



Due to the handcrafted nature of our menu items, and the inherent size variations of seafood, nutritional content may vary.

Supplemental nutritional information is available on our website.

If you have other nutrition questions, please contact us at: 800-562-7837 (Monday-Friday 10am-5pm EST).

Information Valid Beginning on 1-19-26

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugar (g)	Protein (g)
LOBSTERFEST®											
Create Your Own Lobster Lover's Dream®											
Crispy Dragon Teriyaki Lobster	320	150	17	2	0	100	1440	26	1	8	16
Lobster Pasta au Gratin	670	330	36	21	1	130	1550	53	2	3	36
Lobster & Shrimp Linguini Alfredo	960	550	61	32	2	240	2550	63	5	3	40
Maritime Lobster Tail	420	360	41	22	0	190	780	1	0	0	13
Rock Lobster Tail	480	370	41	23	0	220	1160	2	1	0	27
Grilled Lobster, Shrimp and Salmon with rice	1230	710	79	21	1	360	2830	51	2	3	74
Live Maritime Lobster	440	310	34	21	0	290	290	1	0	0	33
Lobster Queso	970	530	59	22	1	130	2170	77	9	6	34
Lobster & Shrimp Flatbread	930	410	45	18	1	190	2710	83	5	16	50
Lobster & Shrimp Linguini Alfredo	1220	650	73	35	2	330	3200	84	7	5	58
Lobsterfest® Duo with LobsterChops™	610	470	53	24	1	310	1690	2	1	0	32
Lobster-Topped Baked Potato	430	150	17	5	0	40	2310	58	6	4	14
Lobsterfest® Boil	700	40	5	1	0	590	2810	83	10	10	82
Surf & Turf - Maritime Lobster Tail & Sirloin with baked potato	1010	530	59	26	1	330	3480	56	7	3	66
STARTERS											
Bacon-Wrapped Sea Scallops	450	330	37	8	0	70	1400	9	1	6	23
Calamari	1200	580	66	7	0	410	1210	120	3	3	31
Crab Queso	960	530	59	22	1	155	2170	77	9	6	33
Escargot	470	290	33	9	0	80	1530	30	4	2	17
Garlic Shrimp Flatbread	930	410	45	18	1	190	2720	85	5	16	47
Island Coconut Shrimp	660	360	41	11	0	130	910	55	5	20	20
Lobster Bisque, Cup	260	140	16	6	0	70	1050	21	1	5	8
Lobster Bisque, Bowl	480	280	31	12	1	130	2020	35	1	11	15
Mozzarella Cheesesticks	960	490	55	18	1	63	3320	78	4	16	44
New England Clam Chowder (Cup)	250	120	13	7	0	40	870	25	1	5	7
New England Clam Chowder (Bowl)	450	230	25	14	1	82	1660	41	2	9	13
Popcorn Shrimp	800	450	51	5	0	200	1300	50	2	12	33
Seafood-Stuffed Mushrooms	510	330	37	17	1	80	1180	23	3	9	26
Seafood-Stuffed Mushrooms with Crab Topping	670	420	47	22	2	160	1730	29	2	10	35
Shrimp Cocktail	170	30	4	1	0	260	1120	13	1	6	22
Sweet Chili Shrimp	870	550	61	7	1	170	1740	60	4	22	21
White Wine & Garlic Mussels	780	480	54	13	1	70	2240	44	3	5	28

