



ALLERGEN GUIDE

CANADA RESTAURANTS

Information Valid 11/11/2024 - 1/26/2025

Because of the handcrafted nature of our menu items, the shared cooking and preparation areas of our kitchens, and our reliance on suppliers for accurate information, we cannot eliminate the risk of cross-contact or guarantee that any item is free of any allergen. Please also note that this information does not indicate which items may have been made in a facility with an allergen. * Lack of gluten-containing ingredients **does not** necessarily meet the definition of "gluten-free" for those who are highly sensitive. When placing your order, please let your server know if you have a food allergy or intolerance.

Unless noted, information excludes the sides, dressings and dipping sauces that may be automatically served with your meal, shown separately within this guide.

Key to this Guide	PREPARATION	COMMON ALLERGENS											OTHER	
		Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Sesame Seeds	Sulfites added, not naturally occurring		Gluten* identified within ingredients
Yes = Menu item contains this specific allergen Blank = means specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method													
STARTERS & SOUPS														
Bacon-Wrapped Sea Scallops	•			Yes		Yes				Yes			Yes	
Black Tiger Shrimp Cocktail	•										Yes		Yes	
Crab Queso Dip	•			Yes		Yes	Yes				Yes			Yes
Escargot	•			Yes	Yes	Yes	Yes		Yes				Yes	Yes
Flatbread, Garlic Shrimp	•			Yes		Yes	Yes				Yes		Yes	Yes
Island Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes				Yes		Yes	Yes
Mozzarella Cheesesticks	•					Yes	Yes							Yes
Seafood-Stuffed Mushrooms	•			Yes	Yes	Yes	Yes				Yes		Yes	Yes
Sweet Chili Shrimp	•			Yes	Yes	Yes	Yes				Yes		Yes	Yes
Calamari - Crispy Tempura	•			Yes	Yes	Yes	Yes		Yes				Yes	Yes
White Wine and Garlic Mussels	•			Yes	Yes	Yes	Yes		Yes				Yes	Yes
Lobster Bisque (cup/bowl)	•			Yes		Yes	Yes				Yes		Yes	Yes
New England Clam Chowder (cup/bowl)	•			Yes		Yes	Yes		Yes				Yes	Yes
SALADS, BOWLS & TACOS														
Classic Caesar Salad	•				Yes	Yes	Yes	Yes						Yes

Yes = Menu item contains this specific allergen Blank = means specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Sesame Seeds	Sulfites added, not naturally occurring	Gluten* identified within ingredients
Classic Caesar Salad with Grilled Chicken	•				Yes	Yes	Yes	Yes					Yes
Sesame-Soy Salmon Bowl	•			Yes		Yes	Yes	Yes			Yes	Yes	Yes
Southwest Shrimp Bowl	•			Yes	Yes	Yes				Yes		Yes	
Tacos, Crispy Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Tacos, Grilled Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Tacos, Grilled Tilapia	•				Yes	Yes	Yes	Yes				Yes	Yes
SHRIMP													
Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes		Yes	Yes
Grilled Shrimp Skewer	•			Yes		Yes				Yes		Yes	
Garlic Shrimp	•			Yes		Yes				Yes		Yes	
Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Sweet Chili Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Walt's Favourite Shrimp	•				Yes	Yes	Yes			Yes		Yes	Yes
Island Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes
LOBSTER													
Linguini with Lobster-and-Shrimp	•			Yes		Yes	Yes			Yes		Yes	Yes
Live Maritime Lobster Dinner (Classic)	•					Yes				Yes			
Live Maritime Lobster Dinner (Stuffed)	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Lobster Lover's Duo	•			Yes		Yes				Yes		Yes	
Lobster Pappardelle Pasta	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
CRAB ENTREES													
CHOOSE YOUR CRAB - CRAB YOUR WAY													
Snow Crab with crispy potatoes	•									Yes			
CHOOSE YOUR FLAVOR - CRAB YOUR WAY													
Cajun Style	•			Yes		Yes							
Roasted Garlic & Herb Sauce	•			Yes		Yes							
Simply Steamed	•					Yes							
SIGNATURE FAVOURITES													
Admiral's Feast with Chesapeake Fries	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes

