



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 1/27/2025

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											
Bar Harbor Lobster Bake	1020	470	53	13	1	310	2500	78	7	4	54
Create Your Own Lobster Lover's Dream Caribbean Rock Lobster Tail	480	370	41	23	0	220	1160	2	1	0	27
Create Your Own Lobster Lover's Dream Garlic & Herb Lobster Tail	330	240	27	10	1	140	770	8	1	1	14
Create Your Own Lobster Lover's Dream Lobster Mac & Cheese	620	290	33	20	1	140	1700	47	2	5	35
Create Your Own Lobster Lover's Dream Lobster & Shrimp Linguini	960	550	61	32	2	240	2550	63	5	3	40
Create Your Own Lobster Lover's Dream Maritime Lobster Tail	420	360	41	22	0	190	780	1	0	0	13
Grilled Lobster, Shrimp & 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 Bisque (Bowl)	580	460	51	15	1	110	1520	19	0	9	10
Lobster Bisque (Cup)	290	230	26	7	0	50	800	10	0	4	5
Lobster Pappardelle Pasta	1050	670	74	31	2	250	2030	59	4	7	36
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	51
Lobster & Shrimp Linguini	1220	650	73	35	2	320	3200	84	7	5	58
Lobster-Topped Baked Potato	430	150	17	5	0	40	2310	58	6	4	14
Roasted Asparagus	80	50	6	4	0	20	310	5	2	2	3
Surf & Turf - Maritime Lobster Tail & NY Strip with baked potato	1190	620	69	31	1	330	5390	57	7	3	82
Surf & Turf - Maritime Lobster Tail & Sirloin with baked potato	1010	530	59	26	1	330	3480	56	7	3	66
STARTERS & SOUPS											
Bacon-Wrapped Sea Scallops (4 scallops)	450	330	37	8	0	70	1400	9	1	6	23
Bacon-Wrapped Sea Scallops (6 scallops)	620	460	52	12	1	100	1920	9	1	6	34
Black Tiger Shrimp Cocktail	170	30	4	1	0	260	1120	13	1	6	22
Calamari, Crispy Tempura	1270	570	63	7	0	100	2390	158	6	9	15
Crab Queso	940	540	60	22	1	120	2490	74	7	10	28
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 Jumbo Coconut Shrimp	660	360	41	11	0	130	910	55	5	20	20
Lobster Bisque (Cup)	290	230	26	7	0	50	800	10	0	4	5

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)
Lobster Bisque (Bowl)	580	460	51	15	1	110	1520	19	0	9	10
Mozzarella Cheesesticks	680	300	33	11	1	60	1810	60	4	5	54
New England Clam Chowder (Cup)	250	170	19	11	0	70	840	12	1	3	7
New England Clam Chowder (Bowl)	500	340	38	22	0	130	1670	26	2	6	14
Seafood-Stuffed Mushrooms	510	330	37	17	1	80	1180	23	3	9	26
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
SALADS, BOWLS & TACOS											
Caesar Salad with Chicken	640	450	50	10	1	120	1730	21	5	5	28
Sesame-Soy Salmon Bowl	1220	570	63	15	0	130	2270	98	12	25	65
Southwest Shrimp Bowl	770	460	51	14	1	200	2530	55	5	11	24
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
ENTRÉES											
Admiral's Feast with fries	2260	1070	120	12	1	200	5800	215	14	26	78
Bacon Cheeseburger	1130	630	71	27	2	250	2380	60	4	19	63
Bar Harbor Lobster Bake	1020	470	53	13	1	310	2500	78	7	4	54
Cajun Chicken Linguini Alfredo	1390	630	71	19	1	190	4760	11	9	44	67
Crab Your Way - Snow Crab, crispy potatoes & Cajun Style	1260	850	95	45	3	310	4350	64	7	4	44
Crab Your Way - Snow Crab, crispy potatoes & Roasted Garlic & Herb Sauce	1470	1020	114	39	3	260	4640	73	7	4	45
Crab Your Way - Snow Crab Simply Steamed with crispy potatoes	910	530	59	23	0	220	3780	56	6	3	42
Fish and Chips with fries and coleslaw	1240	600	66	8	1	120	3040	117	10	20	42
Grilled Lobster, Shrimp and Salmon with rice	1230	710	79	21	1	360	2830	51	2	3	74
Grilled Mahi (6 oz.)	300	120	14	2	0	160	1070	1	0	0	40
Grilled Salmon	1010	610	68	12	0	270	1370	1	0	0	93
Lemon Basil Mahi	470	230	26	9	0	190	1460	14	1	4	43
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-and-Shrimp Linguini Alfredo	1220	650	73	35	2	330	3200	84	7	5	58
Lobster Pappardelle Pasta	1050	670	74	31	2	250	2030	59	4	7	36
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
Shrimp Linguini Alfredo	1170	570	64	18	1	140	2640	110	5	42	40
Shrimp Your Way - Garlic Shrimp	230	180	20	4	0	90	840	1	1	1	10
Shrimp Your Way - Grilled Shrimp	130	70	8	2	2	100	650	1	0	0	12
Shrimp Your Way - Island Jumbo Coconut Shrimp	470	300	29	8	0	90	620	41	3	18	13
Shrimp Your Way - Popcorn Shrimp	420	180	20	2	0	90	1800	47	4	8	15
Shrimp Your Way - Shrimp Linguini Alfredo	710	300	34	9	1	110	1470	73	4	21	28
Shrimp Your Way - Sweet Chili Shrimp	500	310	35	4	0	100	1000	34	2	11	13
Shrimp Your Way - Walt's Favourite	240	90	10	1	0	70	1500	29	2	6	9
Steaks: 7 oz. Sirloin	320	140	15	4	0	130	980	1	0	0	46

