



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 4/25/2016 - 6/5/2016

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)
<b>CREATE YOUR OWN SEAFOOD TRIO</b>											
Baked Lobster Alfredo	380	190	22	8	<1	85	890	26	2	1	22
Chimichurri Shrimp	230	70	8	<1	0	115	1040	31	<1	1	14
Creamy Shrimp Scampi Pasta	490	220	25	12	1	155	1210	39	3	5	28
Garlic Parmesan Chicken Alfredo	520	220	25	12	1	125	1200	35	2	3	38
Lemon-Garlic Butter Shrimp	160	70	8	4	0	115	650	8	2	3	15
Panko-Crusted Crab Cakes	530	350	38	6	0	100	1030	29	2	5	17
Parmesan Fried Shrimp	360	240	27	6	1	110	1030	13	1	1	17
Pineapple Teriyaki Chicken	270	40	4.5	1	0	75	810	31	<1	5	27
Spicy Tennessee Bourbon Shrimp	260	30	3.5	0.5	0	115	1340	39	0	13	15
<b>FEATURED APPETIZERS</b>											
Panko-Crusted Crab Cakes Appetizer	710	420	47	7	0	125	1860	49	4	15	24
Tomato-Mozzarella Caprese	120	70	8	3.5	0	25	310	7	<1	5	7
<b>FEATURED DESSERT</b>											
Brownie Overboard™	630	310	34	19	1	140	220	75	3	55	8
<b>FEATURED COCKTAILS</b>											
Spiked Strawberry Lemonade	200	0	0	0	0	0	5	31	1	27	0
Tropical Rum Punch	260	0	0	0	0	0	30	42	2	38	1
<b>SEASIDE STARTERS</b>											
Crispy Calamari and Vegetables	1830	1140	127	15	0.5	245	4720	138	8	19	36
Crispy Shrimp Lettuce Wraps	620	160	18	1.5	0	145	2560	93	9	45	23
Langostino Lobster-Artichoke-and-Seafood Dip	1040	510	57	18	0	160	2400	102	10	9	33
Lobster and Langostino Pizza	710	320	35	17	1.5	150	2090	55	4	3	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	450	250	28	14	1	135	1020	20	2	5	34

<b>Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. *Regional item--Availability may vary</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
Seaside Sampler	850	420	46	18	1	270	2270	63	5	30	47
Signature Shrimp Cocktail	130	0	0	0	0	165	1070	11	<1	9	21
Sweet Chili Shrimp	1140	710	79	10	1	230	2050	80	4	44	27
White Wine and Roasted-Garlic Mussels	770	360	41	10	1	65	1910	66	4	5	31
Create Your Own Appetizer – Chicken Breast Strips	540	340	37	4.5	0	60	1390	29	1	8	22
Create Your Own Appetizer – Clam Strips	560	360	40	5	0	30	920	39	<1	5	11
Create Your Own Appetizer – Crispy Calamari and Vegetables	1020	660	73	9	0	130	2650	72	5	11	19
Create Your Own Appetizer – Mozzarella Cheesesticks	420	210	23	8	0	40	1230	36	2	5	19
Create Your Own Appetizer – Stuffed Mushrooms	300	170	19	10	0.5	90	680	13	1	4	23
Batterfried Crawfish*	1390	730	81	8	0.5	185	2710	125	9	27	41
Buffalo Chicken Wings*	990	660	73	16	0	370	3560	9	2	3	74
Fried Oysters*	950	490	54	7	0	65	1940	97	7	27	18
<b>SOUPS &amp; SALADS</b>											
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	1740	19	4	3	34
Classic Caesar Salad with Grilled Shrimp	580	420	46	9	0.5	175	1380	18	4	3	24
Classic Caesar Salad with Grilled Salmon	830	590	65	13	0.5	140	1140	18	4	3	42
Lobster and Langostino Bisque (Cup)	290	210	23	13	0	85	820	15	0	4	6
Lobster and Langostino Bisque (Bowl)	570	410	46	27	0	170	1650	31	0	8	12
New England Clam Chowder (Cup)	200	130	15	9	0	55	640	11	<1	4	6
New England Clam Chowder (Bowl)	400	260	29	17	0.5	110	1290	23	1	8	12
