RED LOBSTER

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 11-16-26

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **GARLIC LOVER'S LOBSTER, SHRIMP & CRAB** | | | | | | | | | | | |
| Garlic Lover's Crab | 710 | 530 | 58 | 18 | 0.4 | 125 | 2290 | 10 | 1 | 1 | 37 |
| Garlic Lover's Dream | 990 | 670 | 74 | 18 | 0.5 | 225 | 3110 | 42 | 1 | 2 | 41 |
| Garlic Lover's Lobster | 650 | 480 | 53 | 16 | 0.5 | 205 | 1590 | 17 | 2 | 1 | 29 |
| Garlic Lover's Salmon | 600 | 390 | 9 | 3 | 0.1 | 0 | 140 | 2 | 0 | 0 | 0 |
| Garlic Lover's 7 oz. Sirloin | 400 | 210 | 23 | 8 | 0 | 140 | 1090 | 3 | 0 | 0 | 46 |
| **3-COURSE CELEBRATION MENU** | | | | | | | | | | | |
| Maritime Lobster Tail & Garlic Shrimp | 850 | 680 | 76 | 29 | 1 | 400 | 2680 | 7 | 2 | 2 | 37 |
| Salmon New Orleans | 1170 | 690 | 77 | 17 | 0 | 350 | 1460 | 13 | 0 | 3 | 103 |
| Garlic Lover's Sirloin & Walt's Favourite Shrimp | 660 | 310 | 34 | 10 | 0 | 215 | 2610 | 32 | 2 | 6 | 55 |
| Shrimp Cocktail (4) | 140 | 30 | 4 | 1 | 0 | 260 | 1180 | 10 | 1 | 9 | 23 |
| Warm Brownie a la Mode | 1040 | 500 | 56 | 29 | 1 | 190 | 390 | 129 | 0 | 89 | 14 |
| **STARTERS & SOUP** | | | | | | | | | | | |
| 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 |
| Island Coconut Shrimp | 660 | 360 | 41 | 11 | 0 | 130 | 910 | 55 | 5 | 20 | 20 |
| 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 (6) | 170 | 30 | 4 | 1 | 0 | 260 | 1120 | 13 | 1 | 6 | 22 |
| Signature Seaside Sampler | 1840 | 960 | 111 | 37 | 1 | 270 | 4280 | 147 | 14 | 26 | 67 |
| 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 |
| **FLATBREADS** | | | | | | | | | | | |
| Cheesy Flatbread | 750 | 350 | 39 | 15 | 0 | 55 | 2130 | 76 | 0 | 8 | 27 |
| Chicken Alfredo Flatbread | 1240 | 620 | 68 | 27 | 2 | 195 | 3350 | 87 | 1 | 9 | 73 |
| Garlic Shrimp Flatbread | 930 | 410 | 45 | 18 | 1 | 190 | 2720 | 85 | 5 | 16 | 47 |
| **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 | 1020 | 420 | 47 | 14 | 1 | 130 | 2750 | 92 | 7 | 5 | 60 |
| 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 | 1000 | 420 | 46 | 14 | 1 | 130 | 2430 | 87 | 6 | 5 | 59 |
| Crab & Shrimp Linguini Alfredo | **1460** | **560** | **63** | **20** | **2.5** | **155** | **3520** | **173** | **8** | **12** | **54** |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| Crab Your Way | | | | | | | | | | | |
| 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 |
| 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 | 1560 | 866 | 97 | 10 | 0 | 110 | 2760 | 115 | 10 | 25 | 49 |
| Garlic Lover's 7 oz. Sirloin | 400 | 210 | 23 | 8 | 0 | 140 | 1090 | 3 | 0 | 0 | 46 |
| Garlic Lover's Salmon | 600 | 390 | 9 | 3 | 0 | 0 | 140 | 2 | 0 | 0 | 0 |
| 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 | 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, 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 |
| 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 |
| Shrimp Linguini Alfredo | 950 | 390 | 44 | 14 | 1 | 240 | 2480 | 90 | 6 | 5 | 51 |
| Shrimp Your Way | | | | | | | | | | | |
| Garlic Bread-Crusted Shrimp | 340 | 180 | 20 | 2 | 0 | 60 | 1430 | 33 | 0 | 4 | 9 |
| Garlic Shrimp | 230 | 180 | 20 | 4 | 0 | 90 | 840 | 1 | 0 | 0 | 10 |
| Grilled Shrimp Skewer | 80 | 30 | 4 | 1 | 0 | 100 | 580 | 0 | 0 | 0 | 11 |
| 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 |
