


Red Lobster Nutrition

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Lobsterfest

Lobsterfest, Bar Harbor Lobster Bake	1,020	470	53	13	1	310	2,500	78	7	4	54
Lobsterfest, Create Your Own Lobster Lover's Dream Caribbean Rock Lobster Tail	480	370	41	22	0	220	1,130	2	1	0	27
Lobsterfest, Create Your Own Lobster Lover's Dream Garlic Butter Lobster Tail	330	240	27	10	1	140	770	8	1	0	14
Lobsterfest, Create Your Own Lobster Lover's Dream Lobster & Shrimp Linguini	970	550	62	32	2	250	2,550	64	5	3	43
Lobsterfest, Create Your Own Lobster Lover's Dream Lobster Mac & Cheese	630	270	30	19	1	190	1,680	48	1	4	41
Lobsterfest, Create Your Own Lobster Lover's Dream Maine Lobster Tail	420	330	37	22	0	190	1,020	0	0	0	14
Lobsterfest, Grilled Lobster, Shrimp & Salmon	1,180	680	76	20	1	390	2,830	47	2	2	76
Lobsterfest, Live Maine Lobster	440	310	34	21	0	290	290	0	0	0	33
Lobsterfest, Lobster & Shrimp Linguini	1,100	480	54	15	1	230	2,580	101	5	34	54
Lobsterfest, Lobster-Topped Baked Potato	450	160	18	6	0	80	2,310	59	6	4	18
Lobsterfest, Lobster Bisque (Bowl)	630	470	52	15	1	110	1,600	27	0	9	11
Lobsterfest, Lobster Bisque (Cup)	310	230	26	8	0	50	800	13	0	4	6
Lobsterfest, Lobster Dip	890	320	35	15	1	130	1,910	82	9	7	30
Lobsterfest, Lobster Flatbread	800	340	38	14	2	110	2,310	77	5	8	39
Lobsterfest, Lobster Pappardelle Pasta	1,090	680	76	38	2	370	1,970	60	4	7	45
Lobsterfest, Lobster Roll with Chesapeake Fries	1,560	820	92	46	0	320	3,250	137	10	28	45
Lobsterfest, Roasted Asparagus	100	70	8	5	0	20	410	7	3	3	3
Lobsterfest, Surf & Turf, Maine Lobster Tail & 6 oz Filet Mignon	680	490	54	27	1	280	1,590	2	1	1	47
Lobsterfest, Surf & Turf, Maine Lobster Tail & 7 oz Sirloin	740	500	56	26	1	330	1,720	1	1	0	59

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Lobsterfest, Surf & Turf Maine Tail & 12 oz New York Strip	1,110	790	88	40	3	380	4,440	2	1	0	78

Starters

Bacon Wrapped Sea Scallops (4 scallops)	450	330	37	8	0	70	1,400	9	1	6	23
Bacon Wrapped Sea Scallops (6 scallops)	620	460	52	12	1	100	1,920	9	1	6	34
Black Tiger Shrimp Cocktail	180	30	4	1	0	260	1,180	10	1	9	23
Calamari, Crispy Dragon	1,030	580	66	7	0	680	1,750	60	2	21	48
Calamari, Hand-Breaded	1,000	620	70	0	0	680	2,070	44	1	5	47
Crab Queso	930	500	56	21	1	120	2,140	76	9	5	30
Crispy Dragon Shrimp	1,010	640	72	9	0	200	2,010	67	4	22	25
Lobster Dip	890	320	35	15	1	130	1,910	82	9	7	30
Lobster Flatbread	800	340	38	14	2	110	2,310	77	5	8	39
Mozzarella Cheesesticks	730	370	41	13	0	60	2,130	58	4	7	31
Parrot Isle Jumbo Coconut Shrimp	660	360	41	11	0	130	910	55	5	20	20
Seafood-Stuffed Mushrooms	390	200	22	12	1	120	1,080	18	2	5	30

Soups, Salads & Bowls

Caesar Salad with Chicken	730	470	52	9	1	120	1,140	26	8	6	43
Clam Chowder (Bowl)	470	270	30	17	1	100	1,350	22	1	7	15
Clam Chowder (Cup)	240	140	15	9	0	50	680	11	0	4	7
Lobster Bisque (Bowl)	630	470	52	15	1	110	1,600	27	0	9	11
Lobster Bisque (Cup)	310	230	26	8	0	50	800	13	0	4	6
Sesame-Soy Salmon Bowl	1,150	540	60	12	0	130	2,710	88	9	38	61
Southwest Shrimp Bowl	770	460	51	14	1	200	2,530	55	5	11	24