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Steaks: 10 oz. New York Strip	500	230	25	9	1	140	2880	1	0	0	62
Surf & Turf - Maritime Lobster Tail & NY Strip with baked potato	1190	620	69	31	1	330	5390	57	7	3	82
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
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
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	190	110	12	2	0	20	370	16	4	9	3
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
Mashed Potatoes	170	70	8	3	0	10	540	22	3	2	3
Rice	230	30	4	1	0	0	580	45	1	3	4
Top Your Potato - Lobster Topping	160	120	14	5	0	40	580	3	0	1	7
ADD TO ANY ENTRÉE											
1/2 lb. Canadian Snow Crab Legs	380	400	34	21	0	160	1020	1	0	0	18
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
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 with crispy potatoes (garlic and herb sauce)	1470	1020	113	38	3	260	4640	73	7	4	46
Tuesday: Snow Crab with crispy potatoes (simply steamed)	910	530	59	23	0	220	3770	56	6	3	42
Wednesday: Fish & Chips with fries and coleslaw	1240	600	66	8	1	120	3040	117	10	20	42
Friday: Steak & Walt's Favourite Shrimp	570	230	25	5	0	200	2480	30	2	6	55
WEEKDAY LUNCH SPECIALS											
Fried Bay Scallops	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 Jumbo Coconut Shrimp	570	310	35	9	0	110	770	48	4	19	16
Popcorn Shrimp	420	180	20	2	0	90	1800	47	4	8	15
Sesame-Soy Salmon Bowl	1220	570	63	15	0	130	2270	98	12	25	65
Southwest Shrimp Bowl	770	460	51	14	1	200	2530	55	5	11	24
Walt's Favourite Shrimp	370	150	16	1	0	100	2090	41	3	6	15

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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	40	0	0	0	0	0	520	9	0	6	0
Ketchup	60	0	0	0	0	0	480	15	1	12	1
Marinara Sauce	40	20	2	0	0	0	230	4	0	2	1
Pico de Gallo	10	0	0	0	0	0	170	2	0	1	0
Piña Colada Sauce	100	40	5	4	0	10	40	14	0	12	1
Plum Sauce	60	0	0	0	0	0	270	15	0	14	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
Tartar Sauce	210	190	22	4	0	20	150	4	0	2	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
Baileys and Coffee	200	90	10	6	0	40	40	15	0	11	2
Berry Mango Daiquiri	320	0	0	0	0	0	40	55	2	49	0
Deep Sea Lobsterita®	360	0	0	0	0	0	20	33	1	31	0
Lobster Caesar®	130	0	0	0	0	40	1660	12	1	7	5
Lobsterita® - Classic (Frozen)	250	0	0	0	0	0	150	18	0	17	0
Lobsterita® - Classic (Rocks)	280	0	0	0	0	0	150	27	0	26	0
Lobsterita® - Mango (Frozen)	510	1	0	0	0	0	140	83	4	69	1
Lobsterita® - Mango (Rocks)	360	0	0	0	0	0	150	46	2	41	0
Lobsterita® - Passion Fruit (Frozen)	360	0	0	0	0	0	200	47	0	45	0
Lobsterita® - Passion Fruit (Rocks)	410	0	0	0	0	0	220	60	0	58	0
Lobsterita® - Raspberry (Frozen)	510	2	0	0	0	0	130	84	3	71	1
Lobsterita® - Raspberry (Rocks)	360	1	0	0	0	0	140	46	1	41	0
Lobsterita® - Strawberry (Frozen)	430	1	0	0	0	0	130	65	1	59	0
Lobsterita® - Strawberry (Rocks)	480	1	0	0	0	0	150	78	1	72	0
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

