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. *Regional item--Availability may vary.	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
GARLIC LOVER'S LOBSTER, SHRIMP & CRAB											
Garlic Lover's 6 oz. Filet	340	190	22	8	1	100	960	3	1	1	34
Garlic Lover's 7 oz. Sirloin	400	210	23	8	0	150	1090	3	0	0	46
Garlic Lover's Crab, Bairdi Crab	750	530	59	29	2	215	2220	9	0	1	37
Garlic Lover's Crab, Snow Crab	710	530	59	29	2	215	2220	9	0	1	37
Garlic Lover's Dream	990	670	74	28	2	305	3040	41	0	2	41
Garlic Lover's Lobster	650	480	54	25	2	280	1530	16	0	1	28
Garlic Lover's Salmon	600	390	43	10	0	150	810	3	0	0	47
3-COURSE CELEBRATION MENU											
Garlic Lover's 6 oz. Filet	340	190	22	8	1	100	960	3	1	1	34
Maine Lobster Tail & Shrimp Scampi	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
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 & SOUPS											
Bacon Wrapped Sea Scallops	450	330	37	8	0	70	1400	9	1	6	23
Calamari	1000	620	70	0	0	680	2070	44	1	5	47
Cheesy Garlic Bread	1120	175	20	8	1	35	1620	19	4	8	10
Chicken Tortilla Soup, cup	160	80	8	1.5	0	25	920	14	2	4	9
Chicken Tortilla Soup, bowl	250	110	12	1.5	0	40	1770	22	3	7	16
Crab Queso	930	500	56	21	1	150	2100	76	8	5	31
Crispy Dragon Shrimp®	1010	640	72	9	0	200	2010	67	4	22	25
Lobster Dip	890	320	35	15	1	130	1910	82	9	7	30
Meatballs & Marinara	690	425	48	17	1.5	105	2500	36	5	9	33
Mozzarella Cheesesticks	730	370	41	13	0	60	2130	58	4	7	31
New England Clam Chowder, Cup	280	150	17	9	1	50	780	21	0	4	8
New England Clam Chowder, Bowl	500	300	33	19	1	110	1490	35	0	8	15
Parrot Isle Coconut Shrimp	660	360	41	11	0	130	910	55	5	20	20
Popcorn Shrimp	820	450	51	5	0	200	1300	55	2	12	33
Seafood Stuffed Mushrooms	360	200	23	9	1	100	1000	17	2	5	24
Shrimp Cocktail (6)	180	30	4	1	0	260	1180	10	1	9	23
Signature Seaside Sampler	1740	960	107	36	1	250	3540	140	1	20	58
FLATBREADS											
Chicken Alfredo Flatbread	1240	620	68	27	2	195	3350	87	1	9	73
Four-Cheese Flatbread	750	350	39	15	0	55	2130	76	0	8	27
Lobster Flatbread	800	340	38	14	2	110	2310	77	5	8	39

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ENTRÉES											
Admiral's Feast	1670	880	99	10	0	180	4820	131	7	16	57
Cajun Chicken Linguini Alfredo	1050	460	51	18	2.5	165	2800	87	0	6	65
Cheeseburger with fries	1450	650	72	20	2	180	3220	130	9	23	64
Classic Chicken Linguini Alfredo	1010	450	50	18	3	170	2460	77	0	5	64
Crab & Shrimp Linguini Alfredo	1450	560	62	20	3	130	3590	173	8	12	52
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 Butter Sauce	650	620	69	43	3	180	860	9	1	1	2
OLD BAY® & Butter Sauce	590	570	63	36	2	140	1790	8	1	1	2
RL Signature Butter Sauce	750	740	82	46	3	180	1700	7	1	1	2
Roasted Garlic Butter Sauce	860	790	88	36	3	130	1150	18	1	1	3
Simply Steamed	300	300	33	21	0	90	290	1	0	0	0
Create Your Own Ultimate Feast®											
7 oz. Garlic Lover's Sirloin	400	210	23	8	0	150	1090	3	0	0	46
Garlic Shrimp Scampi	220	160	18	4	1	100	970	4	0	0	12
