ALLERGEN GUIDE

CANADA RESTAURANTS

Information Valid 10/12/2026

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.

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											
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**	**Peanut**	**Tree Nut**	**Soy**	**Egg**	**Dairy**	**Wheat**	**Finfish**	**Molluscan Shellfish**	**Crustacean Shellfish**	**Sesame**	**Sulfites** added, not naturally occurring	**Gluten*** identified within ingredients
ENDLESS SHRIMP®													
Garlic Bread Crusted Shrimp	•					Yes	Yes			Yes		Yes	Yes
Garlic Shrimp	•			Yes		Yes				Yes		Yes	
Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes		Yes	Yes
Island Jumbo Coconut Shrimp	•			Yes		Yes	Yes			Yes		Yes	Yes
Walt's Favourite Shrimp	•				Yes	Yes	Yes			Yes		Yes	Yes
Old Bay Seasoned Shrimp Scampi	•			Yes		Yes	Yes			Yes		Yes	Yes
STARTERS & SOUPS													
Bacon-Wrapped Sea Scallops with chipotle ranch	•			Yes	Yes	Yes			Yes			Yes	

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Shrimp Cocktail	•									**Yes**		**Yes**	
Crab Queso	•			**Yes**		**Yes**				**Yes**			
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 Cheese sticks	•					**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**
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**							
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**							

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Simply Steamed	•					**Yes**							
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**
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**	

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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
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
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

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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**	
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**							

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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**
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: Crab Lover's Duo	•			**Yes**		**Yes**	**Yes**			**Yes**		**Yes**	**Yes**
WEDNESDAY: Steak & Walt's Favourite Shrimp	•				**Yes**	**Yes**	**Yes**			**Yes**		**Yes**	**Yes**
THURSDAY: Salmon New Orleans	•			**Yes**		**Yes**	**Yes**	**Yes**		**Yes**		**Yes**	**Yes**

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FRIDAY: Captain's Platter	•				Yes	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	•			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							

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Tartar Sauce					**Yes**								
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													