



Nutrition Facts

We invite you to use the following nutritional information for our complete menu to make choices that are right for you. Whether you are monitoring calories, fat, sodium or carbohydrates, you will find what you need to make informed selections that fit into your lifestyle.

LightHouse Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Lobster					
Live Maine Lobster - (1 1/4 lb, Steamed)	45	0	0	350	0
Fresh Fish Half Portion with Broccoli					
Rainbow Trout, Wood-Grilled or Broiled	220	10	2.5	380	6
Salmon, Wood-Grilled or Broiled	270	9	2	310	6
Tilapia, Wood-Grilled or Broiled	210	3	1	230	9
Shrimp					
Chilled Jumbo Shrimp Cocktail	120	0.5	0	580	9
Sides					
Fresh Asparagus (Seasonal)	60	3	1.5	270	5
Fresh Broccoli	45	.5	0	200	6
Garden Salad (Before Dressing)	90	3	0	105	13
Petite Shrimp Salad Topping	15	0	0	125	0
Dressings & Dipping Sauces (1.5 oz)					
Balsamic Vinaigrette	80	6	1	190	4
Cocktail Sauce	40	0	0	480	9
Pico de Gallo	10	0	0	160	2

Fresh Fish Menu

Half Portion Wood-Grilled, Broiled or Blackened, with Broccoli					
Arctic Char	340	15	3	460	13
Barramundi	230	5	1.5	270	8
Cobia	400	26	8	250	6
Cod	170	2	0	500	8
Corvina	180	1.5	0	300	7
Flounder	200	1.5	0	350	8
Grouper	210	1.5	0	280	6
Haddock	180	1.5	0	520	6
Lake Whitefish	210	2.5	0.5	400	6
Mahi-Mahi	200	1.5	0	270	6
Monchong	190	1.5	0	290	7

Fresh Fish Menu

Half Portion (cont.)					
Opah	280	12	3.5	280	8
Perch	170	2	0	550	6
Pompano	240	8	3.5	310	6
Red Rockfish	170	2.5	0	580	6
Salmon	270	9	2	310	6
Seabass	230	6	1.5	450	6
Snapper	210	1.5	0	330	8
Sole	140	2	0	860	6
Tilapia	210	3	1	230	9
Trout, Rainbow	220	10	2.5	380	6
Tuna	200	1	0	420	7
Wahoo	220	2.5	.5	340	8
Walleye	170	2	0	400	7
Chef's Wood-Grilled Seasonal Selection:					
Rock Island Stuffed Tilapia	410	16	6	1360	22
Chef's Signature Toppings, Add:					
New Orleans Shrimp	250	19	10	800	3
Shrimp Bruschetta	140	7	1.5	700	6

Full Portion Wood-Grilled, Broiled or Blackened, with Broccoli

Arctic Char	630	29	6	720	21
Barramundi	420	10	2.5	350	11
Cobia	760	54	17	310	8
Cod	300	3.5	0.5	810	10
Corvina	320	2.5	0.5	420	9
Flounder	350	2.5	0	500	11
Grouper	370	2.5	0.5	370	6
Haddock	310	3	0.5	850	6
Lake Whitefish	380	4.5	1	610	6

Fresh Fish Menu

Full Portion (cont.)					
Mahi-Mahi	360	2	0	360	7
Monchong	340	2.5	0.5	390	9
Opah	510	24	7	380	11
Perch	300	3.5	1	910	7
Pompano	430	16	7	430	7
Red Rockfish	300	4	1	860	10
Salmon	490	17	3.5	440	6
Seabass	410	12	3	700	6
Snapper	370	2.5	0.5	470	11
Sole	240	4	1	1530	6
Tilapia	360	4.5	1	270	12
Trout, Rainbow	410	19	5	580	7
Tuna	360	1.5	0	640	8
Wahoo	400	4	1	490	10
Walleye	300	4	1	610	9
Chef's Signature Toppings, Add:					
New Orleans Shrimp	250	19	10	800	3
Shrimp Bruschetta	140	7	1.5	700	6

Dinner Menu

Seaside Starters

Buffalo Chicken Wings*	680	39	9	1750	0
Chilled Jumbo Shrimp Cocktail	120	.5	0	580	9
Crispy Calamari and Vegetables	1520	97	11	3050	115

* = Regional Items Item availability varies by restaurant. We believe in offering our guests a broad range of dining experiences that appeal to a variety of taste and dietary preferences, and we welcome the opportunity to work with guests to customize their experience or make substitutions where possible. All items on our menus have been independently tested by accredited laboratories with expertise in nutritional testing. However, due to the handcrafted nature of our menu items and slight variances in ingredients we receive from suppliers, minor variations in nutritional values may occur. The most current nutritional information for our menus is published on our consumer Web site to help guests create a delicious meal that meets their nutritional needs.