Grilled Atlantic Salmon	510	310	34	6	0	130	680	1	0	0	47
Grilled Shrimp	250	60	7	1	0	120	1130	29	1	1	16
Maine Lobster Tail	420	330	37	22	0	190	1020	0	0	0	14
Parrot Isle Coconut Shrimp	470	260	29	8	0	90	620	41	3	18	13
Shrimp Linguini Alfredo	620	280	31	13	1	140	1230	56	4	2	27
Snow Crab Legs	380	300	34	21	0	160	1070	0	0	0	19
Walt's Favorite Shrimp	260	90	10	1	0	70	1560	31	2	9	10
Crunch Fried Flounder Sandwich with fries	1580	740	83	12	1	70	3720	169	10	22	36
Fish & Chips with fries & coleslaw	1520	820	91	10	0	70	3480	133	12	20	37
Garlic Lover's 6 oz. Filet	340	190	22	8	1	100	960	3	1	1	34
Garlic Lover's 7 oz. Sirloin	400	210	23	8	0	150	1090	3	0	0	46
Garlic Lover's Salmon	600	390	43	10	0	150	810	3	0	0	47
Grilled Chicken Sandwich with fries	1190	450	50	7	1	90	3020	130	9	23	50
Grilled Chicken Sandwich with bacon, fries	1290	510	57	11	0	120	3340	130	9	23	60
Grilled Lobster, Shrimp & Salmon	1180	680	76	20	1	390	2830	47	2	2	76
Italian Meatballs & Marinara pasta	1110	500	56	17	1.5	105	3430	112	5	19	44
Live Maine Lobster	440	310	34	21	0	290	290	0	0	0	33
Lobster Lover's Duo	600	460	51	24	1	290	1150	1	1	0	25
Lobster & Shrimp Linguini	1240	660	74	34	2	350	3190	85	7	5	63
Parmesan-Crusted Chicken	650	310	35	19	1	170	1620	34	1	4	47
Sailor's Platter with Chesapeake fries	1910	1000	110	14	1	280	5240	160	10	27	58
Salmon, Grilled	510	310	34	6	0	130	680	1	0	0	47
Salmon New Orleans	1170	690	77	17	0	350	1460	13	0	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	1320	640	71	25	0	500	4570	91	9	14	83
Cajun Butter Sauce	1280	1230	137	86	6	360	1720	15	2	2	4
OLD BAY® & Butter Sauce	1290	1280	142	61	5	220	4910	6	0	1	1

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RL Signature Butter Sauce	1550	1510	168	87	4	350	3410	12	2	1	3
Roasted Garlic Butter Sauce	1720	1570	175	72	5	260	2300	34	2	2	7
Add Cajun Sausage to Seafood Boil	380	310	34	12	0	80	1240	4	0	2	16
Shrimp Linguini Alfredo	930	400	45	18	2	250	2690	81	6	5	50
Shrimp Your Way											
Crispy Dragon Shrimp®	480	300	30	4	0	90	1040	35	2	12	13
Garlic Bread-Crusted Shrimp	340	180	20	2	0	60	1430	33	0	4	9
Garlic Shrimp Scampi	220	160	18	3	1	100	970	3	1	1	12
Grilled Shrimp with rice	250	60	7	1	0	120	1130	29	1	1	16
Parrot Isle 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	620	280	31	13	2	140	1230	56	4	2	27
Walt's Favorite Shrimp	260	90	11	1	0	70	1560	31	2	11	10
Surf & Turf - Maine Lobster Tail & 6 oz. Garlic Lover's Filet Mignon	770	570	63	31.5	1	295	1720	4	1	1	47
Surf & Turf - Maine Lobster Tail & 7 oz. Garlic Lover's Sirloin	830	580	65	30.5	1	345	1850	3	1	0	59
Ultimate Feast®	1280	870	98	49	1	510	4180	35	3	10	52
Wild-Caught Crunch-Fried Flounder	1170	660	74	9	0	140	3130	78	2	3	44
LIGHTER PORTIONS											
Cajun Chicken Linguini Alfredo, lighter portion	750	290	32	10	1.5	125	1800	64	0	4	54
Classic Chicken Linguini Alfredo, lighter portion	710	280	31	9	1	130	1390	54	0	2	53
