

starters



LOBSTER-ARTICHOKE-AND-SEAFOOD DIP 12.79

Maritime lobster meat and spinach in a three-cheese blend. Served with tortilla chips and pico de gallo. 1120 Cals

ISLAND JUMBO COCONUT SHRIMP 10.99

Served with our signature piña colada sauce. 610 Cals

ESCARGOT 9.99

Oven-broiled in a garlic and white wine sauce inside roasted mushroom caps. Topped with Monterey Jack. 470 Cals

SIGNATURE JUMBO SHRIMP COCKTAIL 10.99

Served with cocktail sauce. 120 Cals

SWEET CHILI SHRIMP 11.49

Hand-battered shrimp tossed in a spicy chili sauce. 890 Cals

TEMPURA CALAMARI 11.99

Crispy calamari and green beans served with a lemon-garlic aioli. 1270 Cals

MOZZARELLA CHEESESTICKS 8.99

Served with marinara. 660 Cals

SEAFOOD-STUFFED MUSHROOMS 10.99

Signature seafood stuffing and Monterey Jack. 510 Cals

WHITE WINE & ROASTED-GARLIC MUSSELS 12.29

Sautéed with tomato and green onions. Served with grilled artisan bread. 780 Cals

HOUSEMADE CRAB CAKES 14.99

Pan-seared jumbo lump crab and brioche crumb. Served with remoulade. 560 Cals

BACON-WRAPPED SEA SCALLOPS 12.49

Sea scallops wrapped in crispy bacon. 410 Cals

SOUPS

NEW ENGLAND CLAM CHOWDER

Cup 5.99 170 Cals | Bowl 7.99 330 Cals

LOBSTER BISQUE

Cup 7.49 270 Cals | Bowl 8.99 520 Cals

sandwiches

Served on a toasted brioche bun with choice of side.



WAGYU BACON CHEESEBURGER 14.99

Grilled Wagyu patty, crispy bacon, aged white Cheddar, lettuce and tomato. 990-1410 Cals

NEW CRISPY COD 14.99

Hand-battered wild-caught cod, lemon aioli and crunchy slaw. 1500-1920 Cals

NASHVILLE HOT CHICKEN 13.99

Spicy battered chicken breast, Nashville honey mayo and crunchy slaw. 980-1400 Cals

pastas



KUNG PAO NOODLES

A spicy soy-ginger sauce with edamame, cabbage, crispy onions, cashews and green onions.

- Chicken 18.99 1250 Cals
- Crispy Shrimp 18.99 1360 Cals
- Crispy Maritime Lobster Tail 27.49 1320 Cals

LINGUINI ALFREDO

Our classic creamy, garlic Alfredo sauce on a bed of linguini.

- Cajun Chicken 18.99 1210 Cals
- Shrimp 18.99 1080 Cals
- Crab 22.49 1240 Cals
- Lobster-and-Shrimp 26.49 1130 Cals

PERFECT PAIRINGS

ADD TO ANY MEAL

GARLIC SHRIMP 6.99 450 Cals

HOUSEMADE CRAB CAKE 8.99 350 Cals

BACON-WRAPPED SEA SCALLOPS 9.99 370 Cals

MARITIME LOBSTER TAIL 16.49 490 Cals

bowls

SESAME-SOY SALMON 19.49

Grilled salmon, crispy Brussels sprouts, rice, edamame, mixed greens and crispy onions with a soy-ginger drizzle. 1030 Cals

NEW BAJA SHRIMP 16.99

Seasoned shrimp, avocado, black beans, rice, red onion, crunchy slaw, pico de gallo, sour cream and tortilla strips with chipotle ranch. 1060 Cals

CLASSIC CAESAR SALAD 9.99 520 Cals

- Fire-Grilled Chicken +3.00 620 Cals
- Fire-Grilled Shrimp +4.00 770 Cals
- Fire-Grilled Salmon +6.00 830 Cals

classics

Served with our unlimited, warm Signature Biscuits (160 Cals each) and two sides (except for Fish & Chips). Substitute a Caesar salad (320 Cals) for any side item for +1.49, or add it for +3.49.