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ENTRÉES											
Admiral's Feast with fries	2070	1040	116	11	0	160	5320	18390	12	30	63
Atlantic Salmon, Grilled	510	310	34	6	0	130	680	1	0	0	47
Bacon Cheeseburger	1130	630	71	27	2	250	2380	60	4	19	63
Cajun Chicken Linguini Alfredo	1390	630	71	19	1	190	4760	11	9	44	67
Crab Carbonara	1730	1110	124	45	2	340	4020	88	7	12	71
Crab Your Way											
Snow Crab, two clusters with crispy potatoes	610	230	26	2	0	130	3490	55	6	3	42
Cajun Style	690	650	72	21	1	0	850	8	1	1	1
Lemon Pepper Sauce	690	660	73	46	0	200	1580	8	2	1	1
OLD BAY® & Butter Sauce	640	630	70	23	0	0	2540	4	0	1	0
RL Signature Sauce	750	710	79	31	0	50	1670	9	1	1	1
Roasted Garlic & Herb Sauce	620	520	58	18	0	0	850	10	0	1	2
Simply Steamed (melted butter)	300	300	33	21	0	90	290	1	0	0	0
Fish and Chips with fries and coleslaw	1560	880	99	11	1	120	2860	110	10	21	50
Grilled Lobster, Shrimp and Salmon with rice	1230	710	79	21	1	360	2830	51	2	3	74
Live Maritime Lobster	440	310	34	21	0	290	290	1	0	0	33
Lobster Lover's Duo	600	430	48	24	0	320	1650	2	2	0	40
Lobster & Shrimp Linguini Alfredo	1220	650	73	35	2	330	3200	84	7	5	58
Parmesan Crusted Chicken	610	310	35	18	1	150	1290	35	1	7	38
Salmon New Orleans	1170	690	77	17	0	350	1460	13	3	3	103
Seafood Boils											
Lobsterfest® Boil	700	40	5	1	0	590	2810	83	10	10	82
Mariner's Seafood Boil	600	30	4	1	0	340	2160	80	9	10	60
Sailor's Seafood Boil	1310	560	52	22	1	520	4640	95	10	13	94
Cajun Style	1380	1290	144	42	1	0	1700	15	2	2	2
Lemon Pepper Sauce	1390	1310	146	92	0	390	3160	16	3	1	2
OLD BAY® & Butter Sauce	1290	1260	140	46	1	0	5080	8	0	2	1
RL Signature Sauce	1490	1420	158	62	1	110	3340	18	2	2	3
Roasted Garlic & Herb Sauce	1250	1040	115	37	1	0	1690	20	1	2	3
Add Cajun Sausage to Seafood Boil	370	260	29	11	0	80	1270	6	0	2	22
Spicy	40	10	1	0	0	0	260	8	3	1	1
Extra Spicy	80	30	3	1	0	0	520	16	6	2	3
Shrimp Linguini Alfredo	1170	570	64	18	1	140	2640	110	5	42	40
Shrimp & Sauce											
Shrimp	110	10	1	0	0	210	1200	1	1	1	23
Cajun Style	350	330	37	11	0	0	440	4	1	1	1
Lemon Pepper Sauce	340	320	36	22	0	100	770	4	1	0	1
OLD BAY® & Butter Sauce	310	310	34	11	0	0	1230	2	0	1	0
RL Signature Sauce	320	310	34	14	0	30	710	4	0	0	1
Roasted Garlic & Herb Sauce	310	290	32	10	0	0	470	6	0	1	1

