



Due to the handcrafted nature of our menu items, and the inherent size variations of seafood, nutritional content may vary.
 If you have other nutrition questions, please try our Nutrition Calculator or Interactive Menu on our website; or contact us at: 800-562-7837 (Monday-Friday 10am-5pm EST).
 Information Valid 5/29/2017 - 7/9/2017

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)
LOBSTER & SHRIMP SUMMERFESTSM											
Cape Cod [®] Shrimp and Chips	1170	600	67	9	1	145	3420	117	12	27	26
Coastal Lobster and Shrimp TM	1150	730	81	31	1	400	3130	66	6	16	41
Creamy Langostino Lobster and Shrimp Cavatappi Pasta	1210	610	68	27	2.5	350	2830	73	4	6	71
Grilled Lobster and Red Shrimp	690	470	53	25	0.5	280	1460	29	2	2	24
Lobster and Shrimp Overboard TM	1860	1000	112	43	3	690	5440	112	6	15	97
Seaport Lobster and Shrimp	830	540	60	26	1	415	1950	28	1	2	42
FEATURED COCKTAILS											
Caribbean Long Island	140	0	0	0	0	0	0	15	<1	13	0
Watermelon Margarita	170	0	0	0	0	0	630	22	0	21	0
FEATURED APPETIZER											
Panko-Crusted Red Shrimp	530	230	25	2.5	0	195	1600	49	2	10	27
SEASIDE STARTERS											
Crispy Calamari and Vegetables	1770	1100	122	12	0.5	230	4570	138	8	19	31
Crispy Shrimp Lettuce Wraps	620	160	18	1.5	0	145	2560	93	9	45	23
Langostino Lobster-Artichoke-and-Seafood Dip	1050	510	56	17	1	155	2490	106	10	9	32
Lobster and Langostino Pizza	690	310	34	17	1.5	150	2070	53	3	2	46
Mozzarella Cheesesticks	810	400	44	15	1	75	2240	67	4	8	37
Parrot Isle Jumbo Coconut Shrimp	610	350	39	11	0	95	990	52	5	21	15
Seafood-Stuffed Mushrooms	440	230	26	14	1	175	1110	16	2	5	38
Seaside Sampler	840	400	45	18	1	295	2330	61	5	30	49
Signature Shrimp Cocktail	130	0	0	0	0	165	1070	11	0	9	21
Sweet Chili Shrimp	1100	680	76	9	1	230	1970	77	3	48	27
White Wine and Roasted-Garlic Mussels	930	510	57	13	1	75	2170	69	4	6	32
Create Your Own Appetizer – Chicken Breast Strips	560	350	39	4.5	0	60	1410	30	1	8	22
Create Your Own Appetizer – Clam Strips	560	360	40	5	0	30	920	39	0	5	11

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Create Your Own Appetizer – Crispy Calamari and Vegetables	1050	660	73	8	0.5	120	2770	81	5	20	16
Create Your Own Appetizer – Mozzarella Cheesesticks	680	340	37	13	0.5	65	1900	57	4	7	31
Create Your Own Appetizer – Stuffed Mushrooms	290	150	17	9	0.5	115	740	11	1	3	25
Batterfried Crawfish*	1430	720	80	8	0.5	185	3270	137	10	28	41
Buffalo Chicken Wings*	990	660	73	16	0	370	3570	10	2	3	74
Fried Oysters*	990	480	53	6	0.5	65	2490	109	8	27	19
SOUPS & SALADS											
Classic Caesar Salad	520	410	46	9	0.5	45	1050	18	4	3	10
Classic Caesar Salad with Grilled Chicken	640	430	48	10	1	120	1470	19	4	3	34
Classic Caesar Salad with Grilled Shrimp	600	440	48	10	1	175	1420	19	4	3	24
Classic Caesar Salad with Grilled Salmon	830	590	65	13	0.5	140	1140	18	4	3	42
Lobster Bisque (Cup)	300	180	20	11	0	70	930	23	0	4	7