ISLAND JUMBO COCONUT SHRIMP 18.49

Served with our signature piña colada sauce. 1400-2240 Cals. Add six more for 6.49. 560 Cals

SALMON NEW ORLEANS

Blackened salmon topped with shrimp tossed in a Cajun butter sauce, with pico de gallo.

Half 23.49 760-1600 Cals | Full 28.49 1090-1930 Cals

FISH & CHIPS 14.99

Served with fries and coleslaw. 1240 Cals

DOUBLE LOBSTER TAILS 42.99

Pairing of fire-grilled Maritime and Caribbean lobster tails. 770-1610 Cals

LIVE MARITIME LOBSTER Mkt. Price

Wild-caught, fresh from the Atlantic, available steamed or stuffed. Ask your server for available sizes. 1 ¼ lb. steamed (620-1460 Cals) or 1 ¼ lb. stuffed (840-1680 Cals).

CANADIAN SNOW CRAB LEGS Mkt. Price

Served with melted butter. 690-1530 Cals

NEW HAND-BREADED

CHICKEN TENDERS 14.99

Served with plum sauce. 1060-1900 Cals

WALT'S FAVOURITE SHRIMP 16.99

Hand-breaded, butterflied and lightly fried.

Served with cocktail sauce. 710-1550 Cals

Add six more for 4.99. 280 Cals

TILAPIA & SCALLOPS 19.99

Pan-seared tilapia paired with grilled sea scallops, topped with a garlic and herb sauce. 810-1650 Cals

FIRE-GRILLED SALMON 26.49

Served with lemon. 810-1650 Cals

GARLIC SHRIMP SKEWERS 18.99 660-1500 Cals

Add a skewer for 4.99. 130 Cals

STEAKS

Grilled and seasoned with peppercorn.

- 7 oz. Sirloin 21.49 470-1310 Cals
- 10 oz. New York Strip 28.49 650-1490 Cals
- 6 oz. Filet Mignon 28.49 440-1280 Cals



feasts

Served with our unlimited, warm Signature Biscuits (160 Cals each) and choice of side (except for Bar Harbor Lobster Bake). Substitute a Caesar salad (320 Cals) for any side item for +1.49, or add it for +3.49.



NEW MARINER'S FEAST 31.49

Salmon topped with creamy Maritime lobster, grilled sea scallops and Walt's Favourite Shrimp. 1260-1680 Cals

ULTIMATE FEAST® 39.99

Tender Maritime lobster tail, snow crab legs, garlic shrimp and Walt's Favourite Shrimp. 1060-1480 Cals

ULTIMATE SURF & TURF 46.99

A 6 oz. filet mignon, butter-poached Maritime lobster tail and bacon-wrapped sea scallops. 910-1330 Cals

HARBORSIDE LOBSTER & SHRIMP 35.99

A roasted rock lobster tail, savoury garlic shrimp and garlic-grilled shrimp. 1240-1660 Cals

BAR HARBOR LOBSTER BAKE 33.99

Petite Maritime lobster tails, split and roasted, with shrimp, bay scallops, mussels and tomatoes, over linguini in a garlic and white wine broth. 1140 Cals

ADMIRAL'S FEAST 23.99

Walt's Favourite Shrimp, bay scallops, clam strips and a fish fillet, all fried to a golden brown. 1330-1750 Cals

SEAFARER'S FEAST 36.99

A broiled Maritime lobster tail, fire-grilled sea scallops, savoury garlic shrimp and Walt's Favourite Shrimp. 1500-1920 Cals

LOBSTER, SHRIMP & SALMON 35.99

Tender Maritime lobster tail, jumbo shrimp skewer and salmon finished with a garlic and herb sauce. 830-1250 Cals

SEASIDE SHRIMP TRIO 25.99

Walt's Favourite Shrimp, garlic shrimp and shrimp linguini Alfredo. 1680-2100 Cals

CREATE YOUR OWN

Choose two for 22.49 (530-2670 Cals) • Choose three for 27.99 (750-3750 Cals)

Served with choice of side.