Creamy Potato Bacon Soup* (Cup)	250	160	18	11	0	60	850	19	2	2	4
Creamy Potato Bacon Soup* (Bowl)	510	320	35	21	0	115	1700	39	4	4	7
Manhattan Clam Chowder* (Cup)	80	25	3	2	0	10	810	10	2	4	2
Manhattan Clam Chowder* (Bowl)	150	50	6	4	0	20	1610	19	4	8	4
Seafood Gumbo* (Cup)	170	70	7	2	0	25	850	19	2	1	6
Seafood Gumbo* (Bowl)	350	130	14	4.5	0	55	1690	38	3	3	13
<b>ADD TO ANY MEAL</b>											
Garlic-Grilled Sea Scallops	100	45	5	1	0	25	480	4	0	0	12
Maine Lobster Tail (Roasted)	390	330	37	22	0	195	650	0	0	0	14
Maine Lobster Tail (Wood-Grilled)	390	330	37	22	0	195	650	0	0	0	14
Snow Crab Legs (Add a cluster, steamed)	390	300	34	21	0	165	1080	0	0	0	20
Garlic-Grilled Shrimp Skewer	110	60	6	1	0	115	600	0	0	0	12
<b>DINNER ENTRÉES</b>											
Admiral's Feast	1420	710	79	9	0.5	265	4060	113	6	19	65
Bar Harbor Lobster Bake	1850	1000	112	40	2	525	3810	115	9	7	90
Cajun Chicken Linguini Alfredo (Half)	720	310	34	14	1.5	130	1540	56	4	3	45
Cajun Chicken Linguini Alfredo (Full)	1140	380	42	16	1.5	205	2240	105	8	3	82
Center-Cut NY Strip Steak	690	280	32	13	1.5	205	1670	29	5	3	73
Crab Linguini Alfredo (Half)	910	510	57	21	2.5	135	2070	59	4	3	40
Crab Linguini Alfredo (Full)	1800	1010	113	42	4.5	265	4090	118	7	7	79
Garlic-Grilled Shrimp	350	140	15	3	0	230	1570	26	<1	1	27

<b>Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. *Regional item--Availability may vary</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
Hand-Battered Fish and Chips	970	480	54	6	0	120	1690	80	7	16	43
Lighthouse Garlic-Grilled Shrimp	390	140	16	3	0	230	1600	34	3	3	30
Lighthouse Maple-Glazed Chicken	370	45	5	1	0	75	870	53	3	22	30
Lighthouse Rock Lobster Tail	510	310	34	21	0	240	860	9	3	3	42
Lighthouse Snow Crab Legs	430	310	34	21	0	165	1110	8	3	2	23
Lighthouse Wood-Grilled Peppercorn Sirloin and Shrimp	520	160	18	5	1	215	1710	36	3	3	54
Live Maine Lobster (Steamed)	730	340	38	22	0	435	1790	40	5	6	60
Live Maine Lobster (Roasted and Stuffed)	630	120	13	4	0.5	380	2160	61	6	10	71
Lobster Scampi Linguini	940	390	43	11	1	275	2090	80	5	3	52
Maple-Glazed Chicken	450	60	7	1.5	0	145	1840	46	<1	20	52
NY Strip and Rock Lobster Tail	1140	630	70	35	1.5	380	2360	30	5	4	95
Parmesan-Crusted Fresh Tilapia	660	360	37	15	1.5	130	1100	20	4	3	58
Parrot Isle Jumbo Coconut Shrimp	960	550	61	16	0	150	1630	78	8	27	24
Parrot Isle Jumbo Coconut Shrimp (Add five more)	440	260	29	6	0	70	810	33	4	7	12
Roasted Maine Lobster Bake	700	330	36	9	1	265	2340	51	6	8	40
Rock Lobster Tail	700	380	42	23	0	240	1350	35	3	4	45
Salmon New Orleans (Half)	820	550	61	14	1	190	1690	19	5	5	48
Salmon New Orleans (Full)	1130	720	81	18	1	285	1790	19	5	5	81
Seaside Shrimp Trio	1190	570	64	17	2	335	3640	97	7	14	56
Shrimp Linguini Alfredo (Half)	590	270	30	12	1	120	1310	54	4	2	27
Shrimp Linguini Alfredo (Full)	1160	520	58	23	2.5	240	2580	108	7	4	52
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	260	180	20	4	1	120	670	3	<1	<1	17
Snow Crab Legs	670	340	38	22	0	240	2530	40	5	6	46
Snow Crab Legs (Add an additional cluster)	390	300	34	21	0	165	1080	0	0	0	20
Ultimate Feast®	1120	660	74	27	1	410	3340	68	4	12	46