Yes = Menu item contains this specific allergen Blank = means specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Sesame Seeds	Sulfites added, not naturally occurring	Gluten* identified within ingredients
Bar Harbor Lobster Bake	•			Yes	Yes	Yes	Yes		Yes	Yes		Yes	Yes
Grilled Lobster, Shrimp and Salmon with Rice	•			Yes		Yes		Yes		Yes		Yes	
Maritime Lobster Tail & 7 oz Sirloin - Surf & Turf	•			Yes		Yes				Yes		Yes	
Ultimate Feast® with Rice	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
FISH ENTREES													
Fish and Chips with Chesapeake Fries	•			Yes	Yes		Yes	Yes					Yes
Grilled Salmon	•					Yes		Yes				Yes	
Grilled Mahi	•					Yes		Yes				Yes	
Lemon Basil Mahi	•			Yes		Yes	Yes	Yes				Yes	Yes
Salmon New Orleans (half/full)	•					Yes		Yes		Yes		Yes	
Tilapia and Scallops	•			Yes		Yes		Yes	Yes			Yes	
BEEF & CHICKEN ENTREES													
7 oz. Sirloin	•					Yes						Yes	
10 oz. New York Strip	•					Yes						Yes	
Bacon Cheeseburger	•			Yes	Yes	Yes	Yes				Yes		Yes
Linguini Alfredo with Cajun Chicken	•			Yes		Yes	Yes					Yes	Yes
Parmesan-Crusted Chicken	•			Yes		Yes	Yes					Yes	Yes
PERFECT PAIRINGS - ADD TO ANY MEAL													
Bacon-Wrapped Sea Scallops	•			Yes		Yes	Yes		Yes			Yes	
1/2 lb Snow Crab Legs	•					Yes				Yes			
Caribbean Rock Lobster Tail	•			Yes		Yes				Yes		Yes	
Garlic Shrimp	•			Yes		Yes				Yes		Yes	
Grilled Shrimp Skewer	•			Yes		Yes				Yes		Yes	
Maritime Lobster Tail – Classic (Add-On)	•			Yes		Yes				Yes			
Maritime Lobster Tail – Grilled (Add-On)	•			Yes		Yes				Yes		Yes	
CLASSIC SIDES													
Baked Potato													
Add Butter to Baked Potato				Yes		Yes							
Add Sour Cream to Baked Potato						Yes							

Yes = Menu item contains this specific allergen Blank = means specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Sesame Seeds	Sulfites added, not naturally occurring	Gluten* identified within ingredients
Chesapeake Fries	•												
Coleslaw					Yes								
Green Beans													
Mashed Potatoes				Yes		Yes							
Rice				Yes								Yes	
PREMIUM SIDES													
Asparagus, Roasted	•					Yes							
Bacon Mac and Cheese	•			Yes	Yes	Yes	Yes			Yes			Yes
Caesar Salad - Side	•				Yes	Yes	Yes	Yes					Yes
Crispy Brussel Sprouts	•			Yes			Yes						Yes
Lobster Topped Baked Potato	•			Yes		Yes	Yes	Yes		Yes		Yes	Yes
Lobster Topped Mashed Potatoes	•			Yes		Yes	Yes	Yes		Yes		Yes	Yes
DAILY DEALS													
MONDAY: Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes		Yes	Yes
MONDAY: Cajun Chicken Linguini Alfredo	•			Yes		Yes	Yes					Yes	Yes
TUESDAY: Snow Crab with crispy potatoes (with garlic and herb sauce)	•			Yes		Yes				Yes			
TUESDAY: Snow Crab with crispy potatoes (simply steamed)	•					Yes				Yes			
WEDNESDAY: Fish and Chips	•			Yes	Yes		Yes	Yes					Yes
FRIDAY: Steak & Walt's Favourite Shrimp	•				Yes	Yes	Yes			Yes		Yes	Yes
DESSERTS													
Brownie Overboard™			Yes	Yes	Yes	Yes	Yes						Yes
Chocolate Wave				Yes	Yes	Yes	Yes					Yes	Yes
Key Lime Pie				Yes	Yes	Yes	Yes						Yes
Strawberry Cheesecake Bliss				Yes	Yes	Yes	Yes						Yes
Warm Apple Crostada				Yes	Yes	Yes	Yes						Yes
Signature Biscuits	•			Yes		Yes	Yes					Yes	Yes
DRESSINGS & SAUCES													

