



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 11/10/2025

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)
SEASONAL SPECIALS											
Seafood Boils											
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	1280	1230	137	86	6	360	1720	15	2	2	4
Lemon Pepper Sauce	1390	1310	146	92	0	390	3160	16	3	1	2
OLD BAY® & Butter Sauce	1290	1280	142	61	5	220	4910	6	0	1	1
RL Signature Sauce	1550	1510	168	87	4	350	3410	12	2	1	3
Roasted Garlic & Herb Sauce	1720	1570	175	72	5	260	2300	34	2	2	7
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
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
Ultimate SpendLESS Shrimp	1920	840	94	16	1	290	5760	210	16	42	61
STARTERS & SOUPS											
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	680	300	33	11	1	60	1810	60	4	5	54
New England Clam Chowder, Cup	250	120	13	7	0	40	870	25	1	5	7
New England Clam Chowder, Bowl	450	230	26	14	1	80	1660	41	2	9	13
Popcorn Shrimp	800	350	39	3	0	180	3080	85	8	10	30
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

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)
ENTRÉES											
Admiral's Feast with fries	2280	1090	122	12	0	190	5900	210	13	25	78
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-ify Crab Topping	160	90	10	6	0	70	510	10	0	2	9
Crab Your Way											
Snow Crab, 1 lb. with crispy potatoes	610	230	26	2	0	130	3490	55	6	3	42
Cajun Style	650	620	69	43	3	180	860	9	1	1	2
Lemon Pepper Sauce	700	660	73	46	0	200	1580	8	2	1	0
OLD BAY® & Butter Sauce	650	640	71	30	2	110	2450	3	0	0	1
RL Signature Sauce	780	760	84	44	2	180	1710	6	1	1	1
Roasted Garlic & Herb Sauce	860	790	88	36	3	130	1150	18	1	1	3
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
Garlic Shrimp	450	360	40	8	1	180	1670	3	1	1	20
Garlic Shrimp Linguini	1200	710	79	32	3	260	2110	84	7	7	35
Grilled Lobster, Shrimp and Salmon with rice	1230	710	79	21	1	360	2830	51	2	3	74
Grilled Shrimp with rice	500	132	15	3	0	280	2390	55	3	1	34
Island Coconut Shrimp	1040	580	64	15	1	210	1500	80	8	25	32
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 Pappardelle Pasta	1050	670	74	31	2	250	2030	59	4	7	36
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											
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	1280	1230	137	86	6	360	1720	15	2	2	4
Lemon Pepper Sauce	1390	1310	146	92	0	390	3160	16	3	1	2
OLD BAY® & Butter Sauce	1290	1280	142	61	5	220	4910	6	0	1	1
RL Signature Sauce	1550	1510	168	87	4	350	3410	12	2	1	3
Roasted Garlic & Herb Sauce	1720	1570	175	72	5	260	2300	34	2	2	7
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
Seaside Shrimp Trio	1590	770	87	20	1	480	5610	136	9	41	70
Shrimp Linguini Alfredo	1170	570	64	18	1	140	2640	110	5	42	40
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

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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 & 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
Walt's Favourite Shrimp	530	220	24	2	0	160	2870	58	4	7	22
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
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, 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, Crab-Topped	420	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
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
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 with crispy potatoes (simply steamed)	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

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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	930	360	40	4	0	90	2970	121	10	8	22
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
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	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
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
Passion Star Spritz	190	0	0	0	0	0	10	16	1	10	0
Piña Colada	330	40	4	4	0	0	60	67	2	63	0

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Sangria Snow Globe	160	0	0	0	0	0	20	20	1	14	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
Starry Eyed Surprise	260	0	0	0	0	0	10	35	0	34	0
Sugar Cookie Martini	210	20	2	1	0	8	50	20	0	12	1
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
Under the Mistletoe	230	1	0	0	0	0	10	30	0	33	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
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	7790	3790	423	42	3	690	19960	720	44	103	275
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	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
Crab Your Way Family Meal											
Snow Crab, 3 lb. with crispy potatoes	1830	690	78	6	0	390	10470	165	18	9	126
Cajun Style	1950	1860	207	129	9	540	2580	27	3	3	6
Lemon Pepper Sauce	2100	1980	219	138	0	600	4740	24	6	3	0
OLD BAY® & Butter Sauce	1950	1920	213	90	6	330	7350	9	0	0	3
RL Signature Sauce	2340	2280	252	132	6	540	5130	18	3	3	3
Roasted Garlic & Herb Sauce	2580	2370	264	108	9	390	3450	54	3	3	9
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 Style	3840	3690	411	258	18	1080	5160	45	6	6	12
Lemon Pepper Sauce	4170	3930	438	276	0	1170	9480	48	9	3	6
OLD BAY® & Butter Sauce	3870	3840	426	183	15	660	14730	18	0	3	3
RL Signature Sauce	4650	4530	504	261	12	1050	10230	36	6	3	9
Roasted Garlic & Herb Sauce	5160	4710	525	216	15	780	6900	102	6	6	21
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
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

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)
Family Chesapeake Fries	2040	720	80	8	0	0	4680	300	24	0	28
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	670	140	16	6	0	1070	4150	48	2	20	90
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
Island Coconut Shrimp Platter	2870	1570	174	48	1	570	3860	245	20	99	83
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
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
Crispy Chicken Tenders	690	300	34	2	0	120	1360	36	1	14	51
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 Chicken	170	30	4	1	0	70	1010	16	1	15	18
Grilled Shrimp	80	30	4	1	0	100	580	1	1	0	11
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	90	0	0	0	0	0	<10	22	0	21	0
Macaroni and Cheese	270	80	9	3	0	10	600	40	1	7	9
Milk 2%	120	40	5	3	0	20	110	12	0	12	8
Petite Maritime Lobster Tail	360	320	35	21	0	170	580	1	0	0	10
Popcorn Shrimp	430	180	19	2	0	90	1860	49	5	11	16
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