Dinner Menu

Seaside Starters

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Create Your Own Appetizer Combination:					
Chicken Breast Strips	410	24	2	1320	28
Clam Strips	370	22	2	820	31
Crispy Calamari and Vegetables	760	49	6	1530	58
Mozzarella Cheesesticks	340	20	7	950	24
Stuffed Mushrooms	220	12	6	740	12
Fried Crawfish*	1190	69	7	2740	104
Fried Oysters*	590	31	3	1220	66
Hand-Shucked Oysters - 1 Dozen*	100	2.5	1	250	7
Lobster Pizza	720	30	13	1390	69
Lobster, Artichoke and Seafood Dip	1200	74	20	1950	101
Lobster, Crab & Seafood Stuffed Mushrooms	380	21	11	1050	20
Lobster Nachos	1090	64	19	1680	94
Mango-Jalapeño Shrimp Skewers	560	22	3	1030	58
Mozzarella Cheesesticks	680	39	14	1910	49
New England Seafood Sampler	760	43	11	2050	45
Pan-Seared Crab Cakes	280	14	2.5	1110	13
Parrot Isle Jumbo Coconut Shrimp	590	33	7	1170	54
Peach-Bourbon BBQ Scallops	430	27	5	1210	24
Steamed Clams*	430	15	3.5	1110	10
Wood-Grilled Shrimp Bruschetta	650	26	4.5	2380	58

Soups and Salads

Bayou Seafood Gumbo-Cup	190	6	2	1130	15
Bayou Seafood Gumbo-Bowl	380	12	3.5	2260	31
Creamy Potato Bacon Soup-Cup	220	15	9	790	19
Creamy Potato Bacon Soup-Bowl	450	30	17	1580	37
Manhattan Clam Chowder-Cup*	80	1	0	690	12
Manhattan Clam Chowder-Bowl*	160	2	1	1420	25
New England Clam Chowder-Cup	230	17	10	680	13

Dinner Menu

Soups and Salads (cont.)

New England Clam Chowder-Bowl	480	34	20	1390	26
Seafood Gumbo-Cup*	230	8	2.5	1160	25
Seafood Gumbo-Bowl*	470	17	5	2370	51
Spicy Shrimp Soup-Cup*	160	6	2.5	1010	15
Spicy Shrimp Soup-Bowl*	320	12	5	2050	31
Hand-Tossed Caesar Salad					
with Wood-Grilled Chicken	670	52	10	1750	14
with Wood-Grilled Shrimp	620	51	10	1370	14

Wood-Fire Grilled Shellfish

Garlic-Grilled Jumbo Shrimp	370	9	2	2160	40
Maui Luau Shrimp and Salmon	760	16	3.5	2640	82
Peach-Bourbon BBQ Shrimp and Scallops	540	27	4.5	1440	36
Wood-Grilled Lobster, Shrimp and Scallops	500	11	2.5	3220	42
Wood-Grilled Scallops, Shrimp and Chicken	600	13	3	3190	42

Wood-Fire Grilled Steak and Chicken

Center-Cut NY Strip Steak (14oz)	590	33	14	1420	0
Maple-Glazed Chicken	570	9	2.5	1950	62
Add a skewer of Maple-Glazed Shrimp	110	1	0	780	11
NY Strip and Rock Lobster Tail	690	35	14	1930	0
Steak Lobster-and-Shrimp Oscar	1170	77	33	2770	20
Wood-Grilled Peppercorn Sirloin and Shrimp	560	21	9	2210	25

Lobster and Crab

Chef's Sig. Lobster and Shrimp Pasta-Half Portion	510	25	11	1090	43
Chef's Sig. Lobster and Shrimp Pasta-Full Portion	1020	50	21	2170	86
Crab Linguini Alfredo-Half Portion	560	25	12	1310	47
Crab Linguini Alfredo-Full Portion	1120	50	24	2650	95
Live Maine Lobster - 1 1/4 Pound	45	0	0	350	0

Dinner Menu

Lobster and Crab (cont.)