Entrees

Admiral's Feast	1,640	860	96	10	0	180	4,750	134	7	18	58
Atlantic Salmon, Grilled	1,010	610	68	12	0	270	1,370	1	0	0	93
Bacon Cheeseburger	980	450	51	15	1	160	1,860	86	7	13	45
Bar Harbor Lobster Bake	1,020	470	53	13	1	310	2,500	78	7	4	54
Cajun Chicken Linguini Alfredo	1,190	570	64	25	3	190	3,170	86	8	5	66
Crab Your Way, Snow Crab, crispy potatoes & Cajun Butter	1,260	850	95	45	3	310	4,350	64	7	4	44
Crab Your Way, Snow Crab, crispy potatoes & Roasted Garlic Butter	1,470	1,020	114	39	3	260	4,640	73	7	4	45

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<u>Crab Your Way, Snow Crab Simply Steamed, crispy potatoes</u>	910	530	59	23	0	220	3,780	56	6	3	42
<u>Create Your Own Ultimate Feast, 7 oz Sirloin</u>	320	140	15	4	0	130	980	1	0	0	46
<u>Create Your Own Ultimate Feast, Garlic Shrimp Scampi</u>	220	160	18	4	1	100	970	4	0	0	12
<u>Create Your Own Ultimate Feast, Grilled Atlantic Salmon</u>	510	310	34	6	0	130	680	1	0	0	47
<u>Create Your Own Ultimate Feast, Grilled Sea Scallops</u>	280	90	10	1	0	30	1,120	30	1	1	15
<u>Create Your Own Ultimate Feast, Grilled Shrimp</u>	250	60	7	1	0	120	1,130	29	1	1	16
<u>Create Your Own Ultimate Feast, Maine Lobster Tail</u>	420	330	37	22	0	190	1,020	0	0	0	14
<u>Create Your Own Ultimate Feast, Parrot Isle Jumbo Coconut Shrimp</u>	470	260	29	8	0	90	620	41	3	18	13
<u>Create Your Own Ultimate Feast, Shrimp Linguini Alfredo</u>	620	280	31	13	1	140	1,230	56	4	2	27
<u>Create Your Own Ultimate Feast, Snow Crab Legs</u>	380	300	34	21	0	160	1,070	0	0	0	19
<u>Create Your Own Ultimate Feast, Walt's Favorite Shrimp</u>	260	90	10	1	0	70	1,560	31	2	9	10
<u>Crunch-Fried Flounder Sandwich with fries, coleslaw, hush puppies</u>	1,690	750	24	14	1	130	4,120	193	13	29	41
<u>Fish & Chips with fries, slaw, hush puppies</u>	1,380	660	73	8	1	130	2,940	132	12	26	48
<u>Grilled Lobster, Shrimp & Salmon</u>	1,180	680	76	20	1	390	2,830	47	2	2	76
<u>Lemon Basil Mahi</u>	470	230	26	9	0	190	1,470	14	1	4	43
<u>Live Maine Lobster</u>	440	310	34	21	0	290	290	0	0	0	33
<u>Lobster & Shrimp Linguini</u>	1,100	480	54	15	1	230	2,580	101	5	34	54
<u>Lobster Linguini</u>	1,200	620	69	33	2	320	3,000	85	7	4	64
<u>Lobster Lover's Duo</u>	600	460	51	24	1	290	1,150	1	1	0	25
<u>Lobster Pappardelle Pasta</u>	1,090	680	76	38	2	370	1,970	60	4	7	45
<u>Mahi (Grilled)</u>	300	120	14	2	0	160	1,070	1	0	0	40
<u>Parmesan-Crusted Chicken</u>	650	310	35	19	1	170	1,620	34	1	4	47
<u>Rainbow Trout, Grilled</u>	550	260	29	6	0	200	730	1	0	0	68
<u>Salmon New Orleans</u>	1,160	690	77	17	0	350	1,180	9	2	2	102
<u>Shrimp, Crispy Dragon Shrimp</u>	510	320	36	4	0	100	1,000	34	2	11	13
<u>Shrimp, Garlic Shrimp Scampi</u>	220	160	18	3	1	100	970	3	1	1	12
<u>Shrimp, Grilled Shrimp</u>	250	60	7	1	0	120	1,130	29	1	1	16
<u>Shrimp, Parrot Isle Jumbo Coconut Shrimp</u>	470	260	29	8	0	90	620	41	3	18	13
<u>Shrimp, Popcorn Shrimp</u>	430	180	19	2	0	90	1,860	49	5	11	16
<u>Shrimp, Shrimp Linguini Alfredo</u>	620	280	31	13	1	140	1,230	56	4	2	27
<u>Shrimp, Walt's Favorite Shrimp</u>	260	90	10	1	0	70	1,560	31	2	9	10