Lobster Bisque (Bowl)	610	360	40	23	1	140	1860	46	1	9	15
New England Clam Chowder (Cup)	250	140	16	9	0	55	820	20	0	4	7
New England Clam Chowder (Bowl)	500	280	31	17	0.5	110	1650	41	2	8	15
Creamy Potato Bacon Soup* (Cup)	320	180	20	12	0.5	60	1070	30	1	2	6
Creamy Potato Bacon Soup* (Bowl)	630	360	40	23	1	120	2140	59	3	3	11
Manhattan Clam Chowder* (Cup)	160	45	5	2	0	20	1100	21	2	5	9
Manhattan Clam Chowder* (Bowl)	320	90	10	4	0	40	2190	42	4	9	17
Seafood Gumbo* (Cup)	220	80	8	2.5	0	25	1020	28	2	1	8
Seafood Gumbo* (Bowl)	440	150	17	5	0	45	2040	56	3	3	17
ADD TO ANY MEAL											
Garlic-Grilled Sea Scallops	100	35	4	1	0	25	460	4	0	0	12
Garlic-Grilled Shrimp Skewer	110	60	6	1	0	115	590	1	0	0	12
Garlic Shrimp Scampi	230	150	17	3	0.5	120	580	3	0	0	17
Maine Lobster Tail (Steamed)	370	330	36	22	0	170	580	0	0	0	9
Maine Lobster Tail (Wood-Grilled)	440	400	44	23	0	170	710	1	0	0	9
Topped Maine Lobster Tail	200	110	12	6	0	155	740	7	0	3	17
Walt's Favorite Shrimp	340	130	14	1.5	0	90	1650	39	3	11	13
DINNER ENTRÉES											
Admiral's Feast	1420	710	79	9	0.5	265	4050	113	6	19	65
Bar Harbor Lobster Bake	1680	840	93	35	1	460	3280	117	9	5	87
Cajun Chicken Linguini Alfredo (Half)	710	0	33	12	1.5	115	1370	59	4	2	42
Cajun Chicken Linguini Alfredo (Full)	1390	560	63	24	2.5	230	2760	119	8	5	84
Center-Cut NY Strip Steak	730	320	35	14	1.5	205	1730	29	5	3	73
Crab Linguini Alfredo (Half)	650	280	32	12	1	80	1350	59	4	2	31
Crab Linguini Alfredo (Full)	1260	530	59	24	2.5	165	2730	118	7	5	62
Garlic-Grilled Shrimp	350	140	16	3	0	230	1480	27	0	2	26
Hand-Battered Fish and Chips	900	430	48	6	0	120	1990	74	6	16	42
Lighthouse Garlic-Grilled Shrimp	390	150	16	3	0	230	1690	34	4	3	30
Lighthouse Maple-Glazed Chicken	500	70	8	1.5	0	145	2070	54	4	22	55
Lighthouse Rock Lobster Tail	450	130	15	3	0	150	1260	35	4	4	45
Lighthouse Snow Crab Legs	480	310	35	21	0	205	1820	8	3	2	35

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Lighthouse Wood-Grilled Peppercorn Sirloin and Shrimp	530	170	19	6	1	215	1820	37	4	3	54
Live Maine Lobster (Steamed)	440	310	34	21	0	295	290	0	0	0	33
Live Maine Lobster (Roasted and Stuffed)	530	330	37	22	0	340	630	7	0	1	41
Maple-Glazed Chicken	470	70	7	1.5	0	145	1860	46	0	20	51
NY Strip and Rock Lobster Tail	1140	630	70	35	1.5	380	2360	30	5	4	95
Parmesan-Crusted Fresh Tilapia	550	280	31	11	1	115	1050	18	0	1	49
Parrot Isle Jumbo Coconut Shrimp	960	550	61	16	0	150	1620	77	8	27	24
Parrot Isle Jumbo Coconut Shrimp (Add five more)	530	300	33	10	0	80	830	46	4	20	12
Roasted Maine Lobster Bake	1220	590	66	16	1	175	2040	112	10	7	40
Rock Lobster Tail	710	420	47	24	0	240	1320	28	0	2	42
Salmon New Orleans (Half)	680	450	50	12	0.5	195	1470	12	3	3	45
Salmon New Orleans (Full)	1000	620	70	16	0.5	285	1550	12	3	3	77
Seaside Shrimp Trio	1300	590	66	18	2	425	3530	101	7	14	72