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)	710	410	45	6	0	160	1370	32	3	6	44
(Oven-broiled)	430	80	9	0	0	205	720	8	3	2	73
(Baked with crab-and-seafood stuffing)	460	220	25	6	0.5	145	1830	16	1	3	41
Wood-Grilled Cobia with Citrus Shrimp Scampi*	570	200	22	7	0	255	1520	34	2	4	56
Wood-Grilled Lobster, Shrimp and Salmon	820	380	42	13	0	345	2500	49	3	27	62
Wood-Grilled Peppercorn Sirloin	430	160	18	8	1	115	1310	27	3	2	40
Wood-Grilled Peppercorn Sirloin and Shrimp	540	220	24	9	1	230	1910	28	3	2	52
Wood-Grilled Tacos with Chicken	610	190	21	4.5	0	80	1680	69	5	5	35
Wood-Grilled Tacos with Fresh Tilapia	700	220	25	5	0	95	2250	69	5	5	52
Wood-Grilled Tacos with Lobster Meat	630	240	27	5	0	135	2030	71	5	6	25
Wood-Grilled Tacos with Shrimp	560	180	20	4	0	135	1620	69	5	5	26
Create Your Own Combination – Garlic-Grilled Sea Scallops	100	45	5	1	0	25	480	4	0	0	12

<b>Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. *Regional item--Availability may vary</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
Create Your Own Combination – Garlic-Grilled Shrimp	240	80	9	1.5	0	115	960	26	0	1	15
Create Your Own Combination – Garlic Shrimp Scampi	260	180	20	4	1	120	670	3	<1	<1	17
Create Your Own Combination – Parrot Isle Jumbo Coconut Shrimp	790	450	50	14	0	125	1310	65	6	24	20
Create Your Own Combination – 7 oz. Peppercorn-Grilled Sirloin	240	80	9	4	0.5	100	710	3	0	0	36
Create Your Own Combination – Seafood-Stuffed Flounder	230	110	13	3	0	70	910	8	<1	1	20
Create Your Own Combination – Shrimp Linguini Alfredo	590	270	30	12	1	120	1310	54	4	2	27
Create Your Own Combination – Steamed Snow Crab Legs	390	300	34	21	0	165	1080	0	0	0	20
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 Salmon	310	170	19	4	0	90	400	0	0	0	32
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	720	310	34	14	1.5	130	1540	56	4	3	45
4-Course Feast – Garlic-Grilled Shrimp	350	140	15	3	0	230	1570	26	<1	1	27
4-Course Feast – Jumbo Coconut Shrimp	780	450	50	14	0	120	1300	65	6	24	19
4-Course Feast – Shrimp Linguini Alfredo	590	270	30	12	1	120	1310	54	4	2	27
4-Course Feast - Soy-Ginger Salmon	350	170	19	4	0	90	360	10	0	8	33
4-Course Feast – Wood-Grilled Sirloin	240	80	9	4	0.5	100	710	3	0	0	36
Canadian Walleye* (Batterfried)	1170	660	73	7	0	295	2170	51	4	2	77
(Blackened)	440	80	9	1.5	0	360	520	3	1	0	81
(Broiled)	420	70	8	1.5	0	360	210	0	0	0	81
(Golden-fried)	590	270	29	3	0	260	1520	12	0	2	68
<b>TODAY'S FRESH FISH (pending availability)</b>											
Arctic Char	390	150	16	4	0	50	180	8	3	2	44
Cod	240	30	3.5	0	0	95	180	8	3	2	44
Fresh Flounder	240	40	4.5	0	0	100	220	8	3	2	38
Grouper	250	35	4	0.5	0	80	130	8	3	2	46
Haddock	210	25	3	0	0	115	480	8	3	2	37
Halibut	240	40	4.5	1	0	100	180	8	3	2	42
Lake Whitefish	350	130	15	2	0	130	150	8	3	2	45
Opah	250	30	3.5	0	0	145	210	8	3	2	46
Perch	220	35	3.5	0.5	0	170	150	8	3	2	40
Rainbow Trout (Lunch/Half)	280	100	12	2.5	0	100	125	8	3	2	37
Rainbow Trout (Full)	530	210	23	4.5	0	200	210	8	3	2	71
Red Rockfish	210	40	4.5	1	0	90	170	8	3	2	36
Salmon (Lunch/Half)	350	180	20	4	0	90	125	8	3	2	35
