



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 10-12-26

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)
ENDLESS SHRIMP®											
Garlic Bread-Crusted Shrimp	340	180	20	2	0	60	1430	33	1	4	9
Garlic Shrimp	230	180	20	4	0	90	180	1	0	0	10
Island Coconut Shrimp	470	250	28	8	0	90	610	40	3	16	14
OLD BAY® Garlic Shrimp	540	460	51	22	1.5	215	1530	9	0	1	16
Shrimp Linguini Alfredo	710	300	34	9	1	110	1470	73	4	21	28
Walt's Favourite Shrimp	260	90	11	1	0	70	1560	31	2	11	10
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	160	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	60	3320	78	4	16	44
New England Clam Chowder (Cup)	290	160	18	9	1	50	810	23	0	4	8
New England Clam Chowder (Bowl)	510	300	34	19	1	110	1520	37	0	8	15
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
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
ENTRÉES											
Admiral's Feast with fries	2070	1040	116	11	0	160	5320	187	12	30	63
Atlantic Salmon, Grilled	510	310	34	6	0	130	680	1	0	0	47
Cajun Chicken Linguini Alfredo, full	1020	420	47	14	1	130	2750	92	7	5	60
Cajun Chicken Linguini Alfredo, lighter portion	700	260	29	7	0	100	1780	64	6	3	48
Cheeseburger with fries	1450	760	84	23	1	140	3160	130	10	19	39
Cheeseburger with bacon, fries	1550	820	92	26	2	170	3480	130	10	19	49
Classic Chicken Linguini Alfredo, full	1000	420	46	14	1	130	2430	87	6	5	59
Classic Chicken Linguini Alfredo, lighter portion	680	260	29	7	1	100	1450	60	4	3	47
Crab & Shrimp Linguini Alfredo, full	1460	560	63	20	2.5	155	3520	173	8	12	54
Crab & Shrimp Linguini Alfredo, lighter portion	1020	370	41	11	1.5	120	2220	127	6	8	40

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Crab Your Way											
Bairdi Crab, 1 lb. with crispy potatoes	650	240	27	2	0	150	3800	55	6	3	50
Snow Crab, 1 lb. with crispy potatoes	610	230	26	2	0	130	3490	55	6	3	42
Cajun Style Butter Sauce	690	650	72	21	1	0	850	8	1	1	1
Lemon Pepper Butter Sauce	730	700	78	11	0	0	1370	7	1	1	1
Hot Honey Butter Sauce	620	510	56	18	0	0	900	30	1	20	1
OLD BAY® & Butter Sauce	680	670	75	10	0	0	2600	1	0	1	0
RL Signature Butter Sauce	770	740	82	18	0	0	1630	8	9	1	1
Roasted Garlic & Herb Butter Sauce	620	520	58	18	0	0	850	10	0	1	2
Simply Steamed	300	300	33	21	0	90	290	1	0	0	0
Crispy Fish Sandwich with fries	1430	730	82	10	1	80	2640	135	10	18	35
Fish and Chips with fries and coleslaw, full	1560	866	97	10	0	110	2760	115	10	25	49
Fish and Chips with coleslaw, lighter portion	1180	630	70	8	0	60	2320	103	8	20	28
Garlic Lover's 7 oz. Sirloin with garlic herb butter topping	400	210	23	8	0	140	1090	3	0	0	46
Grilled Chicken Sandwich with fries	1160	450	50	7	1	110	2560	132	10	19	44
Grilled Chicken Sandwich with bacon, fries	1260	510	58	10	1	140	2880	132	10	19	54
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 & Shrimp Linguini Alfredo, full	1220	650	73	35	2	330	3200	84	7	5	58
Lobster & Shrimp Linguini Alfredo, lighter portion	990	560	63	33	2	240	2690	66	5	3	41
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											
Mariner's Seafood Boil, Snow Crab	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 Butter Sauce	1380	1290	144	42	1	0	1700	15	2	2	2
Lemon Pepper Butter Sauce	1460	1410	156	22	0	0	2750	15	3	2	2
Hot Honey Butter Sauce	1240	1010	113	37	1	0	1790	60	1	41	1
OLD BAY® & Butter Sauce	1350	1340	149	21	0	0	5210	2	0	1	0
RL Signature Butter Sauce	1530	1470	163	36	1	0	3260	15	2	2	2
Roasted Garlic & Herb Butter 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	20	10	1	0	0	0	210	5	2	1	1
Extra Spicy	50	20	2	0	0	0	420	9	4	1	2
Scorchin'	90	30	3	1	0	0	830	18	7	2	3
Shrimp Linguini Alfredo, full	950	390	44	14	1	240	2480	90	6	5	51
Shrimp Linguini Alfredo, lighter portion	590	230	26	7	0	120	1270	62	4	3	29
Shrimp Your Way											
Garlic Shrimp	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	80	910	31	2	12	11
Walt's Favourite Shrimp	260	90	11	1	0	70	1560	31	2	11	10