Crab & Shrimp Linguini Alfredo, lighter portion	1010	370	41	11	2	100	2290	127	6	8	37
Fish & Chips with fries, coleslaw, lighter portion	1160	610	68	8	0	40	2690	112	9	17	22
Italian Meatballs & Marinara pasta, lighter portion	700	290	32	10	1	55	1790	78	2	9	28
Lobster & Shrimp Linguini, lighter portion	1000	570	63	33	2	260	2680	67	5	3	44
Shrimp Linguini Alfredo, lighter portion	580	230	26	9	1	130	1380	57	4	3	28
Wild-Caught Crunch-Fried Flounder, lighter portion	700	430	48	6	0	70	1690	40	1	2	22
SALADS & BOWLS											
Chicken Caesar Bowl with rice	720	340	38	9	0	130	1920	46	5	4	50
Sesame-Soy Salmon Bowl	1140	550	61	12	0	130	2320	86	12	27	62
Southwest Shrimp Bowl	700	400	45	12	1	180	2320	53	4	10	24
ADD TO ANY ENTRÉE											
Bacon-Wrapped Sea Scallops (2 scallops)	220	170	19	4	0	40	700	5	1	3	12
Garlic Shrimp Scampi	220	160	18	4	1	100	970	3	1	1	12
Grilled Shrimp (with rice)	250	60	7	1	0	100	1030	29	1	1	14
Maine Lobster Tail	420	320	36	23	0	190	630	0	0	0	12
Rock Lobster Tail	480	370	41	22	0	220	1130	2	1	0	27
Snow Crab Legs, 1/2 lb.	380	300	34	21	0	150	1020	1	0	0	18
DAILY DEALS											
Monday Endless Shrimp®											
Garlic Shrimp Scampi	220	160	18	3	1	100	970	3	1	1	12
Parrot Isle Coconut Shrimp	470	260	29	8	0	90	620	41	3	18	13
Shrimp Linguini Alfredo	620	280	31	13	2	140	1230	56	4	2	27
Walt's Favorite Shrimp	260	90	11	1	0	70	1560	31	2	11	10
Tuesday Crab Lover's Duo	1490	680	76	33	1.5	330	4230	128	6	8	78
Wednesday Garlic Lover's Steak & Walt's Favorite Shrimp (Sirloin)	800	440	49	14.5	0	215	3790	41	0	17	52

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Thursday Salmon New Orleans	1170	690	77	17	0	350	1460	13	0	3	103
Friday Fish & Chips with fries & coleslaw	1520	820	91	10	0	70	3480	133	12	20	37
Weekday Shrimp Trio	1840	850	95	20	2	340	4780	180	13	27	63
LUNCH SPECIALS											
Garlic Shrimp Scampi	440	310	35	7	1	210	1940	7	2	2	24
Parrot Isle Coconut Shrimp	570	310	35	9	0	110	770	48	4	19	16
Popcorn Shrimp with Chesapeake fries	1000	410	46	4	0	100	2590	122	8	24	24
Sailor's Platter with Chesapeake fries	1910	1000	110	14	1	280	5240	160	10	27	58
Walt's Favorite Shrimp	380	150	16	1	0	100	2150	43	3	9	15
SIDES											
Add Bacon	90	60	7	3	0	20	350	0	0	0	10
Asparagus, Roasted	90	50	6	4	0	20	310	8	4	3	4
Bacon Mac & Cheese	610	310	34	20	1	110	1590	48	2	6	25
Baked Potato	270	30	4	0	0	0	1730	55	6	3	7
Baked Potato, Fully Loaded	520	230	26	12	1	50	2170	57	6	4	17
Baked Potato, Lobster-Topped	450	160	18	6	0	80	2310	59	6	4	18
Caesar Salad	360	270	30	8	0	40	700	14	3	5	11
Cheddar Bay Biscuits® (each)	160	90	10	5	0	0	380	16	0	0	3
Chesapeake Fries	510	180	20	2	0	0	1170	74	6	0	7
Coleslaw	110	70	8	1	0	10	140	10	2	6	2
Crispy Brussels Sprouts	380	150	17	5	0	0	980	48	11	20	12
House Salad	160	80	9	5	0	20	230	12	2	4	8
Hush Puppies	420	230	26	2	0	0	760	40	2	14	4
Lobster Pasta au Gratin	670	350	39	23	2	150	1520	45	2	3	34
Mashed Potatoes	210	90	10	4	0	20	670	27	3	2	4