Salmon (Full)	670	350	39	8	0	185	280	7	3	3	68
Gulf Snapper	270	45	5	1	0	80	135	8	3	2	48
Pacific Snapper	200	25	3	0.5	0	75	330	9	3	2	35
Fresh Sole	230	60	6	1	0	85	710	15	6	5	31
Tilapia (Lunch/Half)	250	50	6	1.5	0	90	125	8	3	2	44

<b>Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. *Regional item--Availability may vary</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
Tilapia (Full)	470	100	12	3	0	180	210	8	3	2	85
Tuna	280	25	3	0.5	0	85	135	8	3	2	55
Wahoo	340	160	18	4	0	110	170	8	3	2	36
Live Maine Lobster 1 1/4 pound (Steamed)	730	340	38	22	0	435	1790	40	5	6	60
Live Maine Lobster 1 1/4 pound (Roasted and Stuffed)	630	120	13	4	0.5	380	2160	61	6	10	71
Hand-Shucked Oysters on the Half Shell* - Steamed (1/2 dozen)	440	320	35	22	0	120	1060	21	1	9	7
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*	780	450	50	12	1	90	2410	46	3	5	33
Steamed North Pacific King Crab Legs*	940	390	43	22	0	335	5910	35	6	11	95
Crab Cakes*	350	180	20	3	0	185	900	10	<1	1	30
Pineapple Habanero Sauce	80	0	0	0	0	0	390	19	<1	17	0
Soy Ginger Glaze	90	0	0	0	0	0	590	21	0	18	1
<b>LUNCH ENTRÉES</b>											
Bacon Cheddar Chicken Club Sandwich	1080	390	43	11	0.5	115	2370	104	7	20	47
Cajun Chicken Linguini Alfredo (Lunch)	720	310	34	14	1.5	130	1540	56	4	3	45
Cajun Chicken Linguini Alfredo (Full)	1140	380	42	16	1.5	205	2240	105	8	3	82
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	1740	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	580	420	46	9	0.5	175	1380	18	4	3	24
Coastal Soup and Grilled Shrimp Salad (New England Clam Chowder)	530	310	34	18	0.5	175	1650	35	6	11	22
Coastal Soup and Grilled Shrimp Salad (Lobster and Langostino Bisque)	700	460	51	28	0	235	2010	43	5	11	21
Coastal Soup and Grilled Shrimp Salad (Creamy Potato Bacon Soup*)	630	360	40	22	0	180	2060	52	8	7	17
Coastal Soup and Grilled Shrimp Salad (Manhattan Clam Chowder*)	280	90	11	4.5	0	85	1970	32	9	11	14
Coastal Soup and Grilled Shrimp Salad (Seafood Gumbo*)	480	170	19	5	0	115	2050	51	8	7	23
Crab Linguini Alfredo (Lunch)	910	510	57	21	2.5	135	2070	59	4	3	40
Crab Linguini Alfredo (Full)	1800	1010	113	42	4.5	265	4090	118	7	7	79
Crunch-Fried Fish Sandwich	1330	640	71	12	0.5	90	2890	135	7	24	37
Crunchy Popcorn Shrimp	420	160	18	1.5	0	145	1980	49	4	11	17
Farm-Raised Catfish – Blackened	220	70	8	2	0	120	350	0	0	0	37
Farm-Raised Catfish – Golden-fried	440	280	31	5	0	100	440	7	0	5	31
Garlic Shrimp Scampi	260	180	20	4	1	120	670	3	<1	<1	17
Hand-Battered Fish and Chips	970	480	54	6	0	120	1690	80	7	16	43

<b>Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. *Regional item--Availability may vary</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
Hand-Breaded Shrimp	310	120	14	1.5	0	125	1290	26	2	9	19
Maple-Glazed Chicken	330	40	4.5	1	0	75	1150	46	<1	20	27
Sailor's Platter	480	170	19	2.5	0	230	1690	18	2	9	54
Shrimp Linguini Alfredo (Lunch)	590	270	30	12	1	120	1310	54	4	2	27
Shrimp Linguini Alfredo (Full)	1160	520	58	23	2.5	240	2580	108	7	4	52
Shrimp and Wood-Grilled Chicken – Hand-Breaded Shrimp	450	110	12	1.5	0	145	2050	45	2	10	39