Shrimp Linguini Alfredo (Half)	690	280	32	12	1.5	205	1190	59	4	3	40
Shrimp Linguini Alfredo (Full)	1340	530	59	24	2.5	410	2410	118	8	5	80
Shrimp Your Way – Coconut Shrimp Bites	400	200	22	7	0	90	800	38	3	16	11
Shrimp Your Way – Fried Shrimp	260	100	11	1	0	105	1170	24	2	9	16
Shrimp Your Way – Popcorn Shrimp	420	160	18	1.5	0	145	1980	49	4	11	17
Shrimp Your Way – Scampi	230	150	17	3	0.5	120	580	3	0	0	17
Snow Crab Legs	440	310	34	21	0	205	1600	0	0	0	32
Ultimate Feast®	1150	640	72	27	1	440	3770	68	4	13	57
Walt's Favorite Shrimp	620	260	28	3	0	180	2730	68	4	13	24
Walt's Favorite Shrimp (Add 1/2 dozen more)	340	130	14	1.5	0	90	1650	39	3	11	13
Wild-Caught Flounder/Sole (Golden-Fried)	730	390	43	5	0	170	850	12	0	6	73
Wild Caught Flounder/Sole (Oven-Broiled)	420	100	11	1	0	205	500	0	0	0	70
(Baked with crab-and-seafood stuffing)	470	200	23	5	0	195	1930	17	1	3	47
Wood-Grilled Lobster, Shrimp and Salmon	840	390	44	14	0	320	2100	56	2	26	57
Wood-Grilled Peppercorn Sirloin	460	190	22	8	1	115	1380	27	3	2	40
Wood-Grilled Peppercorn Sirloin and Shrimp	540	220	24	9	1	235	1940	28	3	2	53
Wood-Grilled Tacos with Chicken	610	200	23	3	0	80	1660	70	6	4	34
Wood-Grilled Tacos with Fresh Tilapia	700	230	26	4	0	100	2240	69	6	4	51
Wood-Grilled Tacos with Lobster Meat	660	270	30	4	0	70	1910	73	6	6	27
Wood-Grilled Tacos with Shrimp	580	200	22	3	0	135	1710	73	6	7	25
Create Your Own Combination – Garlic-Grilled Sea Scallops	100	35	4	1	0	25	460	4	0	0	12
Create Your Own Combination – Garlic-Grilled Shrimp	250	80	9	2	0	115	890	26	0	1	14
Create Your Own Combination – Garlic Shrimp Scampi	230	150	17	3	0.5	120	580	3	0	0	17
Create Your Own Combination – Parrot Isle Jumbo Coconut Shrimp	780	450	50	14	0	120	1310	65	6	24	19
Create Your Own Combination – 7 oz. Peppercorn-Grilled Sirloin	270	120	13	4.5	0.5	100	780	3	0	0	36
Create Your Own Combination – Seafood-Stuffed Flounder	230	100	11	2.5	0	100	970	9	0	2	23

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Create Your Own Combination – Shrimp Linguini Alfredo	690	280	32	12	1.5	205	1190	59	4	3	40
Create Your Own Combination – Soy-Ginger Salmon	330	150	17	3.5	0	85	740	12	0	9	30
Create Your Own Combination – Walt's Favorite Shrimp	430	170	19	2	0	120	2020	49	3	12	17
Create Your Own Combination – Wood-Grilled Fresh Tilapia	220	50	6	1.5	0	90	200	0	0	0	41
Create Your Own Combination – Batterfried Crawfish*	970	580	64	7	0	185	1910	63	5	15	35
Create Your Own Combination – Fried Oysters*	520	330	37	5	0	65	1140	35	3	14	13
4-Course Feast – Cajun Chicken Linguini Alfredo	710	0	33	12	1.5	115	1370	59	4	2	42
4-Course Feast – Garlic-Grilled Shrimp	350	140	16	3	0	230	1480	27	0	2	26
4-Course Feast – Jumbo Coconut Shrimp	780	450	50	14	0	120	1310	65	6	24	19
4-Course Feast – Shrimp Linguini Alfredo	690	280	32	12	1.5	205	1190	59	4	3	40
4-Course Feast - Soy-Ginger Salmon	330	150	17	3.5	0	85	740	12	0	9	30