ISLAND JUMBO COCONUT SHRIMP

660 Cals

SHRIMP LINGUINI ALFREDO 1080 Cals

WALT'S FAVOURITE SHRIMP 280 Cals

FIRE-GRILLED SALMON +3.99 310 Cals

GARLIC SHRIMP 450 Cals

FIRE-GRILLED TILAPIA 220 Cals

7 OZ. FIRE-GRILLED SIRLOIN

+3.99 250 Cals

BACON-WRAPPED SEA SCALLOPS

+3.99 370 Cals

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Additional nutrition information is available upon request. Before placing your order, please ask your server for our allergen guide if a member of your party has a food allergy.

daily deals

ULTIMATE ENDLESS SHRIMP® MONDAY

Mix and match from the options below.
Served with choice of side. 23.99

HAND-CRAFTED GARLIC SHRIMP

450 Cals • refill 230 Cals

GRILLED SHRIMP SKEWER

430 Cals • refill 120 Cals

ISLAND JUMBO COCONUT SHRIMP

660 Cals • refill 660 Cals

WALT'S FAVOURITE SHRIMP

300 Cals • refill 300 Cals

SIRLOIN & FRIED SHRIMP TUESDAY

A peppercorn-seasoned 7 oz. sirloin paired with a generous portion of fried shrimp. 21.99
Served with choice of two sides. 710-1550 Cals

FISH AND CHIPS WEDNESDAY

Served with fries and coleslaw. 11.99 1240 Cals

DINNER FOR TWO THURSDAY

Your choice of starter (excluding crab cakes), two petite lobster tails, sea scallops, garlic shrimp, and Walt's Favourite Shrimp with two sides and a Chocolate Wave dessert. 44.99 1530-2370 Cals (each)

Henry of Pelham wine bottles available with any entrée for ½ price all day.

WALT'S FAVOURITE FRIDAY

Walt's Favourite Shrimp and a fountain beverage or iced tea for 14.99
Served with choice of two sides. 710-1550 Cals

LUNCH SPECIALS

Salmon New Orleans, Grilled Salmon and pasta entrées are \$2 less every day until 3pm.

\$10 ALOTTA COLADA™

available every day. 550 Cals

sides

GREEN BEANS 90 Cals

SEA-SALTED FRIES 510 Cals

MASHED POTATOES 170 Cals

COLESLAW 190 Cals

RICE 230 Cals

BAKED POTATO 210 Cals

With butter (60 Cals), sour cream (15 Cals) and sprinkled with Kosher salt.

LOBSTER-TOPPED POTATOES

Baked potato (370 Cals) or mashed potatoes (350 Cals) topped with Norway and Maritime lobster +4.79.

CRISPY BRUSSELS SPROUTS +2.99 470 Cals

beverages

COCKTAILS

SHRIMP CAESAR® 8.99

(1 oz.) Smirnoff vodka and Mott's Clamato spiced to perfection, and garnished with a cocktail shrimp. 130 Cals

LOBSTER CAESAR™ 12.99

(1 oz.) A variation of our signature Shrimp Caesar featuring Smirnoff vodka, Mott's Clamato and half a lobster tail. 130 Cals

MANGO MAI TAI 8.99

(2 oz.) Malibu mango rum with tropical fruit juices and sweet grenadine. 200 Cals

BERRY MANGO DAIQUIRI 8.99

(1.75 oz.) Tropical mangoes blended with Bacardi Superior rum and swirled with strawberries. 320 Cals

LONG ISLAND ICED TEA 8.99

(2 oz.) A refreshing blend of spirits with a splash of cola. 180 Cals

BAHAMA MAMA 8.99

(1.5 oz.) Captain Morgan Original Spiced Rum blended with tropical fruit flavors and topped with a splash of Bacardi Black rum. 340 Cals

PIÑA COLADA 7.99

(1 oz.) A creamy blend of coconut, pineapple juice and Malibu coconut rum. 330 Cals

MIMOSA 7.99

(3 oz.) A classic blend of sparkling wine and orange juice. 200 Cals

SUNSET PASSION COLADA 7.99

(1 oz.) Malibu rum piña colada with strawberry, raspberry or peach topper. 310 Cals

SANGRIAS 8.49

• TROPICAL WHITE

(3 oz.) White wine, pineapple and mango juices, and lemon-lime soda. 150 Cals

• TRIPLE BERRY

(3 oz.) Red wine, berry juices and fruit. 210 Cals

BEER/SELTZER

BOTTLED

Michelob ULTRA® 6.49

Corona Extra 7.79

Heineken 7.79

Bud Light 6.49

Budweiser 6.49

White Claw

Black Cherry 6.49

12 oz. Beer, Light/Regular 100/150 Cals

12 oz. Hard Seltzer 100 Cals

DRAFT 12 OZ OR 20 OZ

Alexander

Keith's IPA 6.99/8.29

Availability may vary.