Shrimp and Wood-Grilled Chicken – Garlic Shrimp Scampi	400	130	15	3	0.5	160	1430	27	<1	1	39
Shrimp and Wood-Grilled Chicken – Wood-Grilled Shrimp Skewer	310	70	7	1.5	0	135	1270	26	0	1	34
Wild-Caught Flounder/Sole (Golden-fried)	520	330	36	4.5	0	105	920	21	2	5	27
(Oven-broiled)	160	30	3.5	0	0	85	470	0	0	0	29
(Baked with crab-and-seafood stuffing)	230	110	13	3	0	70	910	8	<1	1	20
Wood-Grilled Cheeseburger	1080	480	54	18	1.5	120	1960	103	7	20	47
Add Bacon	160	40	4	1.5	0	10	160	0	0	0	4
Wood-Grilled Shrimp Skewers	290	80	9	1.5	0	125	840	33	3	3	21
Wood-Grilled Tacos with Chicken	610	190	21	4.5	0	80	1680	69	5	5	35
Wood-Grilled Tacos with Fresh Tilapia	700	220	25	5	0	95	2250	69	5	5	52
Wood-Grilled Tacos with Lobster Meat	630	240	27	5	0	135	2030	71	5	6	25
Wood-Grilled Tacos with Shrimp	560	180	20	4	0	135	1620	69	5	5	26
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	540	340	37	4.5	0	60	1390	29	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	190	50	5	1	0	65	580	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	<1	5	11
Create Your Own Lunch – Batterfried Crawfish*	460	290	32	3	0	95	670	26	2	3	17
Canadian Walleye* (Batterfried)	590	330	37	3.5	0	145	1090	26	2	1	38
(Blackened)	220	40	4.5	0.5	0	180	260	2	<1	0	41
(Broiled)	210	35	4	0.5	0	180	105	0	0	0	40
(Golden-Fried)	290	130	15	1.5	0	130	760	6	0	<1	34
<b>LUNCH SPECIALS (MONDAY THROUGH FRIDAY, 11 A.M. - 3 P.M.)</b>											
Bacon Cheddar Chicken Club Sandwich	1080	390	43	11	0.5	115	2370	104	7	20	47
Classic Caesar Salad	520	410	46	9	0.5	45	1050	18	4	3	10
Classic Caesar Salad with Chicken	640	440	49	10	1	120	1740	31	9	3	36
Classic Caesar Salad with Shrimp	580	420	46	9	0.5	175	1380	18	4	3	24
Classic Caesar Salad with Salmon	830	590	65	13	0.5	140	1140	18	4	3	42
Cup of Soup and Grilled Shrimp Salad (Lobster and Langostino Bisque)	420	250	28	14	0	150	1180	28	5	7	16
Cup of Soup and Grilled Shrimp Salad (New England Clam Chowder)	330	170	19	9	0	120	1000	24	5	7	16

<b>Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. *Regional item--Availability may vary</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
Cup of Soup and Grilled Shrimp Salad (Creamy Potato Bacon Soup*)	380	200	22	11	0	120	1210	32	7	5	13
Cup of Soup and Grilled Shrimp Salad (Manhattan Clam Chowder*)	200	70	8	2.5	0	75	1170	22	7	7	12
Cup of Soup and Grilled Shrimp Salad (Seafood Gumbo*)	300	110	12	3	0	90	1210	32	6	5	16
Wood-Grilled Cheeseburger	1080	480	54	18	1.5	120	1960	103	7	20	47
Wood-Grilled Chicken Tacos	610	190	21	4.5	0	80	1680	69	5	5	35
Wood-Grilled Fresh Tilapia Tacos	700	220	25	5	0	95	2250	69	5	5	52
Wood-Grilled Shrimp Tacos	560	180	20	4	0	135	1620	69	5	5	26
<b>DESSERTS</b>											
Brownie Overboard™	630	310	34	19	1	140	220	75	3	55	8
Chocolate Wave	1100	70	62	21	1	110	730	133	6	93	21
Key Lime Pie	430	170	19	11	0	165	280	64	<1	50	9
New York-Style Cheesecake with Strawberries	590	370	41	25	1	200	390	48	3	43	9
Triple-Chocolate Brownie a la Mode	430	210	23	13	0.5	85	160	48	2	36	16
Warm Apple Crostada	650	290	32	16	0	40	540	82	3	40	19