4-Course Feast – Wood-Grilled Sirloin	460	190	22	8	1	115	1380	27	3	2	40
Canadian Walleye* (Golden-fried)	800	450	50	6	0.5	270	1700	18	0	5	69
TODAY'S FRESH FISH (pending availability)											
Arctic Char	350	140	16	4	0	50	150	0	0	0	41
Cod	200	25	3	0	0	95	140	0	0	0	40
Fresh Flounder	200	40	4.5	0	0	100	180	0	0	0	35
Grouper	210	35	3.5	0.5	0	80	90	0	0	0	42
Haddock	220	30	3.5	0	0	140	170	0	0	0	43
Halibut	200	40	4	0.5	0	100	140	0	0	0	38
Lake Whitefish	310	130	14	2	0	130	110	0	0	0	42
Opah	210	25	3	0	0	145	180	0	0	0	42
Perch	180	30	3	0	0	170	115	0	0	0	36
Rainbow Trout (Lunch/Half)	240	100	11	2.5	0	100	85	0	0	0	34
Rainbow Trout (Full)	490	200	22	4.5	0	200	170	0	0	0	67
Red Rockfish	170	35	4	0.5	0	90	130	0	0	0	33
Salmon (Lunch/Half)	310	170	19	4	0	90	90	0	0	0	32
Salmon (Full)	620	350	39	8	0	185	180	0	0	0	64
Gulf Snapper	230	40	4.5	0.5	0	80	95	0	0	0	45
Pacific Snapper	160	20	2.5	0.5	0	75	300	2	0	0	32
Fresh Sole	200	40	4.5	0	0	100	180	0	0	0	35
Tilapia (Lunch/Half)	210	50	6	1.5	0	90	90	0	0	0	41
Tilapia (Full)	430	100	11	3	0	180	180	0	0	0	82
Tuna	250	25	2.5	0	0	85	95	0	0	0	52
Wahoo	300	160	18	4	0	110	135	0	0	0	33
Live Maine Lobster 1 1/4 pound (Steamed)	440	310	34	21	0	295	290	0	0	0	33
Live Maine Lobster 1 1/4 pound (Roasted and Stuffed)	530	330	37	22	0	340	630	7	0	1	41
Hand-Shucked Oysters on the Half Shell* - Steamed (1/2 dozen)	440	320	35	22	0	120	1060	21	1	9	7

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Hand-Shucked Oysters on the Half Shell* - Steamed (dozen)	510	340	37	22	0	155	1200	27	1	9	13
Hand-Shucked Oysters on the Half Shell* - Raw (1/2 dozen)	180	30	3.5	1	0	30	1100	27	3	11	9
Hand-Shucked Oysters on the Half Shell* - Raw (dozen)	250	50	5	1.5	0	65	1330	34	3	11	16
Steamed Clams*	1130	710	79	19	1.5	110	3340	68	4	6	37
Steamed North Pacific King Crab Legs*	1240	810	89	55	0	535	3980	2	0	0	105
Crab Cakes*	700	360	40	7	0.5	245	1650	44	4	5	41
Blackened Seasoning	15	0	0	0	0	0	200	3	1	0	1
Broiled Seasoning	10	0	0	0	0	0	460	2	1	0	0
Grilled Seasoning	0	0	0	0	0	0	1000	0	0	0	0
Soy-Ginger Glaze	40	0	0	0	0	0	270	10	0	8	1
LUNCH ENTRÉES											
Cajun Chicken Linguini Alfredo (Lunch)	710	0	33	12	1.5	115	1370	59	4	2	42
Cajun Chicken Linguini Alfredo (Full)	1390	560	63	24	2.5	230	2760	119	8	5	84
Classic Caesar Salad	520	410	46	9	0.5	45	1050	18	4	3	10
Classic Caesar Salad with Chicken	640	430	48	10	1	120	1470	19	4	3	34
Classic Caesar Salad with Fresh Salmon	830	590	65	13	0.5	140	1140	18	4	3	42
Classic Caesar Salad with Shrimp	600	440	48	10	1	175	1420	19	4	3	24
Coastal Soup and Grilled Shrimp Salad (New England Clam Chowder)	630	320	36	18	0.5	175	2000	53	3	12	24
Coastal Soup and Grilled Shrimp Salad (Lobster and Langostino Bisque)	730	400	45	23	1	205	2210	57	3	12	25
Coastal Soup and Grilled Shrimp Salad (Creamy Potato Bacon Soup*)	760	400	45	24	1	185	2490	71	4	6	21