Stella Artois 7.99/9.29

Coors Light 6.99/8.29

12 oz. Light/Regular 100/150 Cals

20 oz. Light/Regular 170/260 Cals

NON-ALCOHOLIC

Enjoy complimentary refills on sodas, lemonades, coffee and teas.

HAND-CRAFTED LEMONADES 3.79

Classic 140 Cals, Strawberry 210 Cals or Peach 220 Cals

FRUIT SMOOTHIES 4.99

Strawberry 460 Cals, Raspberry 460 Cals or Peach 470 Cals

JUICES 3.29

Apple 160 Cals, Orange 160 Cals or Pineapple 200 Cals

FOUNTAIN BEVERAGES 3.29 0-190 Cals

BOSTON ICED TEAS 3.79

Peach 180 Cals, Raspberry 170 Cals or Cranberry 80 Cals

ICED TEA, HOT TEA OR COFFEE 3.29

0 Cals

ACQUA PANNA 3.99

(750 ML) 0 Cals

the daily sips

MONDAY

Corona Extra Bottle \$5
12 oz., 150 Cal

TUESDAY

Tropical White Sangria
or Triple Berry
Sangria \$5
3 oz., 150-210 Cals

WEDNESDAY

Alexander Keith's
IPA Draft \$5
12 oz., 150 Cals

THURSDAY

Half Price on Henry of
Pelham Wine Bottles
750mL., 640 Cals

FRIDAY

Any Jackson-Triggs
Wine Glass \$6
6 oz. 150 Cals

SATURDAY & SUNDAY

Mimosa \$6
3 oz. 200 Cals

WINE

WHITE

6 OZ 9 OZ BOTTLE
150 Cals 220 Cals 640 Cals

RIESLING
Henry of Pelham,
Canada VQA

8.99 11.49 35.00

PINOT GRIGIO
Jackson-Triggs, Canada

7.99 10.99 31.00

CHARDONNAY
Peller Estates
Canada VQA

8.49 11.99 46.00*

RED

BACO NOIR
Henry of Pelham,
Canada VQA

8.99 11.49 35.00

CABERNET MERLOT
Peller Estates,
Canada VQA

8.99 11.99 49.00*

CABERNET
SAUVIGNON
Jackson-Triggs, Canada

7.99 10.99 31.00

SPARKLING

[YELLOW TAIL]®
BUBBLES,
Australia

9.99 13.49 39.00


*Available only in a litre.

Selections vary by restaurant. Ask your server for additional selections.
Taxes not included on alcoholic beverages.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Additional nutrition information is available upon request. Before placing your order, please ask your server for our allergen guide if a member of your party has a food allergy.

Due to supply disruptions, item availability and recipes may vary. Thank you for understanding
©2021 Red Lobster Hospitality LLC

DESSERTS



BROWNIE OVERBOARD™ 9.29
Warm brownie wedges served with a scoop of vanilla ice cream. Topped with caramel, fudge, and whipped cream. 980 Cals

VANILLA BEAN CHEESECAKE 8.99
On a vanilla cookie crust and topped with vanilla bean-infused whipped cream. 730 Cals

CHOCOLATE WAVE 8.29
Layers of warm, decadent chocolate cake and creamy fudge frosting. Served with vanilla ice cream and rich chocolate sauce. 920 Cals

WARM APPLE CROSTADA 7.29
Made with fresh Chuddleigh Farms heirloom apples. Drizzled with caramel and served with vanilla ice cream. 550 Cals



Triple Berry & Tropical White Sangrias

HONEST
• TO •
GOOD
-Seafood-