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Shrimp Alfredo (entrée)	1,010	530	60	25	3	180	2,150	78	5	4	37
Steak, 6 oz Filet Mignon	260	120	14	4	1	90	850	1	1	1	34
Steak, 7 oz Sirloin	320	140	15	4	0	140	980	1	0	0	46
Steak, 12 oz NY Strip	690	430	48	18	3	190	3,700	1	0	0	65
Surf & Turf, Maine Lobster Tail & 6 oz Filet Mignon	680	490	54	27	1	280	1,590	2	1	1	47
Surf & Turf, Maine Lobster Tail & 7 oz Sirloin	740	500	56	26	1	330	1,720	1	1	0	59
Surf & Turf Maine Tail & 12 oz New York Strip	1,110	790	88	40	3	380	4,440	2	1	0	78
Wild-Caught Crunch Fried Flounder	1,140	640	71	8	0	140	3,060	81	2	5	44

Sides

Bacon Mac & Cheese Side Baked	600	310	34	20	1	110	1,590	46	1	4	24
Potato Side Caesar Side Salad	270	30	4	0	0	0	1,730	55	6	3	7
Cheddar Bay Biscuits Side (each)	360	270	30	8	0	40	700	14	3	5	11
Chesapeake Fries Side Coleslaw	160	90	10	5	0	0	380	16	0	0	3
Side Crispy Brussels Sprouts Side	510	180	20	2	0	0	1,170	74	6	0	7
Fully Loaded Baked Potato Side	110	70	8	1	0	10	140	10	2	6	2
House Salad Side Hush Puppies	380	150	17	5	0	0	980	48	11	20	12
Side (6) Lobster-Topped Baked	520	230	26	12	1	50	2,170	57	6	4	17
Potato Side Lobster-Topped	160	80	9	5	0	20	230	12	2	4	8
Mashed Potatoes	420	230	26	2	0	0	760	40	2	14	4
Side	450	160	18	6	0	80	2,310	59	6	4	18
Mashed Potatoes Side	350	200	22	9	0	90	1,120	25	3	2	15
Orzo Rice Side											
Roasted Asparagus Side	210	90	10	4	0	20	670	27	3	2	4
Seasoned Broccoli Side	310	50	6	1	0	0	880	57	2	1	6
	100	70	8	5	0	20	410	7	3	3	3
	190	140	16	10	0	40	400	9	3	2	4

Add To Any Entree

Add To Any Entree, Bacon-Wrapped Sea Scallops (2 scallops)	220	170	19	4	0	40	700	5	1	3	12
Add To Any Entree, Caribbean Rock Lobster Tail	480	370	41	22	0	220	1,130	2	1	0	27
Add To Any Entree, Garlic Shrimp Scampi	220	160	18	4	1	100	970	3	1	1	12
Add To Any Entree, Grilled Shrimp (with rice)	250	60	7	1	0	100	1,030	29	1	1	14

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Add To Any Entree, Maine Lobster Tail	420	320	36	23	0	190	630	0	0	0	12
Add To Any Entree, Snow Crab Legs (1/2 lb)	380	300	34	21	0	150	1,020	1	0	0	18

Daily Deals

Friday Fish & Chips with hush puppies, fries, coleslaw	1,380	660	73	8	1	130	2,940	132	12	26	48
Monday Lobster & Shrimp	850	680	76	29	1	400	2,680	7	2	2	37
Thursday Chicken Alfredo	1,190	570	64	25	3	190	3,170	86	8	5	66
Thursday Shrimp Alfredo	1,010	530	60	25	3	180	2,150	78	5	4	37
Tuesday Snow Crab Legs Roasted Garlic Butter with crispy potatoes	1,470	1,020	114	38	3	260	4,640	73	7	4	45
Tuesday Snow Crab Legs Simply Steamed with crispy potatoes	910	530	59	23	0	220	3,490	56	6	3	42
Wednesday Steak & Lobster	740	500	56	26	1	330	1,720	1	1	0	59