Mashed Potatoes, Lobster-Topped	350	200	22	9	0	90	1120	25	3	2	15
Orzo Rice	310	50	6	1	0	0	880	57	2	1	6
Seasoned Broccoli	190	140	16	10	0	40	400	9	3	2	4
DESSERTS											
Brownie Dippers	670	280	31	15	1	95	290	96	0	65	8
Brownie Overboard®	1020	510	57	29	1	190	360	121	5	84	13
Chocolate Wave	1110	560	62	22	1	120	720	134	6	93	11
Key Lime Pie	580	240	27	16	0	190	270	76	2	55	10
Strawberry Cheesecake Bliss	1170	620	69	42	2	220	780	102	3	76	14
ALCOHOLIC DRINKS											
Blackberry Bourbon Smash	160	0	0	0	0	0	<10	20	0	19	0
Cinnamon Bun Bliss	300	90	10	6	0	30	120	24	0	21	3
Classic Coconut Mojito	120	0	0	0	0	0	5	20	0	23	0
Grand Patrón Margarita	210	0	0	0	0	0	2850	18	1	17	0
Guava Chili Margarita	310	0	0	0	0	0	1360	48	0	35	3
Guava Margarita (non-spicy option)	290	0	0	0	0	0	<10	43	0	42	0
Henny Margarita	360	0	0	0	0	0	<10	55	2	51	0
High Tea with Henny	200	0	0	0	0	0	10	21	0	21	0
Lobster Punch	250	<10	0	0	0	0	10	43	2	37	1
Main Deck Margarita Flight	410	0	0	0	0	0	1630	57	1	54	0

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Mistletoe Margarita	230	0	0	0	0	0	5	28	1	24	0
Mistletoe Margarita Mega	430	0	0	0	0	0	30	61	1	57	0
Nauti Peach Long Island	230	0	0	0	0	0	20	24	0	23	0
Passion Star Spritz	240	0	0	0	0	0	50	30	0	26	0
Purple Haze	160	0	0	0	0	0	40	18	0	17	0
Seaside Sangria Flight	300	0	0	0	0	0	20	60	3	45	1
Snow Globe Sangria	180	0	0	0	0	0	20	20	1	12	0
Sparkling Strawberry Margarita	200	0	0	0	0	0	5	23	0	21	0
Sparkling Strawberry Margarita Mega	430	0	0	0	0	0	25	53	0	47	0
Sunset Passion Colada	300	30	3	3	0	0	50	63	1	59	0
The "Old Salt's" Smoked Old Fashioned	180	0	0	0	0	0	<10	12	0	12	0
Top-Shelf Long Island Iced Tea	190	0	0	0	0	0	20	18	0	17	0
Triple Berry Sangria	210	0	0	0	0	0	<10	47	3	38	1
Under the Purple Sea	160	0	0	0	0	0	10	20	1	17	0
Watermelon Mint Martini	120	0	0	0	0	0	20	11	0	11	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	40	29	0	29	3
Wine (Split, 187 mL)	130	0	0	0	0	0	10	3	0	3	0
BEER											
Hard Seltzer (12 oz.)	100	0	0	0	0	0	20	2	0	2	0
Light Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	0
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 (14 oz.)	120	0	0	0	0	0	15	7	0	0	0
Regular Draft Beer (14 oz.)	180	0	0	0	0	0	15	15	0	0	2
Light Draft Beer (20 oz.)	170	0	0	0	0	0	25	10	0	0	1
Regular Draft Beer (20 oz.)	260	0	0	0	0	0	25	21	0	0	3
NON-ALCOHOLIC DRINKS											
Boston Iced Tea - Classic Cranberry	80	0	0	0	0	0	25	19	0	19	0
Boston Iced Tea - Mango	110	0	0	0	0	0	10	26	1	20	0
Boston Iced Tea - Raspberry	100	0	0	0	0	0	10	26	0	21	0
Coffee	0	0	0	0	0	0	5	0	0	0	0
Diet PEPSI®	0	0	0	0	0	0	55	0	0	0	0
Dr Pepper®	140	0	0	0	0	0	45	39	0	38	0
Iced Tea	0	0	0	0	0	0	15	1	0	0	0
Lemonade	140	0	0	0	0	0	10	37	0	35	0
Mango Fruit Smoothie	380	50	6	4	0	30	240	88	3	73	7
Mango Lemonade	210	0	0	0	0	0	130	48	1	44	0
MOUNTAIN DEW®	160	0	0	0	0	0	50	44	0	44	0
MUG® Root Beer	150	0	0	0	0	0	60	52	0	52	0
Organic Hot Tea	0	0	0	0	0	0	0	1	0	0	0
PEPSI®	150	0	0	0	0	0	30	41	0	41	0