Coastal Soup and Grilled Shrimp Salad (Manhattan Clam Chowder*)	450	130	15	4.5	0	100	2550	54	6	13	27
Coastal Soup and Grilled Shrimp Salad (Seafood Gumbo*)	570	190	21	6	0	110	2400	67	5	6	27
Crab Linguini Alfredo (Lunch)	650	280	32	12	1	80	1350	59	4	2	31
Crab Linguini Alfredo (Full)	1260	530	59	24	2.5	165	2730	118	7	5	62
Crunch-Fried Fish Sandwich	1240	630	70	14	1	105	2700	115	6	12	32
Crunchy Popcorn Shrimp	420	160	18	1.5	0	145	1980	49	4	11	17
Farm-Raised Catfish – Blackened	210	90	10	2	0	95	300	2	0	0	26
Farm-Raised Catfish – Golden-fried	440	280	31	5	0	100	440	7	0	5	31
Garlic Shrimp Scampi	230	150	17	3	0.5	120	580	3	0	0	17
Hand-Battered Fish and Chips	900	430	48	6	0	120	1990	74	6	16	42
Hand-Breaded Shrimp	310	120	14	1.5	0	125	1290	26	2	9	19
Maple-Glazed Chicken	340	45	5	1	0	75	1130	46	<1	20	27
Sailor's Platter	490	180	20	3	0.5	230	1450	18	2	9	54
Shrimp Linguini Alfredo (Lunch)	690	280	32	12	1.5	205	1190	59	4	3	40
Shrimp Linguini Alfredo (Full)	1340	530	59	24	2.5	410	2410	118	8	5	80
Shrimp and Wood-Grilled Chicken – Hand-Breaded Shrimp	460	120	13	2	0	145	1710	45	2	10	38

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Shrimp and Wood-Grilled Chicken – Garlic Shrimp Scampi	390	120	14	2.5	0	160	1050	27	1	1	39
Shrimp and Wood-Grilled Chicken – Wood-Grilled Shrimp Skewer	320	70	8	1.5	0	135	930	26	0	1	34
Wild-Caught Flounder/Sole (Golden-Fried)	470	290	32	4.5	0	90	510	8	0	5	37
(Oven-Broiled)	210	50	5	0	0	100	250	0	0	0	35
(Baked with Crab-and-Seafood Stuffing)	230	100	11	2.5	0	100	970	9	0	2	23
Wood-Grilled Cheeseburger	1380	770	86	29	2.5	170	2620	99	7	20	47
Wood-Grilled Chicken Sandwich	1000	440	49	12	0.5	115	2710	96	7	20	37
Wood-Grilled Shrimp Skewers	300	90	10	2	0	125	940	33	4	3	21
Wood-Grilled Tacos with Chicken	610	200	23	3	0	80	1660	70	6	4	34
Wood-Grilled Tacos with Fresh Tilapia	700	230	26	4	0	100	2240	69	6	4	51
Wood-Grilled Tacos with Lobster Meat	660	270	30	4	0	70	1910	73	6	6	27
Wood-Grilled Tacos with Shrimp	580	200	22	3	0	135	1710	73	6	7	25
Create Your Own Lunch – Bay Scallops – Broiled	100	25	3	0.5	0	30	600	4	0	0	15
Create Your Own Lunch – Bay Scallops – Fried	160	40	4.5	0	0	25	960	19	1	9	11
Create Your Own Lunch – Chicken Breast Strips	560	350	39	4.5	0	60	1410	30	1	8	22
Create Your Own Lunch – Crunch-Fried Fish	610	400	45	5	0	70	1460	32	0	3	19
Create Your Own Lunch – Garlic-Grilled Shrimp Skewer	200	50	6	1	0	65	510	26	0	1	10
Create Your Own Lunch – Garlic Shrimp Scampi	150	90	10	2	0	85	380	2	0	0	12
Create Your Own Lunch – Hand-Breaded Shrimp	200	70	8	1	0	70	990	20	2	9	12
Create Your Own Lunch – Lightly Breaded Clam Strips	560	360	40	5	0	30	920	39	0	5	11
Create Your Own Lunch – Batterfried Crawfish*	510	290	32	3.5	0	95	1250	37	3	12	18
Canadian Walleye* (Golden-Fried)	500	320	36	5	0	140	940	11	0	4	34
LUNCH SPECIALS (MONDAY THROUGH FRIDAY, 11 A.M. - 3 P.M.)											