Weekday Lunch Specials

Weekday Lunch Special, Garlic Shrimp Scampi	440	310	35	7	1	210	1,940	7	2	2	24
Weekday Lunch Special, Parrot Isle Jumbo Coconut Shrimp	570	310	35	9	0	110	770	48	4	19	16
Weekday Lunch Special, Popcorn Shrimp	430	180	19	2	0	90	1,860	49	5	11	16
Weekday Lunch Special, Sailor's Platter	1,330	740	83	10	1	270	4,450	95	6	16	50
Weekday Lunch Special, Sesame-Soy Salmon Bowl	1,150	540	30	12	0	130	2,710	88	9	38	61
Weekday Lunch Special, Southwest Shrimp Bowl	770	460	51	14	1	200	2,530	55	5	11	24
Weekday Lunch Special, Walt's Favorite Shrimp	380	150	16	1	0	100	2,150	43	3	9	15
Weekday Lunch Special, Wild-Caught Crunch-Fried Flounder	1,140	640	71	8	0	140	3,060	81	2	5	44

Desserts

Brownie Overboard	1,020	510	57	29	1	190	360	121	5	84	13
Chocolate Wave	1,110	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	1,170	620	69	42	2	220	780	102	3	76	14

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Kids' Menu

Kids Casco Bay Cooler, Cherry Wave Slushy	150	0	0	0	0	0	20	37	0	36	0
Kids Casco Bay Cooler, Raspberry Bay Smoothie	190	0	0	0	0	0	120	44	0	37	3
Kids Casco Bay Cooler, Sunset Strawberry Smoothie	190	0	0	0	0	0	120	44	1	37	3
Kids Chicken Tenders	690	480	54	7	0	80	1,150	29	0	8	25
Kids Fruit	30	0	0	0	0	0	0	8	2	6	0
Kids Garlic-Grilled Shrimp	80	30	4	1	0	100	580	1	0	0	11
Kids Golden-Fried Fish	530	220	25	2	0	60	1,920	53	2	13	22
Kids Juice	110	0	0	0	0	0	10	27	0	24	2
Kids Lemonade	50	0	0	0	0	0	0	14	0	13	0
Kids Macaroni and Cheese	270	80	8	3	0	10	600	40	1	7	9
Kids Milk 1%	100	20	2	2	0	10	110	12	0	12	8
Kids Petite Maine Lobster Tail	360	310	35	22	0	180	580	0	0	0	10
Kids Popcorn Shrimp	450	170	19	2	0	90	1,760	53	4	15	15
Kids Raspberry Lemonade	90	0	0	0	0	0	10	24	0	23	0
Kids Surf's Up Sundae	200	90	10	6	0	40	50	25	0	18	3

Alcoholic Drinks

Bahama Mama	360	0	0	0	0	0	50	61	0	58	0
Baileys and Coffee	200	90	10	6	0	40	40	15	0	11	2
Deep Sea Lobsterita	360	0	0	0	0	0	20	33	1	31	0
Grand Patron Margarita	200	0	0	0	0	0	480	15	0	14	0
Lobsterita, Classic (Frozen)	250	0	0	0	0	0	150	18	0	17	0
Lobsterita, Classic (Rocks)	280	0	0	0	0	0	150	27	0	26	0
Lobsterita, Mango (Frozen)	510	0	0	0	0	0	140	83	4	69	1
Lobsterita, Mango (Rocks)	360	0	0	0	0	0	150	46	2	41	0
Lobsterita, Passion Fruit (Frozen)	360	0	0	0	0	0	200	47	0	45	0
Lobsterita, Passion Fruit (Rocks)	410	0	0	0	0	0	220	60	0	58	0
Lobsterita, Raspberry (Frozen)	510	0	0	0	0	0	130	84	3	71	1
Lobsterita, Raspberry (Rocks)	360	0	0	0	0	0	140	46	1	41	0
Lobsterita, Strawberry (Frozen)	430	0	0	0	0	0	130	65	1	59	0
Lobsterita, Strawberry (Rocks)	480	0	0	0	0	0	150	78	1	72	0
Lobster Punch	390	0	0	0	0	0	0	78	3	68	1
Main Deck Margarita Flight (Rocks)	410	0	0	0	0	0	1,630	57	1	54	0