North Pacific King Crab Legs	390	3.5	1	3520	2
Rock Lobster Tail	90	1	0	490	0
Rockzilla*	130	1.5	0	690	0
Snow Crab Legs-1 Pound	160	1	0	1960	0
Stuffed Maine Lobster	240	7	2.5	1150	12

Shrimp

Crunchy Popcorn Shrimp	560	27	2.5	2100	51
Parrot Isle Jumbo Coconut Shrimp	980	55	12	1950	90
Add 5 More	590	33	7	1170	54
Shrimp Linguini Alfredo-Half Portion	550	29	10	1580	41
Shrimp Linguini Alfredo-Full Portion	1100	58	21	3200	84
Shrimp Your Way					
Coconut Shrimp Bites	290	18	3	830	19
Fried Shrimp	190	11	1	1010	9
Popcorn Shrimp	180	9	1	670	16
Scampi	130	9	1.5	690	1
Walt's Favorite Shrimp	700	39	3.5	2410	52
Add 1/2 Dozen More	350	20	1.5	1220	26

Traditional Favorites

Broiled Seafood Platter	280	8	2	1610	11
Cajun Chicken Linguini Alfredo-Half Portion	630	27	10	1550	45
Cajun Chicken Linguini Alfredo-Full Portion	1260	53	19	3110	91
Flounder-Broiled	320	2	0	470	10
Flounder-Fried	440	16	1.5	560	5
Seafood-Stuffed Flounder	320	11	3.5	1520	13
Walleye-Beer Battered *	700	42	4	1200	24
Walleye-Blackened *	300	7	1	410	9
Walleye-Broiled *	260	3.5	1	540	0
Walleye-Fried *	600	29	2.5	990	35

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Dinner Menu

Create Your Own Feast

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Fried Oysters*	590	32	3.5	1100	58
Fried Crawfish *	750	47	4.5	1480	49
Garlic Shrimp Scampi	190	13	2.5	1150	<1
Garlic-Grilled Jumbo Shrimp	110	3	0.5	800	3
Parrot Isle Jumbo Coconut Shrimp	780	44	10	1560	72
Seafood-Stuffed Flounder	160	5	1.5	760	6
Shrimp Linguini Alfredo	550	29	10	1580	41
Steamed Snow Crab Legs	80	.5	0	940	0
Walt's Favorite Shrimp	470	26	2.5	1610	34
Wood-Grilled Fresh Salmon	210	9	2	240	0
Wood-Grilled Peppercorn Sirloin	280	10	4	850	0

Signature Combinations

Admiral's Feast	1500	87	7	4400	110
Seaside Shrimp Trio	1030	57	14	3480	68
Ultimate Feast ®	620	30	3.5	3370	29

Monday and Tuesday Specials

Shrimp Lover's Monday & Tuesday					
Coconut Shrimp Bites	290	18	3	830	19
Fried Shrimp	190	11	1	1010	9
Popcorn Shrimp	180	9	1	670	16
Scampi	130	9	1.5	690	1

Add to Any Meal

Maine Lobster Tail	60	.5	0	490	0
North Pacific King Crab Legs - 1/2 pound	130	1	0	1190	<1
Snow Crab Legs - 1/2 pound	80	.5	0	940	0

Accompaniments

Baked Potato	190	1	0	900	40
Add Butter	90	10	6	80	1
Add Sour Cream	30	2.5	1.5	10	1
Caesar Salad	270	21	4.5	560	13
Add Petite Shrimp	15	0	0	125	0
Cheddar Bay Biscuit™ (each)	150	8	2.5	350	16
Coleslaw	200	15	2.5	250	13
Creamy Langostino Lobster Baked Potato	370	12	7	1110	48
Creamy Langostino Lobster Mashed Potatoes	360	22	12	1110	23

Dinner Menu

Accompaniments (cont.)