Warm Chocolate Chip Lava Cookie	920	370	42	20	0	105	540	126	4	82	21
<b>SIDES &amp; ADDITIONS</b>											
Add Shrimp to Your Salad	60	25	3	0.5	0	50	150	<1	0	0	7
Asparagus (seasonal)	60	30	3.5	2.5	0	25	190	5	2	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	<1	0	0	0
Broccoli (steamed)	40	0	0	0	0	0	35	8	3	2	3
Caesar Salad	290	230	25	5	0	25	600	12	2	2	5
Cheddar Bay Biscuits® (each)	160	90	10	3	2.5	<5	380	16	<1	<1	3
Coleslaw	260	180	20	3	0	20	350	17	3	11	2
Creamy Lobster Baked Potato	390	160	17	5	0	65	1170	48	5	3	13
Creamy Lobster Mashed Potatoes	370	220	24	9	0.5	80	910	28	3	3	12
French Fries	430	150	17	1.5	0	0	790	62	5	12	6
Garden Salad does not include dressing choice	70	15	1.5	0	0	0	140	13	2	4	2
Grilled Zucchini and Squash (seasonal)	150	110	12	4.5	0	15	700	8	2	5	3
Lemon-Parmesan Asparagus (seasonal)	150	110	12	7	0	30	660	7	3	3	4
Mashed Potatoes	190	80	9	4	0	15	600	24	3	2	4
Tomato-Mozzarella Caprese (seasonal)	120	70	8	3.5	0	25	310	7	<1	5	7
Wild Rice Pilaf	130	20	2.5	0	0	0	360	25	0	<1	3
<b>DRESSINGS &amp; SAUCES</b>											
100% Pure Melted Butter	300	300	33	21	0	90	290	0	0	0	0
Blueberry-Balsamic Vinaigrette	80	40	4	0.5	0	0	200	11	<1	10	0
Blue Cheese Dressing	230	220	24	5	0	25	300	1	0	1	2
Butter	100	100	11	5	0	20	55	0	0	0	0

<b>Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. *Regional item--Availability may vary</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
Caesar Dressing	300	0	32	6	0.5	30	590	<1	0	0	2
Cocktail Sauce	45	0	0	0	0	0	580	11	<1	9	<1
French Dressing	180	140	16	2.5	0	0	460	10	0	9	0
Honey Mustard Dressing	190	150	17	2.5	0	15	270	8	0	8	<1
Honey Mustard Dipping Sauce	190	150	17	2.5	0	15	270	8	0	8	<1
Ketchup	60	0	0	0	0	0	480	15	<1	12	<1
Marinara Sauce	35	15	2	0	0	0	230	4	0	2	<1
Mayonnaise	250	240	27	4	0	25	170	1	0	1	0
Mustard	0	0	0	0	0	0	460	0	0	0	0
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	<1
Pineapple Salsa	40	0	0	0	0	0	340	9	1	7	<1
Ranch Dressing	150	140	16	2.5	0	15	320	2	0	1	<1
Red Wine Vinaigrette	70	35	4	0.5	0	0	360	8	0	7	0
Sour Cream	25	20	2	1.5	0	10	10	<1	0	0	0
Tartar Sauce	210	190	21	3	0	15	180	4	0	3	0
Thousand Island Dressing	220	190	21	3	0	15	290	8	0	8	0
<b>ALCOHOLIC DRINKS</b>											
Alotta Colada™	580	60	7	7	0	0	30	109	7	98	2
Bahama Mama	380	5	1	0	0	0	20	63	3	58	<1
Berry Mango Daiquiri	320	0	0.5	0	0	0	15	55	3	48	<1
Bloody Mary	110	0	0	0	0	0	620	6	<1	2	0
Caramel Appletini	160	0	0	0	0	0	35	16	0	14	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	<1
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	<1
Malibu Hurricane	170	0	0	0	0	0	10	30	<1	24	0
Mango Mai Tai	210	0	0	0	0	0	10	35	<1	29	0
Manhattan	160	0	0	0	0	0	0	8	0	4	0
Margarita – Classic (Frozen)	220	0	0	0	0	0	480	30	0	29	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	<1	15	0
Margarita – Peach (Frozen)	290	0	0	0	0	0	0	50	1	45	<1
Margarita – Peach (Rocks)	170	0	0	0	0	0	0	20	<1	18	0
Margarita – Perfect 1800	160	0	0	0	0	0	480	13	<1	12	0
Margarita – Raspberry (Frozen)	290	0	0	0	0	0	0	48	2	41	0
Margarita – Raspberry (Rocks)	170	0	0	0	0	0	0	20	<1	17	0