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Mango Martini	170	0	0	0	0	0	110	17	0	13	0
Margarita, Caribbean Blue (Frozen)	270	0	0	0	0	0	230	20	0	20	0
Margarita, Caribbean Blue (Rocks)	180	0	0	0	0	0	230	15	0	14	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, Mango (Frozen)	330	0	0	0	0	0	240	58	1	57	0
Margarita, Mango (Rocks)	210	0	0	0	0	0	240	30	0	30	0
Margarita, Passion Fruit (Frozen)	420	0	0	0	0	0	380	84	0	81	0
Margarita, Passion Fruit (Rocks)	230	0	0	0	0	0	280	36	0	34	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)	230	0	0	0	0	0	230	35	1	32	0
Margarita, Strawberry (Rocks)	170	0	0	0	0	0	230	19	0	18	0
Margarita, Watermelon (Frozen)	330	0	0	0	0	0	240	58	1	57	0
Margarita, Watermelon (Rocks)	210	0	0	0	0	0	240	30	0	30	0
Mocha Espresso Martini	360	90	10	6	1	30	60	42	1	24	3
Ruby Mule	170	0	0	0	0	0	10	25	0	24	0
Sunset Passion Colada	310	30	3	3	0	0	50	66	2	61	0
Tito's Twisted Strawberry Lemonade	170	0	0	0	0	0	50	22	0	21	0
Top-Shelf Long Island Iced Tea	190	0	0	0	0	0	20	18	0	17	0
Triple Berry Sangria	200	0	0	0	0	0	50	35	2	30	0
Tropical White Sangria	150	0	0	0	0	0	10	24	2	15	0
Under the Purple Sea	160	0	0	0	0	0	10	20	1	17	0

Wine

Sparkling (Split)	160	0	0	0	0	0	10	10	0	10	0
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

Beer

Light Beer (12 oz) Light	100	0	0	0	0	0	15	6	0	0	0
Draft Beer (14 oz) Light	120	0	0	0	0	0	15	7	0	0	0
Draft Beer (20 oz)	170	0	0	0	0	0	25	10	0	0	1
Nonalcoholic Beer (12 oz)	70	0	0	0	0	0	10	15	0	0	0
Regular Beer (12 oz)	150	0	0	0	0	0	15	13	0	0	2
Regular Draft Beer (14 oz)	180	0	0	0	0	0	15	15	0	0	2

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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
Pepsi	150	0	0	0	0	0	30	41	0	41	0
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

Family Meals

Admiral's Family Feast	5,290	2,880	322	34	2	560	15,110	420	22	67	175
Bar Harbor Lobster Bake Family Feast	3,070	1,420	159	38	4	930	7,510	234	21	13	160
Cajun Chicken Linguini Alfredo Family Meal	3,810	1,750	196	76	8	660	10,750	268	29	17	239
Crab Linguini Alfredo Family Meal	3,060	1,650	184	66	7	390	6,440	225	16	11	116
Create Your Own Family Feast, Crispy Fish	1,610	860	96	10	1	200	4,500	119	3	6	66
Create Your Own Family Feast, Grilled Chicken	690	180	20	1	0	310	490	1	0	0	122
Create Your Own Family Feast, Grilled Shrimp	980	260	29	4	1	490	4,520	120	5	3	63

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Create Your Own Family Feast, Parrot Isle Coconut Shrimp	1,150	600	67	23	1	210	1,330	110	7	60	28
Create Your Own Family Feast, Shrimp Scampi	870	620	70	13	2	410	3,870	12	3	3	48
Create Your Own Family Feast, Walt's Favorite Shrimp	610	190	21	2	0	130	4,280	84	7	35	21
Fish Fry Family Meal	7,590	3,780	423	47	3	610	20,710	728	46	102	212
Seaside Shrimp Trio Family Feast	5,090	2,460	270	79	9	1,790	20,750	393	33	62	254
Shrimp Linguini Alfredo Family Meal	3,020	1,580	177	75	8	550	6,450	234	16	13	110
Ultimate Family Feast	4,320	2,970	320	134	3	1,800	16,870	153	15	51	204