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Island 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
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
Twin Maritime Tails	510	410	46	23	0	282	980	1	1	0	24
Ultimate Feast with rice	1190	670	75	28	0	400	4360	76	4	9	52
BOWLS											
Chicken Caesar Bowl	730	250	39	10	1	120	1400	50	3	4	44
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
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
Snow Crab Legs, 1/2 lb.	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, Lobster-Topped	430	150	17	5	0	40	2310	58	6	4	14
Caesar Salad - Side	300	230	25	5	0	20	440	12	2	1	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	160	90	10	1	0	9	260	14	2	10	2
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
Lobster Pasta au Gratin	670	330	36	21	1	130	1550	53	2	3	36
Mashed Potatoes	170	70	8	3	0	10	540	22	3	2	3
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: Endless Shrimp®											
Garlic Shrimp	230	180	20	4	0	90	180	1	0	0	10
Island Coconut Shrimp	470	250	28	8	0	90	610	40	3	16	14
Shrimp Linguini Alfredo	710	300	34	9	1	110	1470	73	4	21	28
Walt's Favourite Shrimp	260	90	11	1	0	70	1560	31	2	11	10
Tuesday: Crab Lover's Duo	1520	680	75	31	0.5	350	4060	133	7	9	81
Wednesday: Steak & Walt's Favourite Shrimp	570	230	25	5	0	200	2480	30	2	6	55
Thursday: Salmon New Orleans	1170	690	77	17	0	350	1460	13	0	3	103
Friday: Captain's Platter	1080	740	83	11	0	190	2630	42	0	14	39

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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
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	1	0	0	50	0	0	0	0
Caesar Dressing	280	280	31	5	0	20	340	0	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	1	1	0	<10	<10	0	0	0	0
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
ALCOHOLIC DRINKS											
Bacon Caesar	210	60	6	2	0	20	1950	8	1	7	6
Bahama Mama	420	0	0	0	0	0	10	78	3	68	1
Blackberry Smash	160	<10	0	0	0	0	0	18	2	16	0
Coastal Caesar Flight	280	60	7	2	0	60	2810	18	3	12	10
Fire & Tide Margarita	150	0	0	0	0	0	3	22	0	22	0
Fire & Tide Margarita - Mega	370	0	0	0	0	0	5	55	0	55	0
Guava Margarita	290	0	0	0	0	0	<10	43	0	42	0
Henny Margarita	360	0	0	0	0	0	<10	50	2	51	0
High Tea with Henny	110	0	0	0	0	0	10	3	0	1	0
Indigo Current	200	0	0	0	0	0	10	27	0	25	0

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Lobster Punch	220	0	0	0	0	0	0	36	3	32	1
Long Island Iced Tea	150	0	0	0	0	0	10	12	0	12	0
Main Deck Margarita Flight (Rocks)	240	0	0	0	0	0	1560	39	1	35	0
Nauti Peach Long Island	200	0	0	0	0	0	20	23	0	22	0
Passion Star Spritz	240	0	0	0	0	0	80	30	0	25	0
Piña Colada	320	80	9	8	0	0	10	50	2	51	1
Seaside Sangria Flight	300	0	0	0	0	0	10	50	3	40	1
Shrimp Caesar®	140	0	0	0	0	40	1520	10	2	7	4
Smoked Caesar	120	0	0	0	0	0	370	8	1	7	1
Sunset Passion Colada	340	60	7	6	0	0	10	65	2	60	1
Triple Berry Sangria	180	0	0	0	0	0	10	32	3	23	1
Tropical White Sangria	150	0	0	0	0	0	10	24	2	15	0
Under the Purple Sea	150	0	0	0	0	0	30	17	1	15	0
Watermelon Mojito	230	0	0	0	0	0	20	37	1	35	0
WINE											
Cava (200 mL)	140	0	0	0	0	0	10	5	0	1	0
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
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

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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	4080	1680	187	55	3	540	11010	369	29	21	239
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, 3 lbs. with crispy potatoes	1830	690	78	6	0	390	10470	165	18	9	126
Cajun Style Butter Sauce	2070	1940	220	63	2	0	2550	23	3	3	3
Lemon Pepper	2190	2110	234	33	1	0	4120	22	4	3	2
Hot Honey Butter Sauce	1860	1530	168	54	0	0	2700	90	3	60	3
OLD BAY® & Butter Sauce	2040	2010	224	31	1	0	7810	4	0	2	0
RL Signature Butter Sauce	2310	2210	245	54	1	0	4900	23	2	3	3
Roasted Garlic & Herb Butter Sauce	1860	1550	173	55	1	0	2540	30	1	3	5
Simply Steamed	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 Style Butter Sauce	4140	3880	431	126	3	0	5110	46	7	7	7
Lemon Pepper Butter Sauce	4380	4220	469	66	1	0	8240	44	8	6	5
Hot Honey Butter Sauce	3720	3030	339	111	3	0	5370	180	3	123	3
OLD BAY® & Butter Sauce	4050	4030	447	63	1	0	15620	7	0	3	1
RL Signature Butter Sauce	4590	4410	490	108	2	0	9790	46	5	6	7
Roasted Garlic & Herb Butter Sauce	3750	3110	346	111	2	0	5070	59	3	6	10
Add Cajun Sausage to Family Seafood Boil	1110	780	87	33	0	240	3810	18	0	6	66
Family Spicy	60	30	3	0	0	0	630	15	6	3	3
Family Extra Spicy	150	60	6	0	0	0	1260	27	12	3	6
Family Scorchin' Spicy	270	90	9	3	0	0	2490	54	21	6	9
Shrimp Linguini Alfredo	3520	1720	193	54	3	420	7930	331	16	127	119
Ultimate Family Feast®	5260	3110	348	142	2	1740	18420	320	14	59	210

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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	900	690	76	14	1	70	1310	36	6	4	18
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	140	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	2140	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
Savory 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
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

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)
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