Yes = Menu item contains this specific allergen Blank = means specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Sesame Seeds	Sulfites added, not naturally occurring	Gluten* identified within ingredients
100% Pure Melted Butter						Yes							
Blue Cheese Dressing				Yes	Yes	Yes							
Butter				Yes		Yes							
Caesar Dressing				Yes	Yes	Yes		Yes					
Champagne Vinaigrette Dressing				Yes								Yes	
Cocktail Sauce												Yes	
French Dressing													
Ketchup													
Marinara Sauce													
Pico de Gallo													
Piña Colada Sauce			Yes			Yes							
Plum Sauce												Yes	
Ranch Dressing					Yes	Yes							
Sour Cream						Yes							
Tartar Sauce				Yes	Yes								
Thousand Island Dressing				Yes	Yes								
WEEKDAY LUNCH SPECIALS													
Fried Bay Scallops	•						Yes		Yes			Yes	Yes
Grilled Tilapia	•					Yes		Yes				Yes	
Garlic Shrimp	•			Yes		Yes				Yes		Yes	
Grilled Chicken & Shrimp	•			Yes		Yes				Yes		Yes	
Island Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes		Yes	Yes
Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Sesame Soy Salmon Bowl	•			Yes		Yes	Yes	Yes			Yes	Yes	Yes
Southwest Shrimp Bowl	•			Yes	Yes	Yes				Yes		Yes	
Walt's Favourite Shrimp	•				Yes	Yes	Yes			Yes		Yes	Yes
KIDS' SEASIDE MENU													
Grilled Shrimp	•			Yes		Yes				Yes		Yes	
Grilled Tilapia	•					Yes		Yes				Yes	

Yes = Menu item contains this specific allergen Blank = means specific allergen is not in the Menu Item • Menu item presents a special risk of cross-contamination of all allergens due to the cooking method.	Risk of possible contamination due to cooking method	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish oysters, clams, mussels, scallops	Crustacean Shellfish shrimp, crab, lobster	Sesame Seeds	Sulfites added, not naturally occurring	Gluten* identified within ingredients
Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Macaroni & Cheese	•			Yes		Yes	Yes						Yes
Chicken Tenders	•						Yes					Yes	Yes
Grilled Chicken	•												
Golden-Fried Fish	•						Yes	Yes					Yes
Petite Maritime Lobster Tail	•			Yes		Yes				Yes			Yes
Fresh Fruit - Orange Wedges													
Green Beans													
FAMILY MEALS - ONLINE ORDERING													
Admiral's Feast - Family Feast/Entrée	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes
Ultimate Feast® - Family Feast/Entrée	•			Yes	Yes	Yes	Yes			Yes		Yes	Yes
Fish Fry - Family Entrée	•			Yes	Yes		Yes	Yes					Yes
Linguini Alfredo with Shrimp - Family Entrée	•			Yes		Yes	Yes			Yes		Yes	Yes
Linguini Alfredo with Cajun Chicken - Family Entrée	•			Yes		Yes	Yes					Yes	Yes
Sesame-Soy Salmon Bowl - Family Entrée	•			Yes		Yes	Yes	Yes			Yes	Yes	Yes
Snow Crab Family Meal - Simply Steamed (includes side of butter)	•					Yes				Yes			
Snow Crab Family Meal with Garlic and Herb / Roasted Garlic Butter (includes side of butter)	•			Yes		Yes				Yes			
Signature Biscuits (8 Count) - Family Biscuits	•			Yes		Yes	Yes					Yes	Yes
Green Beans - Family Side													
Mashed Potatoes - Family Side				Yes		Yes							
Rice - Family Side				Yes								Yes	
Chesapeake Fries - Family Side	•												
Classic Caesar Salad - Family Side	•				Yes	Yes	Yes	Yes					Yes