PEPSI® Zero Sugar	0	0	0	0	0	0	65	0	0	0	0

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Raspberry Fruit Smoothie	460	50	6	4	0	30	240	94	2	79	7
STARRY® Lemon Lime	150	0	0	0	0	0	85	51	0	51	0
Strawberry Fruit Smoothie	450	50	6	4	0	30	300	90	1	80	8
Strawberry Lemonade	200	0	0	0	0	0	130	47	0	44	0
Tropicana® Fruit Punch	170	0	0	0	0	0	35	45	0	45	0
Watermelon Lemonade	260	0	0	0	0	0	130	62	0	62	0
Zero-Proof Mocktail - Coastal Colada	310	20	2	2	0	0	30	73	3	65	1
Zero-Proof Mocktail - Strawberry Breeze	180	0	0	0	0	0	20	47	1	43	1
KIDS MENU											
Apple Juice	110	0	0	0	0	0	10	27	0	26	2
Broccoli	190	140	16	10	0	40	400	9	3	2	4
Cheese Pizza	740	340	38	14	0	55	2100	76	0	8	26
Coastal Cooler - Cherry Wave Slushy	150	0	0	0	0	0	20	37	0	36	0
Coastal Cooler - Mango Smoothie	190	0	0	0	0	0	120	44	0	37	3
Coastal Cooler - Raspberry Bay Smoothie	190	0	0	0	0	0	120	44	0	37	3
Coastal Cooler - Sunset Strawberry Smoothie	190	0	0	0	0	0	120	44	1	37	3
Cranberry Juice	120	0	0	0	0	0	10	29	0	29	0
Crispy Chicken Tenders	690	480	54	7	0	80	1150	29	0	8	25
Crunchy Popcorn Shrimp	430	230	25	3	0	100	940	33	1	11	17
Garlic-Grilled Shrimp	80	30	4	1	0	100	580	1	0	0	11
Golden-Fried Fish	530	220	25	2	0	60	1920	53	2	13	22
Grilled Chicken	170	50	5	0	0	80	120	0	0	0	31
Lemonade	50	0	0	0	0	0	0	14	0	13	0
Macaroni and Cheese	310	80	9	3	0	10	830	44	2	10	11
Milk 1%	100	20	2	2	0	10	110	12	0	12	8
Orange Juice	90	0	0	0	0	0	20	22	0	19	2
Orange Wedges	30	0	0	0	0	0	0	10	2	6	1
Pasta & Meatballs	570	230	25	8	0.5	50	1660	64	3	10	23
Petite Maine Lobster Tail	360	310	35	22	0	180	580	0	0	0	10
Pineapple Juice	130	0	0	0	0	0	75	30	0	30	0
Raspberry Lemonade	90	0	0	0	0	0	10	24	0	23	0
Surf's Up Sundae	200	90	10	6	0	40	50	25	0	18	3
FAMILY MEALS											
Admiral's Family Feast	5590	2940	328	35	2	570	15410	428	22	68	179
Cajun Chicken Linguini Alfredo Family Meal	3150	1380	153	54	7.5	495	8400	261	0	18	195
Crab Your Way Family Meal											
Snow Crab, 3 lb. with crispy potatoes	1830	690	78	6	0	390	10470	165	18	9	126
Cajun Butter Sauce	1950	1860	207	129	9	540	2580	27	3	3	6
OLD BAY® & Butter Sauce	1770	1710	189	108	6	420	5370	24	3	3	6
RL Signature Butter Sauce	2250	2220	246	138	9	540	5100	21	3	3	6
Roasted Garlic Butter Sauce	2580	2370	264	108	9	390	3450	54	3	3	9
Simply Steamed	900	900	99	63	0	270	870	3	0	0	0
Create Your Own Family Feast											
Grilled Chicken	690	180	20	1	0	310	490	1	0	0	122
Crispy Flounder	1610	860	96	10	1	200	4500	119	3	6	66

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Parrot Isle Coconut Shrimp	1150	600	67	23	1	210	1330	110	7	60	28
Shrimp Scampi	870	620	70	13	2	410	3870	12	3	3	48
Grilled Shrimp	980	260	29	4	1	490	4520	120	5	3	63
Walt's Favorite Shrimp	610	190	21	2	0	130	4280	84	7	35	21
Fish Fry Family Meal	7530	3890	435	51	2	580	18740	664	42	54	209
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 Sauce	3840	3690	411	258	18	1080	5160	45	6	6	12