Classic Caesar Salad	520	410	46	9	0.5	45	1050	18	4	3	10
Classic Caesar Salad with Chicken	640	430	48	10	1	120	1470	19	4	3	34
Classic Caesar Salad with Shrimp	600	440	48	10	1	175	1420	19	4	3	24
Classic Caesar Salad with Salmon	830	590	65	13	0.5	140	1140	18	4	3	42
Grilled Shrimp Salad and Cup of Soup (Lobster and Langostino Bisque)	430	220	25	12	0.5	135	1280	35	2	8	17
Grilled Shrimp Salad and Cup of Soup (New England Clam Chowder)	380	180	20	9	0	120	1180	32	2	8	17
Grilled Shrimp Salad and Cup of Soup (Creamy Potato Bacon*)	440	220	25	12	0.5	125	1420	41	3	5	15
Grilled Shrimp Salad and Cup of Soup (Manhattan Clam Chowder*)	290	90	10	2.5	0	85	1450	33	4	8	18
Grilled Shrimp Salad and Cup of Soup (Seafood Gumbo*)	350	120	13	3	0	85	1380	40	3	5	18
Wood-Grilled Cheeseburger	1380	770	86	29	2.5	170	2620	99	7	20	47
Wood-Grilled Chicken Sandwich	1000	440	49	12	0.5	115	2710	96	7	20	37
Wood-Grilled Chicken Tacos	610	200	23	3	0	80	1660	70	6	4	34
Wood-Grilled Tilapia Tacos	700	230	26	4	0	100	2240	69	6	4	51
Wood-Grilled Shrimp Tacos	580	200	22	3	0	135	1710	73	6	7	25

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)
SEAFOOD LOVER'S LUNCH™ (MONDAY THROUGH FRIDAY, 11 A.M. - 3 P.M.)											
Cape Cod® Shrimp and Chips Basket	680	310	34	4.5	0	70	2270	80	7	15	14
1/2 Lobster-and-Langostino Pizza	350	150	17	8	1	75	1040	27	1	<1	23
Lobster Tacos	660	270	30	4	0	70	1910	73	6	6	27
Shrimp Tacos	580	200	22	3	0	135	1710	73	6	7	25
Watermelon Lemonade	250	0	0	0	0	0	10	65	0	62	0
DESSERTS											
Brownie Overboard™	700	350	39	19	0.5	125	250	81	3	58	8
Chocolate Wave	1130	570	63	22	1	125	730	136	6	94	11
Key Lime Pie	400	130	14	8	0	145	200	59	1	49	8
Triple-Chocolate Brownie a la Mode	470	220	25	14	0.5	85	170	58	2	40	6
Vanilla Bean Cheesecake	730	450	50	31	1	185	370	63	2	50	9
Warm Apple Crostada	610	280	31	15	0	40	440	76	2	38	7
Warm Chocolate Chip Lava Cookie	960	400	43	22	0	115	550	130	4	84	11
SIDES & ADDITIONS											
Add Grilled Shrimp to Your Salad	60	35	4	1	0	50	200	0	0	0	6
Asparagus (seasonal)	90	60	7	4.5	0	20	580	5	6	2	3
Baked Potato	210	20	2	0	0	0	860	45	5	2	5
Baked Potato (unsalted)	210	20	2	0	0	0	20	45	5	2	5
Add Butter	100	100	11	5	0	20	55	0	0	0	0
Add Sour Cream	25	20	2	1.5	0	10	10	0	0	0	0
Broccoli (steamed)	40	0	0	0	0	0	220	8	3	2	3
Caesar Salad	290	230	25	5	0	25	600	12	2	2	5
Cheddar Bay Biscuits® (each)	160	90	10	4.5	0	<5	380	16	0	0	3
Coleslaw	260	180	20	3	0	20	350	17	3	11	2
Creamy Langostino Lobster Baked Potato	350	100	11	5	0	75	1300	51	5	5	14
Creamy Langostino Lobster Mashed Potatoes	330	160	18	9	0	90	1040	31	3	4	12
French Fries	290	100	12	1	0	0	610	42	3	0	4
Garden Salad <i>does not include dressing choice</i>	70	15	1.5	0	0	0	140	12	1	3	2
Grilled Zucchini and Squash	150	110	12	4.5	0	15	700	8	2	5	3