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Mango Mai Tai	200	0	0	0	0	0	10	35	1	29	0
Mango Martini	170	0	0	0	0	0	110	17	0	13	0
Mocha Espresso Martini	360	90	11	6	1	30	65	42	1	24	3
Piña Colada	330	40	4	4	0	0	60	67	2	63	0
Ruby Mule	170	0	0	0	0	0	10	25	0	24	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)	630	0	0	0	0	0	30	19	0	5	1
Wine (Litre)	850	0	0	0	0	0	40	26	0	6	1
BEER											
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
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
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

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FAMILY MEALS											
Admiral's Family Feast	7710	3750	419	42	3	680	19760	710	44	102	272
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 - 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 Jumbo Coconut Shrimp	1150	600	67	23	1	210	1330	110	7	60	28
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	600	190	21	2	0	130	4660	86	5	30	20
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 Jumbo Coconut Shrimp	3280	1810	201	51	1	660	4560	270	23	97	98
Shrimp Linguini Alfredo	3520	1720	193	54	3	420	7930	331	16	127	119
Snow Crab Family Meal - Simply Steamed	3710	2310	258	107	0	810	13840	222	23	13	133
Snow Crab Family Meal with Roasted Garlic & Herb Sauce	6280	4670	520	215	8	1200	17290	273	27	15	143
Taco Family Meal with Crispy Shrimp	2340	980	109	16	1	190	7510	286	33	42	51
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	4770	2870	321	127	2	1680	17400	266	14	37	205
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	2040	720	80	8	0	0	4680	300	24	0	28
Family Coleslaw	760	440	48	8	0	60	1480	64	16	36	12
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											
Black Tiger Shrimp Cocktail Platter - Small	670	140	16	6	0	1070	4150	48	2	20	90
Black Tiger Shrimp Cocktail Platter - Large	1330	280	31	11	0	2130	8290	96	5	40	181
Crab Queso Platter	4920	2880	320	130	2	720	13570	350	33	57	160
Crispy Chicken Tenders Platter	4520	2330	260	22	0	390	13860	314	26	124	230
Crunchy Popcorn Shrimp Platter	2470	1050	117	10	1	540	10050	267	24	40	91

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)
	Island Jumbo Coconut Shrimp Platter	2870	1570	174	48	1	570	3860	245	20	99
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											
Caesar Salad	310	240	27	6	1	40	580	11	1	3	6
Casco Bay Cooler (Peachy Breezy Smoothie)	190	0	0	0	0	0	120	45	1	40	3
Casco Bay Cooler (Raspberry Bay Smoothie)	190	0	0	0	0	0	120	44	1	37	3
Casco Bay Cooler (Sunset Strawberry Smoothie)	190	0	0	0	0	0	120	44	1	37	3
Chicken Fingers	470	140	16	2	0	40	1130	48	1	15	20
Chocolate Milk	140	20	3	2	0	10	150	24	0	23	7
Golden-Fried Fish	240	80	9	1	0	50	900	24	1	13	17
Green Beans	90	40	5	0	0	0	440	11	4	5	3
Grilled Shrimp	130	70	8	2	2	100	650	2	1	1	13
Grilled Chicken	170	30	4	1	0	70	1010	16	1	15	18
Grilled Tilapia	270	110	12	3	0	90	970	1	0	0	41
Juice	110	0	0	0	0	0	15	27	0	24	2
Lemonade	80	0	0	0	0	0	5	22	0	21	0
Macaroni and Cheese	270	80	9	3	0	10	600	40	1	7	9
Milk 1%	100	20	3	2	0	10	110	12	0	12	8
Petite Maritime Lobster Tail	360	320	35	21	0	170	580	1	0	0	10
Popcorn Shrimp	450	170	19	2	0	90	1760	50	4	15	15
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