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Shrimp & Sausage Jambalaya	1020	500	56	15	0	170	3860	89	6	10	41
Spicy	10	3	0	0	0	0	60	2	1	0	0
Extra Spicy	20	7	8	0	0	0	130	4	2	1	1
Shrimp Your Way											
Garlic Shrimp Scampi	230	180	20	4	0	90	840	1	0	0	10
Shrimp Linguini Alfredo	710	300	34	9	1	110	1470	73	4	21	28
Grilled Shrimp Skewer	80	30	4	1	0	100	580	0	0	0	11
Sweet Chili Shrimp	420	260	29	3	0	76	910	31	2	12	11
Walt's Favorite Shrimp	260	90	11	1	0	70	1560	31	2	11	10
Parrot Isle Jumbo Coconut Shrimp	470	250	28	8	0	90	610	40	3	16	14
Popcorn Shrimp	430	230	26	3	0	100	940	33	1	11	17
Steaks: 7 oz. Sirloin	320	140	15	4	0	130	980	1	0	0	46
Steaks: 10 oz. New York Strip	500	230	25	9	1	140	2880	1	0	0	62
Surf & Turf - Maritime Lobster Tail & Sirloin with baked potato	1010	530	59	26	1	330	3480	56	7	3	66
Tilapia & Scallops	740	510	57	18	1	160	2100	7	1	1	54
Ultimate Feast with rice	1190	670	75	28	0	400	4360	76	4	9	52
SALADS, BOWLS & TACOS											
Caesar Salad with Chicken	640	450	50	10	1	120	1730	21	5	5	28
Sesame-Soy Salmon Bowl	1150	640	640	14	0	130	2260	93	9	24	59
Southwest Shrimp Bowl	780	360	40	12	1	180	2470	80	5	8	26
Tacos, Crispy Shrimp	780	400	44	7	1	120	2240	74	7	8	20
Tacos, Grilled Shrimp	650	270	30	6	4	220	2710	59	8	9	34
Tacos, Grilled Tilapia	700	280	31	7	0	120	2410	54	7	7	50
ADD TO ANY ENTRÉE											
Bacon-Wrapped Sea Scallops (2 scallops)	220	170	19	4	0	40	700	5	1	3	12
Garlic Shrimp	230	180	20	4	0	90	840	1	1	1	10
Grilled Shrimp	130	70	8	2	2	100	650	1	0	0	12
Maritime Lobster Tail	420	360	41	22	0	190	780	1	0	0	13
Rock Lobster Tail	480	370	41	23	0	220	1160	2	1	0	27
Snow Crab Legs, one cluster	380	400	34	21	0	160	1020	1	0	0	18
SIDES											
Asparagus	80	50	6	4	0	20	310	5	2	2	3
Bacon Mac & Cheese	650	340	38	22	1	120	1710	48	2	6	27
Baked Potato	270	30	3	0	0	0	1730	55	6	3	7
Baked Potato, Crab-Topped	430	120	13	6	0	70	2240	62	6	5	16
Baked Potato, Lobster-Topped	430	150	17	5	0	40	2310	58	6	4	14
Caesar Salad - Side	310	240	27	6	1	40	580	11	1	3	6
Cheddar Bay Biscuits® (each)	160	80	9	4	0	0	390	17	1	1	3
Chesapeake Fries	510	180	20	2	0	0	1170	74	6	0	7
Coleslaw	150	110	12	2	0	10	330	10	2	7	2
Crab Topping	160	90	10	6	0	70	510	10	0	2	9
Crispy Brussels Sprouts	470	210	24	8	0	0	830	55	13	18	13
Green Beans	90	40	5	0	0	0	440	11	4	5	3

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Mashed Potatoes	170	70	8	3	0	10	540	22	3	2	3
Mashed Potatoes, Crab-Topped	300	150	17	9	0	80	920	26	3	3	12
Mashed Potatoes, Lobster-Topped	330	190	22	8	0	50	1120	25	3	3	10
Rice	230	30	4	1	0	0	580	45	1	3	4
DAILY DEALS											
Monday: Cajun Chicken Linguini Alfredo	1390	630	71	19	1	190	4760	11	9	44	67
Monday: Shrimp Linguini Alfredo	1170	570	64	18	1	140	2640	110	5	42	39
Tuesday: Snow Crab Legs, two clusters with crispy potatoes	910	530	59	23	0	220	3770	56	6	3	42
Wednesday: Fish & Chips with fries and coleslaw	1560	880	99	11	1	120	2860	110	10	21	50
Friday: Steak & Walt's Favourite Shrimp	570	230	25	5	0	200	2480	30	2	6	55
Weekday Shrimp Trio	1930	890	100	18	1	300	4900	196	13	46	63
WEEKDAY LUNCH SPECIALS											
Bay Scallops (fried)	710	320	36	3	0	50	1920	61	3	13	33
Garlic Shrimp	450	360	40	8	1	180	1670	3	1	1	20
Grilled Chicken and Shrimp	220	90	10	2	2	170	1370	3	1	1	30
Grilled Tilapia	270	110	12	3	0	90	970	1	0	0	41
Island Coconut Shrimp	570	310	35	9	0	110	770	48	4	19	16
Popcorn Shrimp with fries	1000	410	46	4	0	100	2590	122	8	24	24
Sesame-Soy Salmon Bowl	1150	640	640	14	0	130	2260	93	9	24	59
Southwest Shrimp Bowl	780	360	40	12	1	180	2470	80	5	8	26
Walt's Favourite Shrimp	370	150	16	1	0	100	2090	41	3	6	15
DESSERTS											
Brownie Overboard™	980	470	53	26	1	170	390	121	5	81	12
Chocolate Wave	920	520	58	19	1	100	750	134	6	90	10
Key Lime Pie	580	240	27	16	0	190	270	76	2	56	10
Strawberry Cheesecake Bliss	1170	620	69	42	2	220	780	102	3	76	14
Warm Apple Crostada	550	230	26	12	0	20	470	74	2	33	6
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	30	300	2	0	1	2
Butter	60	60	7	4	0	10	40	0	0	0	0
Caesar Dressing	300	290	32	5	1	30	590	1	0	0	2
Champagne Vinaigrette Dressing	70	40	4	1	0	0	390	9	0	7	0
Cocktail Sauce	50	<10	0	0	0	0	580	11	0	10	1
Cocktail Sauce, 8 oz	220	20	2	0	0	0	2680	50	1	47	3
Ketchup	60	0	0	0	0	0	450	14	1	13	1
Marinara Sauce	20	10	1	0	0	0	180	4	1	2	1
Pico de Gallo	10	0	0	0	0	0	170	2	0	1	0
Piña Colada Sauce	90	40	4	3	0	10	30	12	0	11	1
Pina Colada Sauce, 8 oz	410	170	18	14	0	40	140	57	2	51	4
Plum Sauce	50	0	0	0	0	0	290	14	0	12	0
Ranch Dressing	130	130	15	3	0	20	350	2	0	1	1
Sour Cream	20	10	2	1	0	10	10	1	0	0	0