Family Sides

Family Side of Bacon Mac & Cheese	2,400	1,240	136	80	4	440	6,360	184	4	16	96
Family Side of Baked Potatoes with Butter and Sour Cream	1,080	120	14	0	0	0	6,920	220	24	12	28
Family Side of Caesar Salad	1,440	1,080	120	32	0	160	2,800	56	12	20	44
Family Side of Chesapeake Fries	2,040	720	80	8	0	0	4,680	296	24	0	28
Family Side of Coleslaw	440	280	32	4	0	40	560	40	8	24	8
Family Side of Crispy Brussels Sprouts	1,520	600	68	20	0	0	3,400	192	44	76	44
Family Side of House Salad	640	320	36	20	0	80	920	48	8	16	32
Family Side of Mashed Potatoes	640	260	29	13	1	50	2,000	81	9	6	12
Family Side of Orzo Rice	1,240	200	24	4	0	0	3,520	228	8	4	24
Family Side of Seasoned Broccoli	760	560	64	40	0	160	1,600	36	12	8	16

Family Desserts

Family Cheesecake	9,870	5,560	618	347	20	2,230	7,820	705	11	523	130
Family Chocolate Wave Cake	13,020	6,720	746	226	9	1,190	9,400	1,564	82	1,085	118
Family Key Lime Pie	4,160	1,580	176	88	0	1,520	2,160	568	16	424	80
Family Triple Chocolate Brownie	6,220	3,250	360	175	5	1,150	2,330	720	38	490	78

Party Platters

Black Tiger Shrimp Cocktail Platter, Large	1,380	280	31	11	0	2,130	8,250	100	7	51	183
Black Tiger Shrimp Cocktail Platter, Small	690	140	15	6	0	1,070	4,130	50	4	26	91
Cheddar Bay Biscuits Platter, Half Dozen	970	530	59	26	1	30	2,250	95	3	4	18

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cheddar Bay Biscuits Platter, One Dozen	1,940	1,050	118	53	2	50	4,500	191	6	9	36
Chicken Tenders Platter	4,740	3,220	361	41	2	540	8,080	197	1	34	194
Crab Queso Platter	4,480	2,540	282	123	5	710	12,240	328	37	30	167
Crispy Dragon Shrimp Platter	4,010	2,570	288	35	2	790	8,010	263	16	87	99
Crunchy Popcorn Shrimp Platter	2,500	1,050	117	9	1	540	10,010	270	25	48	92
Garlic Shrimp Scampi Platter	1,080	780	88	16	3	520	4,840	15	3	4	60
Jumbo Grilled Shrimp Platter	1,770	810	90	16	2	990	10,100	127	8	106	113
Lobster Dip Platter	4,150	2,340	260	115	4	720	12,160	312	29	48	148
Mozzarella Cheesesticks Platter	2,220	1,270	142	47	1	250	4,630	162	6	9	86
Parrot Isle Jumbo Coconut Shrimp Platter	2,780	1,520	168	47	2	550	3,710	238	19	97	79
Walt's Favorite Shrimp Platter	1,250	440	49	4	0	320	7,800	155	12	47	48

Dressings & Condiments

100% Pure Melted Butter	300	300	33	21	0	90	290	0	0	0	0
Blue Cheese Dressing	230	220	24	5	0	30	300	2	0	1	2
Butter, Whipped	80	80	8	4	0	20	50	0	0	0	0
Caesar Dressing	300	0	32	6	1	30	590	0	0	0	2
Citrus Vinaigrette Dressing	70	50	6	0	0	0	240	5	0	4	0
Cocktail Sauce	50	0	0	0	0	0	580	11	0	9	0
Honey Mustard Dressing	200	160	18	3	0	20	290	9	0	8	0
Ketchup	60	0	0	0	0	0	480	15	0	12	0
Mango Pineapple Vinaigrette Dressing	100	50	5	1	0	0	210	11	0	4	0
Marinara Sauce	30	20	2	0	0	0	230	4	0	2	0
Pico de Gallo	10	0	0	0	0	0	170	2	0	1	0
Pina Colada Sauce	100	40	5	3	0	10	40	14	0	12	0
Ranch Dressing	150	140	16	3	0	20	320	2	0	1	0
Sour Cream	20	20	2	2	0	10	10	0	0	0	0
Tartar Sauce	210	190	21	3	0	20	180	4	0	3	0
Thousand Island Dressing	210	180	19	3	0	20	270	8	0	8	0