Fresh Asparagus (seasonal)	60	3	1.5	270	5
Fresh Broccoli	45	.5	0	200	6
Freshly Cooked Potato Chips	300	19	1.5	580	28
Fries	330	17	1.5	740	40
Garden Salad	90	3	0	105	13
Add Petite Shrimp	15	0	0	125	0
Home-style Mashed Potatoes	180	9	4	610	22
Wild Rice Pilaf	180	3	.5	650	34

Dressings & Dipping Sauces

Dressings, 1.5 oz					
Balsamic Vinaigrette	80	6	1	190	4
Blue Cheese	240	26	4.5	260	2
Caesar	280	30	5	560	1
French	160	14	2	390	9
Honey Mustard	190	17	2.5	250	8
Ranch	160	16	2.5	380	3
Fat-Free Ranch	60	0	0	250	5
Thousand Island	200	20	3	180	6
Dipping Sauces, 1.5 oz					
Cocktail Sauce	40	0	0	480	9
Honey Mustard Dipping Sauce	280	26	4	360	12
Ketchup	50	0	0	460	11
Marinara Sauce	25	1	0	170	4
Pico de Gallo	10	0	0	160	2
Piña Colada Sauce	80	4	3	20	12
Remoulade	230	22	3.5	220	6
Sweet and Spicy Glaze	100	0	0	290	24
Tartar Sauce	190	19	3	170	6
100% Pure Melted Butter	350	38	23	30	2

Lunch Menu

Seaside Starters

Create Your Own Appetizer Combination:

Chicken Breast Strips	410	24	2	1320	28
Clam Strips	370	22	2	820	31
Crispy Calamari and Vegetables	760	49	6	1530	58
Mozzarella Cheesesticks	340	20	7	950	24

Lunch Menu

Seaside Starters (cont.)

Stuffed Mushrooms	220	12	6	740	12
Buffalo Chicken Wings*	680	39	9	1750	0
Chicken Breast Strips	410	24	2	1320	28
Chilled Jumbo Shrimp Cocktail	120	.5	0	580	9
Crispy Calamari & Vegetables	1520	97	11	3050	115
Fried Crawfish*	1190	69	7	2740	104
Fried Oysters*	590	31	3	1220	66
Hand-Shucked Oysters - 1 Dozen*	100	2.5	1	250	7
Lobster Pizza	720	30	13	1390	69
Lobster, Artichoke and Seafood Dip	1200	74	20	1950	101
Lobster, Crab & Seafood Stuffed Mushrooms	380	21	11	1050	20
Lobster Nachos	1090	64	19	1680	94
Mango-Jalapeño Shrimp Skewers	560	22	3	1030	58
Mozzarella Cheesesticks	680	39	14	1910	49
New England Seafood Sampler	760	43	11	2050	45
Pan-Seared Crab Cakes	280	14	2.5	1110	13
Parrot Isle Jumbo Coconut Shrimp	590	33	7	1170	54
Peach-Bourbon BBQ Scallops	430	27	5	1210	24
Steamed Clams*	430	15	3.5	1110	10
Wood-Grilled Shrimp Bruschetta	650	26	4.5	2380	58

Soups

Bayou Seafood Gumbo-Cup	190	6	2	1130	15
Bayou Seafood Gumbo-Bowl	380	12	3.5	2260	31
Creamy Potato Bacon Soup-Cup	220	15	9	790	19
Creamy Potato Bacon Soup-Bowl	450	30	17	1580	37
Manhattan Clam Chowder-Cup*	80	1	0	690	12
Manhattan Clam Chowder-Bowl*	160	2	1	1420	25
New England Clam Chowder-Cup	230	17	10	680	13
New England Clam Chowder-Bowl	480	34	20	1390	26
Seafood Gumbo-Cup*	230	8	2.5	1160	25
Seafood Gumbo-Bowl*	470	17	5	2370	51

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Lunch Menu

Soups (cont.)