Margarita – Strawberry (Frozen)	290	0	0	0	0	0	0	49	2	42	0
Margarita – Strawberry (Rocks)	180	0	0	0	0	0	0	21	1	17	0
Margarita – Top-Shelf (Frozen)	250	0	0	0	0	0	480	33	0	33	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



<b>Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. *Regional item--Availability may vary</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
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	520	200	22	13	1	70	95	53	<1	43	6
Old Fashioned	180	0	0	0	0	0	5	14	1	13	0
Piña Colada	340	40	4	4	0	0	20	71	4	63	2
Strawberry Daiquiri	290	0	0	0	0	0	5	52	3	43	<1
Sunset Passion Colada	340	30	3.5	3.5	0	0	15	71	4	63	1
Top-Shelf Long Island Iced Tea	190	0	0	0	0	0	10	16	0	15	0
Triple Berry Sangria	280	0	0	0	0	0	50	54	3	47	<1
<b>WINE</b>											
Sparkling (6 oz.)	110	0	0	0	0	0	15	2	0	0	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)	490	0	0	0	0	0	70	27	0	0	0
<b>DRAFT BEER</b>											
Bud Light (14 oz.)	120	0	0	0	0	0	15	15	0	0	0
Bud Light (20 oz.)	180	0	0	0	0	0	20	21	0	0	0
Sam Adams (14 oz.)	180	0	0	0	0	0	15	15	0	0	2
Sam Adams (20 oz.)	260	0	0	0	0	0	25	21	0	0	3
Shock Top Belgian White (14 oz.)	200	0	0	0	0	0	10	17	0	0	2
Shock Top Belgian White (20 oz.)	280	0	0	0	0	0	15	24	0	0	4
<b>NONALCOHOLIC DRINKS</b>											
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	<1
Boston Iced Tea (Raspberry)	110	0	0	0	0	0	10	28	1	23	0
Classic Lemonade	150	0	0	0	0	0	10	41	0	39	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
Flavored Lemonade (Peach)	260	0	0	0	0	0	10	67	<1	63	0
Flavored Lemonade (Strawberry)	260	0	0	0	0	0	15	68	2	61	0
Fruit Smoothie (Peach)	470	50	6	3.5	0	25	250	97	1	84	8
Fruit Smoothie (Raspberry)	460	50	6	3.5	0	25	250	95	2	79	7
Fruit Smoothie (Strawberry)	470	50	6	3.5	0	25	250	96	3	79	7
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	0	0	0	0	0
Minute Maid® Light™ Lemonade	5	0	0	0	0	0	90	0	0	0	0
Minute Maid® Raspberry Lemonade	300	0	0	0	0	0	35	50	0	0	0
Sprite®	200	0	0	0	0	0	90	52	0	52	0

<b>Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. *Regional item--Availability may vary</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
<b>AFTER DINNER DRINKS</b>											
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	<1
<b>KIDS' MENU</b>											
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	84	0
Casco Bay Cooler (Peachy Breezy Smoothie)	380	40	4.5	3	0	20	200	77	1	68	6
Casco Bay Cooler (Raspberry Bay Smoothie)	370	40	4.5	3	0	20	200	76	2	63	6
Casco Bay Cooler (Sunset Strawberry Smoothie)	370	40	4.5	3	0	20	200	77	2	64	6
Juice	110	0	0	0	0	0	15	27	0	24	2
Lemonade	140	0	0	0	0	0	10	37	0	35	0
Milk 1%	110	20	2.5	1.5	0	15	130	13	0	12	9
Raspberry Lemonade	170	0	0	0	0	0	20	29	0	0	0
Broiled Fish	200	40	4.5	0	0	100	180	0	0	0	35
Chicken Fingers	350	180	20	2	0	45	1110	21	<1	0	22
Garlic-Grilled Shrimp	110	60	6	1	0	115	600	0	0	0	12
Grilled Chicken	120	20	2	0	0	75	380	0	0	0	24
Macaroni and Cheese	310	80	9	2.5	0	15	550	45	0	8	11
Popcorn Shrimp	190	80	9	1	0	75	700	19	2	1	8
Snow Crab Legs	90	10	1	0	0	75	790	0	0	0	20
Surf's Up Sundae	170	80	9	5	0	30	45	20	0	14	12