| Shrimp Linguini Alfredo | 710 | 300 | 34 | 9 | 1 | 110 | 1470 | 73 | 4 | 21 | 28 |
| 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 |
| Surf & Turf, Lobster & Garlic Lover's Sirloin, baked potato | 1100 | 610 | 68 | 31 | 1 | 345 | 3610 | 58 | 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 |
| **LIGHTER PORTIONS** | | | | | | | | | | | |
| Cajun Chicken Linguini Alfredo, lighter portion | 700 | 260 | 29 | 7 | 0 | 100 | 1780 | 64 | 6 | 3 | 48 |
| Classic Chicken Linguini Alfredo, lighter portion | 680 | 260 | 29 | 7 | 1 | 100 | 1450 | 60 | 4 | 3 | 47 |
| Crab & Shrimp Linguini Alfredo, lighter portion | 1020 | 370 | 41 | 11 | 1.5 | 120 | 2220 | 127 | 6 | 8 | 40 |
| Fish and Chips with coleslaw, lighter portion | 1180 | 630 | 70 | 8 | 0 | 60 | 2320 | 103 | 8 | 20 | 28 |
| Lobster & Shrimp Linguini Alfredo, lighter portion | 990 | 560 | 63 | 33 | 2 | 240 | 2690 | 66 | 5 | 3 | 41 |
| Shrimp Linguini Alfredo, lighter portion | 590 | 230 | 26 | 7 | 0 | 120 | 1270 | 62 | 4 | 3 | 29 |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| **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: Garlic Lover's Steak & Walt's Favourite Shrimp | 660 | 310 | 34 | 10 | 0 | 215 | 2610 | 32 | 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** |
| **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 Dippers | 670 | 280 | 31 | 15 | 1 | 95 | 290 | 96 | 0 | 65 | 8 |
| 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 |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
| Cinnamon Bun Bliss | 290 | 90 | 9 | 6 | 0 | 30 | 110 | 25 | 0 | 18 | 3 |
| Coastal Caesar Flight | 280 | 60 | 7 | 2 | 0 | 60 | 2810 | 18 | 3 | 12 | 10 |
| 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 |
| 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 |
| Mistletoe Margarita | 200 | 0 | 0 | 0 | 0 | 5 | 5 | 26 | 1 | 22 | 0 |
| Mistletoe Margarita, Mega | 390 | 0 | 0 | 0 | 0 | 5 | 30 | 59 | 1 | 55 | 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 |
| Snow Globe Sangria | 170 | 0 | 0 | 0 | 0 | 0 | 25 | 26 | 1 | 23 | 0 |
| Sparkling Strawberry Margarita | 190 | 0 | 0 | 0 | 0 | 0 | 3 | 22 | 0 | 19 | 0 |
| Sparkling Strawberry Margarita, Mega | 410 | 0 | 0 | 0 | 0 | 0 | 10 | 47 | 1 | 41 | 0.1 |
| 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 |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
| 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 |

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| 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
| 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 |
| 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 |
| 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 |
| **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 |
| Savoury Garlic Shrimp Platter | 1130 | 890 | 101 | 20 | 1 | 440 | 4180 | 8 | 2 | 2 | 51 |

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|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
| Cheese Pizza | 740 | 340 | 38 | 14 | 0 | 55 | 2100 | 76 | 0 | 8 | 26 |
| 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 |
| 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 |
| Spaghetti & Marinara | 340 | 230 | 25 | 8 | 0.5 | 50 | 1660 | 64 | 3 | 10 | 23 |
| Surf's Up Sundae | 160 | 50 | 6 | 3 | 0 | 20 | 80 | 25 | 0 | 15 | 2 |

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