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Spicy Shrimp Soup-Cup*	160	6	2.5	1010	15
Spicy Shrimp Soup-Bowl*	320	12	5	2050	31

Wood-Fire Grilled Shellfish

Garlic-Grilled Jumbo Shrimp	370	9	2	2160	40
Maui Luau Shrimp and Salmon	760	16	3.5	2640	82
Peach-Bourbon BBQ Shrimp and Scallops	540	27	4.5	1440	36
Wood-Grilled Lobster, Shrimp and Scallops	500	11	2.5	3220	42
Wood-Grilled Scallops, Shrimp and Chicken	600	13	3	3190	42

Wood-Fire Grilled Steak and Chicken

Center-Cut NY Strip Steak (14oz)	590	33	14	1420	0
NY Strip and Rock Lobster Tail	690	35	14	1930	0
Steak Lobster-and-Shrimp Oscar	1170	77	33	2770	20
Wood-Grilled Peppercorn Sirloin and Shrimp	560	21	9	2210	25

Quick Catches for Lunch

Beer-Battered Shrimp and Chips	540	35	3	1170	40
Coastal Soup and Salad (bread wedges only, not bowl)					
with Bayou Seafood Gumbo	660	20	4.5	2120	81
with Creamy Potato Bacon Soup	700	29	11	1780	84
with New England Clam Chowder	710	30	12	1670	79
with Seafood Gumbo*	680	22	4.5	1950	87
with Spicy Shrimp Soup*	630	20	5	2010	81
Crunch-Fried Fish Sandwich	730	37	9	1540	67
Hand-Tossed Caesar Salad					
with Wood-Grilled Chicken	670	52	10	1750	14
with Wood-Grilled Shrimp	620	51	10	1370	14
Shrimp Jambalaya	590	34	10	1860	47
Shrimp and Wood-Grilled Chicken					
with Garlic Shrimp Scampi	380	8	2	1720	36
with Hand-Breaded Shrimp	520	18	2.5	2340	43
with Wood-Grilled Shrimp Skewer	380	8	2	1490	34

Lunch Menu

Quick Catches for Lunch (cont.)

Wood-Grilled Chicken BLT, with Freshly Cooked Chips	1030	55	11	2760	68
Wood-Grilled Salmon BLT, with Freshly Cooked Chips	1110	59	12	2380	68
Wood-Grilled Shrimp Skewers	360	7	1.5	1290	47

Lunch Classics

Cajun Chicken Linguini Alfredo-Lunch Portion	630	27	10	1550	45
Cajun Chicken Linguini Alfredo-Full Portion	1260	53	19	3110	91
Chef's Sig. Lobster and Shrimp Pasta-Lunch Portion	510	25	11	1090	43
Chef's Sig. Lobster and Shrimp Pasta-Full Portion	1020	50	21	2170	86
Crab Linguini Alfredo-Lunch Portion	560	25	12	1310	47
Crab Linguini Alfredo-Full Portion	1120	50	24	2650	95
Crunchy Popcorn Shrimp	280	14	1.5	1050	26
Farm-Raised Catfish-Blackened	190	9	1.5	150	0
Farm-Raised Catfish-Fried	220	12	1.5	280	3
Flounder- Broiled	150	1	0	150	0
Flounder- Fried	210	8	.5	260	2
Garlic Shrimp Scampi	130	9	1.5	690	1
Hand-Breaded Shrimp	230	13	1	1240	11
Maple-Glazed Chicken	410	7	1.5	1430	55
Add a skewer of Maple-Glazed Shrimp	110	1	0	780	11
Sailor's Platter	300	7	1	1040	9
Seafood-Stuffed Flounder	160	5	1.5	760	6
Shrimp Linguini Alfredo-Lunch Portion	550	29	10	1580	41
Shrimp Linguini Alfredo-Full Portion	1100	58	21	3200	84
Walleye-Beer Battered*	350	21	2	600	12
Walleye-Blackened*	150	3.5	.5	200	5
Walleye-Broiled*	130	1.5	0	270	0
Walleye-Fried*	300	15	1.5	500	18

Create Your Own Lunch

Bay Scallops-Broiled	70	1	0	490	2
Bay Scallops-Fried	140	7	.5	760	9

Lunch Menu

Create Your Own Lunch (cont.)