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Tartar Sauce	230	210	23	4	0	10	250	2	0	2	0
Tartar Sauce, Family 8 oz.	1210	1090	120	20	0	40	1300	8	0	8	0
Thousand Island Dressing	190	160	18	3	0	20	240	6	0	3	0
ALCOHOLIC DRINKS											
Bahama Mama	340	0	0	0	0	0	55	63	1	59	0
Berry Mango Daiquiri	320	0	0	0	0	0	40	55	2	49	0
Blackberry Smash	170	0	0	0	0	0	10	21	2	19	0
Dockside Sipper	220	0	0	0	0	0	8	30	0	25	0
LOBstar Margarita	360	0	0	0	0	0	2	50	2	51	0
Lobster Caesar®	130	0	0	0	0	40	1660	12	1	7	5
Lobster Punch	390	0	0	0	0	0	0	78	3	68	1
Long Island Iced Tea	160	0	0	0	0	0	20	14	0	14	0
Main Deck Margarita Flight (Rocks)	410	0	0	0	0	0	1630	57	1	54	0
Mango Mai Tai	200	0	0	0	0	0	10	35	1	29	0
Piña Colada	330	40	4	4	0	0	60	67	2	63	0
Shrimp Caesar®	130	0	0	0	0	30	1630	12	1	7	4
Spiked Strawberry Lemonade	160	0	0	0	0	0	10	26	0	24	0
Sunset Passion Colada	310	30	3	3	0	0	50	67	2	61	1
Triple Berry Sangria	210	0	0	0	0	0	50	36	3	31	1
Tropical White Sangria	150	0	0	0	0	0	10	24	2	15	0
Under the Purple Sea	160	0	0	0	0	0	10	20	1	17	0
WINE											
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	30	19	0	5	1
Wine (Litre)	850	0	0	0	0	0	40	26	0	6	1
BEER											
Hard Seltzer (12 oz.)	100	0	0	0	0	0	15	2	0	0	0
Light Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	1
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
Light Draft Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	1
Regular Draft Beer (12 oz.)	150	0	0	0	0	0	15	13	0	0	2
Light Draft Beer (20 oz.)	170	0	0	0	0	0	25	10	0	1	1
Regular Draft Beer (20 oz.)	260	0	0	0	0	0	25	21	0	0	3
NON-ALCOHOLIC DRINKS											
Boston Iced Tea (Cranberry)	80	0	0	0	0	0	25	22	0	21	0
Boston Iced Tea (Mango)	110	0	0	0	0	0	25	35	1	32	1
Boston Iced Tea (Raspberry)	170	0	0	0	0	0	25	44	1	39	0
Coffee	0	0	0	0	0	0	0	0	0	0	0
Coke®	190	0	0	0	0	0	60	52	0	52	0
Diet Coke®	0	0	0	0	0	0	55	0	0	0	0
Fruit Smoothie (Peach)	470	50	6	4	0	30	240	96	1	84	7
Fruit Smoothie (Raspberry)	460	50	6	4	0	30	240	94	2	79	7

