes	Yes			Yes		Yes	Yes
FISH													
Crispy Fish Sandwich with Chesapeake Fries	-			Yes	Yes		Yes	Yes			Yes		Yes
Fish and Chips with Chesapeake Fries	-				Yes		Yes	Yes					Yes
Fresh Grilled Atlantic Salmon	-					Yes		Yes				Yes	
Salmon New Orleans	-					Yes		Yes		Yes		Yes	
Tilapia and Scallops	-			Yes		Yes		Yes	Yes			Yes	
BEEF & CHICKEN													
Cheeseburger with Chesapeake Fries (with or without bacon)	-			Yes	Yes	Yes	Yes				Yes		Yes
Grilled Chicken Sandwich with Chesapeake Fries (with or without bacon)	-			Yes	Yes		Yes				Yes		Yes
Garlic Lover's 7oz Sirloin				Yes		Yes							
7 oz. Sirloin	-					Yes						Yes	
Parmesan-Crusted Chicken	-			Yes		Yes	Yes					Yes	Yes
ADD TO ANY ENTREE													
Bacon-Wrapped Sea Scallops	-								Yes			Yes	
1/2 lb Snow Crab Legs	-					Yes				Yes			
Garlic Shrimp	-			Yes		Yes				Yes		Yes	

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Grilled Shrimp	-			Yes		Yes				Yes		Yes	
Maritime Lobster Tail – Classic (Add-On)	-			Yes		Yes				Yes			
Maritime Lobster Tail – Grilled (Add-On)	-			Yes		Yes				Yes		Yes	
CLASSIC SIDES													
Baked Potato													
Add Butter / Margarine to Baked Potato				Yes		Yes							
Add Sour Cream to Baked Potato						Yes							
Chesapeake Fries	-												
Coleslaw					Yes								
Green Beans													
Mashed Potatoes				Yes		Yes							
Rice				Yes								Yes	
PREMIUM SIDES													
Asparagus, Roasted	-					Yes							
Bacon Mac and Cheese	-			Yes		Yes	Yes			Yes			Yes
Caesar Salad - Side	-				Yes	Yes	Yes	Yes				Yes	Yes
Crispy Brussel Sprouts	-			Yes			Yes				Yes		Yes
Lobster Pasta Au Gratin	-			Yes		Yes	Yes			Yes		Yes	Yes
Crab-Topped Baked Potato	-			Yes		Yes	Yes			Yes			Yes
Crab -Topped Mashed Potatoes	-			Yes		Yes	Yes			Yes			Yes
Lobster-Topped Baked Potato	-			Yes		Yes	Yes	Yes		Yes		Yes	Yes
Lobster-Topped Mashed Potatoes	-			Yes		Yes	Yes	Yes		Yes		Yes	Yes
DAILY DEALS													
Weekday Shrimp Trio	-			Yes	Yes	Yes	Yes			Yes		Yes	Yes
MONDAY (Endless): Garlic Shrimp	-			Yes		Yes				Yes		Yes	
MONDAY (Endless): Shrimp Linguini Alfredo	-			Yes		Yes	Yes			Yes		Yes	Yes
MONDAY (Endless): Walt's Favourite Shrimp	-				Yes	Yes	Yes			Yes		Yes	Yes
MONDAY (Endless): Island Jumbo Coconut Shrimp	-			Yes		Yes	Yes			Yes		Yes	Yes
TUESDAY: Snow Crab with crispy potatoes (simply steamed)	-					Yes				Yes			

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WEDNESDAY: Fish and Chips with Chesapeake Fries	-				Yes		Yes	Yes					Yes
FRIDAY: Steak & Walt's Favourite Shrimp	-				Yes	Yes	Yes			Yes		Yes	Yes
DESSERTS													
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
Strawberry Cheesecake Bliss				Yes	Yes	Yes	Yes						Yes
Warm Apple Crostada				Yes	Yes	Yes	Yes						Yes
SIGNATURE BISCUITS													
Signature Biscuits	-			Yes		Yes	Yes					Yes	Yes
DRESSINGS & SAUCES													
100% Pure Melted Butter						Yes							
Blue Cheese Dressing				Yes	Yes	Yes							
Butter				Yes		Yes							
Caesar Dressing					Yes	Yes		Yes				Yes	
Champagne Vinaigrette Dressing				Yes								Yes	
Cocktail Sauce													
French Dressing													
Ketchup													
Marinara Sauce													
Pico de Gallo													
Piña Colada Sauce						Yes							
Plum Sauce												Yes	
Ranch Dressing					Yes	Yes							
Sour Cream						Yes							
Tartar Sauce					Yes								

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WEEKDAY LUNCH													
Fried Bay Scallops	-						Yes		Yes			Yes	Yes
Grilled Tilapia	-					Yes		Yes				Yes	
Garlic Shrimp	-			Yes		Yes				Yes		Yes	
Grilled Chicken & Shrimp	-			Yes		Yes				Yes		Yes	
Island Coconut Shrimp	-			Yes		Yes	Yes			Yes		Yes	Yes
Popcorn Shrimp	-			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Walt's Favourite Shrimp	-				Yes	Yes	Yes			Yes		Yes	Yes
KIDS SEASIDE MENU													
Grilled Shrimp	-			Yes		Yes				Yes		Yes	
Grilled Tilapia	-					Yes		Yes				Yes	
Popcorn Shrimp	-			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Macaroni & Cheese	-					Yes	Yes						Yes
Chicken Tenders with plum sauce	-						Yes					Yes	Yes
Grilled Chicken	-												
Golden-Fried Fish	-						Yes	Yes					Yes
Petite Maritime Lobster Tail	-			Yes		Yes				Yes		Yes	
Fresh Fruit - Orange Wedges													
Green Beans													