Chicken Breast Strips	410	24	2	1320	28
Crunch-Fried Fish	410	24	2	1200	27
Fried Crawfish*	420	26	2.5	830	28
Garlic Shrimp Scampi	90	2	0	670	4
Hand-Breaded Shrimp	130	8	.5	720	7
Lightly Breaded Clam Strips	370	22	2	820	31

Lobster, Crab & Shrimp

North Pacific King Crab Legs	390	3.5	1	3520	2
Parrot Isle Jumbo Coconut Shrimp	980	55	12	1950	90
Add 5 More	590	33	7	1170	54
Rock Lobster Tail	90	1	0	490	0
Shrimp Your Way					
Coconut Shrimp Bites	290	18	3	830	19
Fried Shrimp	190	11	1	1010	9
Popcorn Shrimp	180	9	1	670	16
Scampi	130	9	1.5	690	1
Snow Crab Legs-1 pound	160	1	0	1960	0
Walt's Favorite Shrimp	700	39	3.5	2410	52
Add 1/2 Dozen More	350	20	1.5	1220	26

Create Your Own Feast

Fried Oysters*	590	32	3.5	1100	58
Fried Crawfish*	750	47	4.5	1480	49
Garlic Shrimp Scampi	190	13	2.5	1150	<1
Garlic-Grilled Jumbo Shrimp	110	3	0.5	800	3
Parrot Isle Jumbo Coconut Shrimp	780	44	10	1560	72
Seafood-Stuffed Flounder	160	5	1.5	760	6
Shrimp Linguini Alfredo	550	29	10	1580	41
Steamed Snow Crab Legs	80	.5	0	940	0
Walt's Favorite Shrimp	470	26	2.5	1610	34
Wood-Grilled Fresh Salmon	210	9	2	240	0
Wood-Grilled Peppercorn Sirloin	280	10	4	850	0

Signature Combinations

Admiral's Feast	1500	87	7	4400	110
Broiled Seafood Platter	280	8	2	1610	11
Seaside Shrimp Trio	1030	57	14	3480	68
Ultimate Feast ®	620	30	3.5	3370	29

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Lunch Menu

Monday and Tuesday Specials

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Shrimp Lover's Monday & Tuesday					
Coconut Shrimp Bites	290	18	3	830	19
Fried Shrimp	190	11	1	1010	9
Popcorn Shrimp	180	9	1	670	16
Scampi	130	9	1.5	690	1

Add to Any Meal

Maine Lobster Tail	60	.5	0	490	0
North Pacific King Crab Legs - 1/2 pound	130	1	0	1190	<1
Snow Crab Legs - 1/2 pound	80	.5	0	940	0

Accompaniments

Baked Potato	190	1	0	900	40
Add Butter	90	10	6	80	1
Add Sour Cream	30	2.5	1.5	10	1
Caesar Salad	270	21	4.5	560	13
Add Petite Shrimp	15	0	0	125	0
Cheddar Bay Biscuit™ (each)	150	8	2.5	350	16
Coleslaw	200	15	2.5	250	13
Creamy Langostino Lobster Baked Potato	370	12	7	1110	48
Creamy Langostino Lobster Mashed Potatoes	360	22	12	1110	23
Fresh Asparagus (seasonal)	60	3	1.5	270	5
Fresh Broccoli	45	.5	0	200	6
Freshly Cooked Potato Chips	300	19	1.5	580	28
Fries	330	17	1.5	740	40
Garden Salad	90	3	0	105	13
Add Petite Shrimp	15	0	0	125	0
Home-style Mashed Potatoes	180	9	4	610	22
Wild Rice Pilaf	180	3	.5	650	34

Dressings & Dipping Sauces

Dressings, 1.5 oz					
Balsamic Vinaigrette	80	6	1	190	4
Blue Cheese	240	26	4.5	260	2
Caesar	280	30	5	560	1
French	160	14	2	390	9
Honey Mustard	190	17	2.5	250	8
Ranch	160	16	2.5	380	3

Lunch Menu

Dressings & Dipping Sauces (cont.)