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Fruit Smoothie (Strawberry)	460	50	6	4	0	30	240	95	3	79	7
Handcrafted Lemonade (Classic)	140	0	0	0	0	0	10	37	0	35	0
Handcrafted Lemonade (Peach)	220	0	0	0	0	0	10	56	1	52	0
Handcrafted Lemonade (Strawberry)	210	0	0	0	0	0	10	55	1	49	0
Hot Tea	0	0	0	0	0	0	5	1	0	0	0
IBC™ Root Beer	160	0	0	0	0	0	60	43	0	43	0
Sweet Iced Tea	160	0	0	0	0	0	50	34	0	34	0
Sprite®	190	0	0	0	0	0	85	51	0	51	0
Zero-Proof Mocktail Coastal Colada	310	20	2	2	0	0	25	73	3	64	1
Zero-Proof Mocktail Strawberry Breeze	200	0	0	0	0	0	20	50	2	44	1
FAMILY MEALS											
Admiral's Family Feast	7180	3780	420	45	1	540	18390	606	39	127	210
Cajun Chicken Linguini Alfredo	4090	1900	214	58	3	560	14270	358	27	132	200
Chicken Breast Strips	4520	2010	228	16	1	810	9230	251	8	105	343
Create Your Own Family Feast											
Create Your Own Family Feast - Grilled Chicken	420	120	13	3	0	270	2950	4	1	3	73
Create Your Own Family Feast - Grilled Shrimp	510	280	32	8	8	390	2600	4	0	0	48
Create Your Own Family Feast – Island Coconut Shrimp	960	510	57	17	0	180	1230	83	7	36	27
Create Your Own Family Feast – Savoury Garlic Shrimp	910	720	81	16	1	360	3340	7	2	2	40
Create Your Own Family Feast – Walt's Favourite Shrimp	530	190	21	2	0	130	3300	66	4	24	20
Crab Your Way Family Meal											
Snow Crab, six clusters with crispy potatoes	1830	690	78	6	0	390	10470	165	18	9	126
Cajun Style	2070	1940	220	63	2	0	2550	23	3	3	3
Lemon Pepper Sauce	2070	1970	220	138	0	590	4730	24	5	2	3
OLD BAY® & Butter Sauce	1920	1890	210	69	1	0	7630	12	0	3	1
RL Signature Sauce	2250	2130	237	93	1	160	5010	26	3	3	4
Roasted Garlic & Herb Sauce	1860	1550	173	55	1	0	2540	30	1	3	5
Simply Steamed (melted butter)	900	900	99	63	0	270	870	3	0	0	0
Fish Fry Family Meal	5330	2620	291	35	4	520	12900	505	51	100	175
Garlic Shrimp Family Meal	1810	1430	162	32	2	710	6690	14	4	4	81
Island Coconut Shrimp	3280	1810	201	51	1	660	4560	270	23	97	98
Seafood Boils Family Meal											
Mariner's Seafood Boil Family Meal	1800	90	12	3	0	1020	6480	240	27	30	180
Sailor's Seafood Boil Family Meal	3960	1920	213	75	0	1500	13710	273	27	42	249
Cajun Butter	4140	3880	431	126	3	0	5110	46	7	7	7
Lemon Pepper	4170	3940	438	276	0	1180	9468	49	9	3	6
OLD BAY® & Butter	3870	3780	420	138	3	0	15250	24	0	6	3
RL Signature Sauce	4470	4260	474	186	3	320	10020	53	5	7	8
Roasted Garlic Butter	3750	3110	346	111	2	0	5070	59	3	6	10
Add Cajun Sausage to Family Seafood Boil	1140	918	102	36	0	240	3720	12	0	6	48
Spicy Family Seafood Boil	120	30	3	0	0	0	780	24	9	3	3
Extra Spicy Family Seafood Boil	240	90	9	3	0	0	1560	48	18	6	9
Shrimp Linguini Alfredo	3520	1720	193	54	3	420	7930	331	16	127	119
Taco Family Meal with Crispy Shrimp	2340	980	109	16	1	190	7510	286	33	42	51