OLD BAY® & Butter Sauce	3870	3840	426	183	15	660	14730	18	0	3	3
RL Signature Butter Sauce	4650	4530	504	261	12	1050	10230	36	6	3	9
Roasted Garlic Butter Sauce	5160	4710	525	216	15	780	6900	102	6	6	21
Add Cajun Sausage to Family Seafood Boil	1140	930	102	36	0	240	3720	12	0	6	48
Shrimp Linguini Alfredo Family Meal	2790	1200	135	54	6	750	8070	243	18	15	150
Ultimate Family Feast®	4310	2970	320	134	3	1800	16870	153	15	51	204
FAMILY SIDES											
Bacon Mac & Cheese	2440	1240	136	80	4	440	6360	192	8	24	100
Baked Potatoes with Butter and Sour Cream	1080	120	14	0	0	0	6920	220	24	12	28
Caesar Salad	1440	1080	120	32	0	160	2800	56	12	20	44
Chesapeake Fries	2040	720	80	8	0	0	4680	296	24	0	28
Coleslaw	440	280	32	4	0	40	560	40	8	24	8
Crispy Brussels Sprouts	1520	600	68	20	0	0	3400	192	44	76	44
House Salad	640	320	36	20	0	80	920	48	8	16	32
Mashed Potatoes	640	260	29	13	1	50	2000	81	9	6	12
Orzo Rice	1240	200	24	4	0	0	3520	228	8	4	24
Seasoned Broccoli	760	560	64	40	0	160	1600	36	12	8	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											
Admiral's Feast, Family Feast	5590	3130	349	40	0	550	15940	414	19	72	173
Cheddar Bay Biscuits® (Half Dozen)	970	530	59	26	1	30	2250	95	3	4	18
Cheddar Bay Biscuits® (One Dozen)	1940	1050	118	53	2	50	4500	191	6	9	36
Crab Queso Platter	4480	2540	282	123	5	710	12240	328	37	30	167
Crispy Chicken Tenders Platter	4850	3350	375	44	1	530	8590	194	0	32	194
Crispy Dragon Shrimp® Platter	4010	2570	288	35	2	790	8010	263	16	87	99
Mozzarella Cheesestick Platter	2200	1220	137	47	1	250	4950	167	9	13	86
Parrot Isle Coconut Shrimp Platter	2660	1450	162	43	1	530	3630	222	20	82	80
Popcorn Shrimp Platter	2490	1360	154	16	0	600	4840	182	7	53	99
Shrimp Cocktail, Large Platter	1010	140	15	0	0	1940	6560	71	3	49	159
Shrimp Cocktail, Small Platter	500	70	8	0	0	970	3280	35	1	24	79
Ultimate Feast®, Family Feast	4310	2900	324	136	3	1800	16480	147	12	52	203
Walt's Favorite Shrimp Platter	1220	450	50	4	0	310	7380	148	8	49	47

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DRESSINGS & CONDIMENTS											
Blue Cheese Dressing	210	200	23	5	0	20	360	2	0	2	2
Butter - 100% Pure Melted Butter	300	300	33	21	0	90	290	0	0	0	0
Butter - 100% Pure Melted Butter, 8 oz.	1620	1600	178	113	0	490	1540	0	0	0	0
Butter - Whipped	100	100	12	6	0	20	60	0	0	0	0
Caesar Dressing	300	0	32	6	1	30	590	0	0	0	2
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
Honey Mustard Dressing	200	170	19	3	0	10	370	7	0	7	0
Honey Mustard Dressing, 8 oz.	940	810	90	14	1	50	1710	34	0	32	2
Ketchup	60	0	0	0	0	0	480	15	0	12	0
Marinara Sauce	30	10	1	0	0	0	260	4	1	2	1
Marinara Sauce, 8 oz.	130	30	4	0	0	0	1320	23	4	13	3
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
Ranch Dressing	150	140	16	3	0	20	320	2	0	1	0
Sour Cream	30	20	2	2	0	10	10	0	0	0	0
Tartar Sauce	230	210	23	4	0	10	250	2	0	2	0
Tartar Sauce, 8 oz	1210	1090	122	20	0	40	1300	8	0	8	0

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