Fat-Free Ranch	60	0	0	250	5
Thousand Island	200	20	3	180	6
Dipping Sauces, 1.5 oz					
Cocktail Sauce	40	0	0	480	9
Honey Mustard Sauce	280	26	4	360	12
Ketchup	50	0	0	460	11
Marinara Sauce	25	1	0	170	4
Pico de Gallo	10	0	0	160	2
Piña Colada Sauce	80	4	3	20	12
Remoulade	230	22	3.5	220	6
Sweet and Spicy Glaze	100	0	0	290	24
Tartar Sauce	190	19	3	170	6
100% Pure Melted Butter	350	38	23	30	2

Kids Menu

Entrees

Broiled Fish	150	1	0	150	3
Chicken Fingers	410	24	2	1320	28
Grilled Chicken	210	4	1	710	14
Macaroni & Cheese	280	7	2	590	42
Popcorn Shrimp	140	7	.5	530	13
Snow Crab Legs	80	.5	0	940	0

Accompaniments

Baked Potato	190	1	0	900	40
Add Butter	90	10	6	80	1
Add Sour Cream	30	2.5	1.5	10	1
Caesar Salad	270	21	4.5	560	13
Cheddar Bay Biscuit™ (each)	150	8	2.5	350	16
Fresh Broccoli	45	.5	0	200	6
Fries	330	17	1.5	740	40
Garden Salad	90	3	0	105	13
Home-Style Mashed Potatoes	180	9	4	610	22
Wild Rice Pilaf	180	3	.5	650	34

Dessert

Surf's Up Sundae	170	9	6	45	20
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Kids Menu

Drinks

Casco Bay Coolers					
Banana Bay Chocolate Smoothie	460	14	9	10	78
Berry Strawberry Banana Smoothie	340	9	6	85	63
Cherry Wave Slushy	290	0	0	10	73
Sunset Strawberry Smoothie	250	6	4	45	47
Juice	140	0	0	25	30
Milk	130	5	3	125	13
Raspberry Lemonade	180	0	0	20	30
Red Rockin' Shirley T	170	0	0	0	43

Dessert Menu

Desserts

Chocolate Wave	1490	81	25	950	172
Key Lime Pie	580	22	12	450	88
New York-Style Cheesecake with Strawberries	520	36	21	270	39
Warm Apple Crumble à la Mode	770	31	13	200	117
Warm Chocolate Chip Lava Cookie	1070	51	23	470	142

Beverages Menu

Fountain Drinks

Coke®	100	0	0	35	27
Diet Coke®	0	0	0	30	0
Dr. Pepper®	150	0	0	35	27
Minute Maid® Light Lemonade	0	0	0	55	0
Minute Maid® Raspberry Lemonade	180	0	0	20	30
Sprite®	100	0	0	45	26

Coffee and Tea

Boston Iced Tea	50	0	0	10	12
Harbor Café Coffee™	0	0	0	5	0
Unsweetened Iced Tea or Hot Tea	0	0	0	0	0

Beverages Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Nonalcoholic Drinks					
Bahama Mama	230	0	0	25	57
Berry Mango Daiquiri	210	0	0	20	52
Classic Margarita - Frozen	280	0	0	510	69
Classic Margarita - On the Rocks	150	0	0	750	22
Piña Colada	280	7	6	20	52
Raspberry Margarita	330	0	0	0	81
Sail Away Smoothie - Banana Bay Chocolate	460	14	9	10	78
Sail Away Smoothie - Berry Strawberry Banana	340	9	6	85	63
Sail Away Smoothie - Sunset Strawberry	250	6	4	45	47
Strawberry Daiquiri	230	0	0	5	56
Strawberry Margarita	340	0	0	10	85
Sunset Passion Colada	330	8	7	25	62
Tropical Freeze - Orange	250	6	5	20	49
Tropical Freeze - Pineapple	250	5	4.5	180	50
Draft Beer					
Blue Moon® 16oz.	220	0	0	20	20
Bud Light® 16oz.	160	0	0	20	19
Fat Tire® 16oz.	210	0	0	20	20
Sam Adams® 16oz.	210	0	0	15	24
Shiner Bock® 16oz.	190	0	0	15	16
Yuengling® 16oz.	190	0	0	15	16

Classic Cocktails

Amaretto Sour	170	0	0	0	30
Biscayne Bay Breeze	240	0	0	10	46
Bloody Mary	140	0	0	1170	16
Malibu Hurricane	200	0	0	15	35
Screwdriver	100	0	0	0	8
Tequila Sunrise	170	0	0	10	24
Top-Shelf Long Island Iced Tea	190	0	0	0	21