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugar (g)	Protein (g)
Taco Family Meal with Grilled Chicken	2030	860	96	15	1	200	5260	219	27	22	68
Taco Family Meal with Grilled Shrimp	2240	1030	115	17	2	440	5670	220	27	21	73
Taco Family Meal with Grilled Tilapia	2370	1020	113	19	1	240	5720	218	27	21	114
Ultimate Family Feast	5260	3110	348	142	2	1740	18420	320	14	59	210
FAMILY SIDES											
Cheddar Bay Biscuits® (Half Dozen)	960	500	56	32	1	0	2350	100	3	4	14
Cheddar Bay Biscuits® (One Dozen)	1920	940	104	44	2	0	4700	200	6	8	28
Family Bacon Mac & Cheese	2600	1360	152	88	4	480	6840	192	8	24	108
Family Baked Potatoes	1080	120	12	0	0	0	6920	220	24	12	28
Family Caesar Salad	1240	960	108	24	2	140	2320	44	4	12	24
Family Chesapeake Fries	1790	550	61	5	1	0	5500	283	22	57	23
Family Coleslaw	600	440	48	8	0	40	1320	40	8	28	8
Family Crispy Brussels Sprouts	1880	840	96	32	0	0	3320	220	52	72	52
Family Green Beans	260	120	14	1	0	0	1310	33	12	14	8
Family Mashed Potatoes	570	240	26	11	1	40	1790	73	8	5	11
Family Rice	920	120	16	4	0	0	2320	180	4	12	16
FAMILY DESSERTS											
Cheesecake (10 slices)	9870	5560	618	347	20	2230	7820	705	11	523	130
Chocolate Wave Cake (14 slices)	13020	6720	746	226	9	1190	9400	1564	82	1085	118
Key Lime Pie (8 slices)	4160	1580	176	88	0	1520	2160	568	16	424	80
Triple Chocolate Brownie (24 pieces)	6220	3250	360	175	5	1150	2330	720	38	490	78
PARTY PLATTERS											
Shrimp Cocktail Platter - Small	500	70	8	0	0	970	3280	35	1	24	79
Shrimp Cocktail Platter - Large	1010	136	15	0	0	1940	6560	71	3	49	159
Crab Queso Platter	4920	2880	320	130	2	720	13570	350	33	57	160
Crispy Chicken Tenders Platter	3600	2136	240	21	0	300	7720	248	10	111	140
Crunchy Popcorn Shrimp Platter	2460	1360	154	16	0	600	4840	182	7	53	99
Island Coconut Shrimp Platter	2660	1450	162	43	1	530	3630	222	20	82	80
Mozzarella Cheesesticks Platter	1890	870	97	30	2	150	5470	173	13	17	152
Savoury Garlic Shrimp Platter	1130	890	101	20	1	440	4180	8	2	2	51
Sweet Chili Shrimp Platter	3940	2500	278	33	2	790	8010	263	16	87	99
Walt's Favourite Shrimp	1220	460	51	4	0	330	7600	148	10	32	47
KIDS' MENU											
Apple Juice	100	0	0	0	0	0	10	20	0	23	0
Caesar Salad	310	240	27	6	1	40	580	11	1	3	6
Chocolate Milk	140	20	3	2	0	10	150	24	0	23	7
Coastal Cooler (Peachy Breezy Smoothie)	190	0	0	0	0	0	120	45	1	40	3
Costal Cooler (Raspberry Bay Smoothie)	190	0	0	0	0	0	120	44	1	37	3
Coastal Cooler (Sunset Strawberry Smoothie)	190	0	0	0	0	0	120	44	1	37	3
Cranberry Juice	100	0	0	0	0	0	<10	30	0	24	0
Crispy Chicken Tenders	540	320	36	3	0	50	1130	36	2	15	21
Golden-Fried Fish	300	190	22	2	0	50	320	6	0	0	20
Green Beans	90	40	5	0	0	0	440	11	4	5	3
Grilled Chicken	150	30	3	0	0	70	310	1	0	0	29

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugar (g)	Protein (g)
Grilled Shrimp	80	30	4	1	0	100	580	1	0	0	11
Grilled Tilapia	270	110	12	3	0	90	970	1	0	0	41
Lemonade	90	0	0	0	0	0	<10	22	0	21	0
Macaroni and Cheese	280	80	9	2	0	10	500	41	2	8	10
Milk 2%	120	40	5	3	0	20	110	12	0	12	8
Orange Juice	110	0	0	0	0	0	0	25	1	20	2
Orange Wedges	30	0	0	0	0	0	0	10	2	6	1
Pineapple Juice	130	0	0	0	0	0	<10	31	1	28	1
Petite Maritime Lobster Tail	360	320	35	21	0	170	580	1	0	0	10
Popcorn Shrimp	430	230	26	3	0	100	940	33	1	11	17
Raspberry Lemonade	90	0	0	0	0	0	10	24	0	23	0
Surf's Up Sundae	160	50	6	3	0	20	80	25	0	15	2