Mashed Potatoes	190	80	9	4	0	15	600	24	3	2	4
Sweet Corn Cobette	100	20	2	0.5	0	0	45	20	2	3	3
Tomato-Mozzarella Caprese	120	70	8	3.5	0	25	310	7	0	5	7
Wild Rice Pilaf	140	30	3	0.5	0	0	300	25	0	1	2
DRESSINGS & SAUCES											
100% Pure Melted Butter	300	300	33	21	0	90	290	0	0	0	0
Blue Cheese Dressing	230	220	24	5	0	25	300	2	0	1	2
Butter	100	100	11	5	0	20	55	0	0	0	0
Caesar Dressing	300	0	32	6	0.5	30	590	0	0	0	2
Champagne Vinaigrette Dressing	70	40	4	0.5	0	0	390	9	0	7	0
Cocktail Sauce	45	0	0	0	0	0	580	11	0	9	0
Honey Mustard Dressing	200	160	18	3	0	15	290	9	0	8	0

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)
Honey Mustard Dipping Sauce	200	160	18	3	0	15	290	9	0	8	0
Ketchup	60	0	0	0	0	0	480	15	0	12	0
Marinara Sauce	35	15	2	0	0	0	230	4	0	2	0
Mayonnaise	200	200	22	3	0	10	190	0	0	0	0
Mustard	20	10	1	0	0	0	330	1	0	0	1
Pico de Gallo	10	0	0	0	0	0	190	2	0	1	0
Piña Colada Sauce	100	40	4.5	3.5	0	10	40	14	0	12	0
Ranch Dressing	150	140	16	2.5	0	15	320	2	0	1	0
Sour Cream	25	20	2	1.5	0	10	10	0	0	0	0
Tartar Sauce	210	190	21	3	0	15	180	4	0	3	0
Thousand Island Dressing	210	180	19	3	0	15	270	8	0	8	0
ALCOHOLIC DRINKS											
Alotta Colada™	580	60	7	7	0	0	30	109	7	98	2
Bahama Mama	370	0	0	0	0	0	10	62	3	52	0
Berry Mango Daiquiri	320	0	0	0	0	0	10	54	3	44	0
Bloody Mary	110	0	0	0	0	0	620	6	0	2	0
Caramel Appletini	200	0	0	0	0	0	85	27	0	23	0
Chocolate Martini	340	20	2	1.5	0	10	50	48	2	42	3
Cosmopolitan	170	0	0	0	0	0	5	10	0	9	0
Lobsterita® – Strawberry	500	0	0	0	0	0	10	82	3	69	0
Lobsterita® – Traditional	410	0	0	0	0	0	630	57	0	57	0
Lobsterita® – Raspberry	500	0	0	0	0	0	10	82	3	70	0
Malibu Hurricane	170	0	0	0	0	0	10	30	0	24	0
Mango Mai Tai	200	0	0	0	0	0	10	35	0	29	0
Manhattan	160	0	0	0	0	0	0	8	0	4	0
Margarita – Classic (Frozen)	180	0	0	0	0	0	480	23	0	22	0
Margarita – Classic (Rocks)	120	0	0	0	0	0	480	8	0	7	0
Margarita – Grand Patrón	200	0	0	0	0	0	480	16	0	15	0
Margarita – Peach (Frozen)	290	0	0	0	0	0	0	50	1	45	0
Margarita – Peach (Rocks)	170	0	0	0	0	0	0	20	0	18	0
Margarita – Perfect 1800	160	0	0	0	0	0	480	13	0	12	0
Margarita – Raspberry (Frozen)	280	0	0	0	0	0	0	46	2	40	0
Margarita – Raspberry (Rocks)	170	0	0	0	0	0	0	20	0	17	0
Margarita – Strawberry (Frozen)	280	0	0	0	0	0	0	47	2	40	0
Margarita – Strawberry (Rocks)	170	0	0	0	0	0	0	20	1	17	0
Margarita – Top-Shelf (Frozen)	220	0	0	0	0	0	480	26	0	25	0
Margarita – Top-Shelf (Rocks)	160	0	0	0	0	0	480	11	0	10	0
Martini	160	15	1.5	0	0	0	260	1	0	0	0
Mojito	200	0	0	0	0	0	5	32	1	28	0
Mojito – Strawberry	290	0	0	0	0	0	10	49	1	44	0
Mudslide	540	200	22	13	1	70	95	53	0	43	6
Old Fashioned	170	0	0	0	0	0	0	6	0	4	0

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Sunset Passion Colada	340	30	3.5	3.5	0	0	15	71	4	63	1