Beverages Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Martinis					
Caramel Appletini	160	0	0	10	18
Classic Martini with Gin	140	1.5	0	330	0
Classic Martini with Vodka	150	.5	0	170	0
Cosmopolitan	220	0	0	0	15
Manhattan with Bourbon	150	0	0	0	5
Rob Roy	160	0	0	10	3

Spirits

Cognac	70	0	0	0	0
Single Malt Scotches	70	0	0	0	0
80 Proof Distilled Spirits	100	0	0	0	0

Specialty Drinks

Alotta Colada	700	16	14	55	95
Bahama Mama	350	0	0	20	51
Berry Mango Daiquiri	350	0	0	30	62
Big Berry Daiquiri	350	0	0	20	65
Mango Mai Tai	190	0	0	5	34
Mudslide	520	21	13	160	52
Piña Colada	320	6	5	35	55
Red Passion Colada	310	4.5	4	35	55
Strawberry Daiquiri	250	0	0	10	46
Sunset Passion Colada	360	8	7	15	63
Triple Berry Sangria	200	0	0	30	35

Margaritas

Classic Margarita - Frozen	470	0	0	590	96
Classic Margarita - On the Rocks	250	0	0	770	22
Frozen Raspberry Margarita	320	0	0	0	61
Frozen Strawberry Margarita	350	0	0	20	68
Lobsterita® - Strawberry	700	0	0	55	135
Lobsterita® - Traditional	890	0	0	860	183
Lobsterita-Raspberry	690	0	0	50	131
Top-Shelf Margarita - Frozen	520	0	0	640	97
Top-Shelf Margarita - On the Rocks	300	0	0	810	25

Beverages Menu

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
After Dinner Drinks					
Baileys® and Coffee	180	8	5	50	15
Baileys® Irish Cream	270	4.5	0	0	6
Coffee Nudge	130	2	1.5	15	13
Disaronno Amaretto®	80	0	0	0	12
Frangelico®	70	0	0	0	12
Grand Marnier®	80	0	0	0	6
Irish Coffee	90	2	1	25	4
Kahlua®	90	0	0	0	15

Wine

Blush - Glass	120	0	0	20	7
Blush - Bottle	490	0	0	70	27
Red - Glass	120	0	0	20	7
Red - Bottle	490	0	0	70	27
Sparkling - Glass	100	0	0	15	2
Sparkling - Bottle	420	0	0	60	6
White - Glass	120	0	0	20	7
White - Bottle	490	0	0	70	27



Menu Specials

Create Your Own Festival® of Shrimp

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
Menu Specials - Create your Own Festival of Shrimp					
New! Garlic-Cream Shrimp	380	14	6	1770	44
New! Wood-Grilled Pecan-Crusted Shrimp	470	23	3	1330	48
New! BBQ Bacon-Wrapped Shrimp	450	25	4	1100	36
New! Crab-and-Seafood-Stuffed Shrimp	380	24	8	1570	17
Cajun Shrimp	290	8	1.5	1650	35
Garlic Shrimp Scampi	190	13	2.5	1150	> 1 g
Walt's Favorite Shrimp	470	26	2.5	1610	34
Shrimp Linguini Alfredo	550	29	10	1580	41
Coconut Shrimp Bites	290	18	3	830	19
Menu Specials - Chef's Creations					
Seaport Lobster and Shrimp	610	19	4	3880	44
Wood-Grilled Tilapia with Spicy Soy Broth	630	20	5	3480	64
Mediterranean Shrimp Fresh Fish Topping	200	10	2.5	1200	11

*Prices higher in Times Square and Hawaii

* = Regional Items Item availability varies by restaurant. We believe in offering our guests a broad range of dining experiences that appeal to a variety of taste and dietary preferences, and we welcome the opportunity to work with guests to customize their experience or make substitutions where possible. All items on our menus have been independently tested by accredited laboratories with expertise in nutritional testing. However, due to the handcrafted nature of our menu items and slight variances in ingredients we receive from suppliers, minor variations in nutritional values may occur. The most current nutritional information for our menus is published on our consumer Web site to help guests create a delicious meal that meets their nutritional needs.