Top-Shelf Long Island Iced Tea	180	0	0	0	0	0	10	15	0	15	0
Triple Berry Sangria	280	0	0	0	0	0	50	54	3	47	0
WINE											
Sparkling (Bottle)	160	0	0	0	0	0	10	10	0	10	0
White (6 oz.)	140	0	0	0	0	0	10	5	0	2	0
Blush or Red (6 oz.)	150	0	0	0	0	0	10	5	0	1	0
White, Blush or Red (9 oz.)	220	0	0	0	0	0	15	7	0	3	0
White, Blush or Red (Bottle)	610	0	0	0	0	0	35	19	0	7	0
BEER											
Light Bottled Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	0
Regular Bottled Beer (12 oz.)	150	0	0	0	0	0	15	13	0	0	2
Nonalcoholic Bottled Beer (12 oz.)	70	0	0	0	0	0	10	15	0	0	0
Hard Cider (10 oz.)	200	0	0	0	0	0	10	29	0	23	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
NONALCOHOLIC DRINKS											
Barq's® Root Beer	210	0	0	0	0	0	95	60	0	60	0
Boston Iced Tea (Classic Cranberry)	80	0	0	0	0	0	25	21	0	20	0
Boston Iced Tea (Peach)	120	0	0	0	0	0	10	29	1	25	0
Boston Iced Tea (Raspberry)	110	0	0	0	0	0	10	28	1	23	0
Coke®	190	0	0	0	0	0	65	53	0	53	0
Diet Coke®	0	0	0	0	0	0	60	0	0	0	0
Dr Pepper®	200	0	0	0	0	0	70	54	0	54	0
Fruit Smoothie (Peach)	470	50	6	3.5	0	25	240	96	1	84	7
Fruit Smoothie (Raspberry)	460	50	6	3.5	0	25	240	94	2	79	7
Fruit Smoothie (Strawberry)	460	50	6	3.5	0	25	240	95	3	79	7
Handcrafted Lemonade (Classic)	240	0	0	0	0	0	15	65	0	62	0
Handcrafted Lemonade (Peach)	260	0	0	0	0	0	10	67	0	63	0
Handcrafted Lemonade (Strawberry)	260	0	0	0	0	0	15	68	2	61	0
Harbor Café Coffee™	0	0	0	0	0	0	5	0	0	0	0
Hot Tea	0	0	0	0	0	0	0	0	0	0	0
Iced Tea	0	0	0	0	0	0	15	1	0	0	0
Minute Maid® Light™ Lemonade	30	0	0	0	0	0	30	8	0	4	0
Minute Maid® Raspberry Lemonade	240	0	0	0	0	0	30	64	0	60	0
Sprite®	190	0	0	0	0	0	85	51	0	51	0
AFTER DINNER DRINKS											
Baileys and Coffee	200	90	10	6	0	35	45	15	0	11	2
Irish Coffee	200	50	6	3.5	0	0	15	17	0	15	0

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KIDS' MENU											
Casco Bay Cooler (Cherry Wave Slushy)	150	0	0	0	0	0	25	37	0	36	0
Casco Bay Cooler (Frozen Strawberry Lemonade)	390	0	0	0	0	0	20	97	3	83	0
Casco Bay Cooler (Peachy Breezy Smoothie)	190	0	0	0	0	<5	115	45	0	40	3
Casco Bay Cooler (Raspberry Bay Smoothie)	190	0	0	0	0	<5	115	44	0	37	3
Casco Bay Cooler (Sunset Strawberry Smoothie)	190	0	0	0	0	<5	115	44	1	37	3
Juice	110	0	0	0	0	0	15	27	0	24	2
Lemonade	90	0	0	0	0	0	5	24	0	23	0
Milk 1%	100	20	2.5	1.5	0	10	105	12	0	12	8
Raspberry Lemonade	90	0	0	0	0	0	10	24	0	23	0
Broiled Fish	210	50	5	0	0	100	250	1	0	0	35
Chicken Fingers	560	350	39	4.5	0	60	1410	30	1	8	22
Garlic-Grilled Shrimp	110	60	6	1	0	115	590	0	0	0	12
Grilled Chicken	320	180	20	3	0	90	710	9	0	8	25
Macaroni and Cheese	280	90	10	3	0	15	550	39	1	9	10
Petite Lobster Tail	370	330	36	22	0	170	580	1	0	0	9
Popcorn Shrimp	190	80	9	1	0	75	700	19	2	1	8
Surf's Up Sundae	220	100	11	7	0	40	55	27	0	19	3