



Due to the handcrafted nature of our menu items, and the inherent size variations of seafood, nutritional content may vary.

Supplemental nutritional information is available on our website.

If you have other nutrition questions, please contact us at: 800-562-7837 (Monday-Friday 10am-5pm EST).

Information Valid 4/15/2024 - 6/2/2024

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugar (g)	Protein (g)
STARTERS											
Bacon-Wrapped Sea Scallops	310	200	22	7	0	70	1260	4	1	2	21
Black Tiger Shrimp Cocktail	170	30	3.5	1	0	260	1120	13	<1	6	22
Crab Queso Dip	940	540	60	22	0.5	120	2490	74	7	10	28
Escargot	470	290	33	9	0	80	1530	30	4	2	17
Flatbread, Chicken Bacon Ranch	1310	630	70	22	1	185	3200	103	9	23	72
Flatbread, Garlic Shrimp	930	410	45	18	1	190	2720	85	5	16	47
Island Jumbo Coconut Shrimp	660	360	41	11	0	133	910	55	5	20	20
Mozzarella Cheesesticks	680	300	33	11	0.5	55	1810	60	4	5	54
Seafood-Stuffed Mushrooms	510	330	37	17	1	80	1180	23	3	9	26
Sweet Chili Shrimp	870	550	61	7	0.5	167	1740	60	4	22	21
Calamari, Crispy Sweet Chili	1300	530	59	7	0	100	2270	173	6	26	15
Calamari, Crispy Tempura	1270	570	63	7	0	100	2390	158	6	9	15
White Wine & Garlic Mussels	780	480	54	13	1	70	2240	44	3	5	28
CHOWDERS, SALADS, BOWLS & TACOS											
New England Clam Chowder (Cup)	250	170	19	11	0	66	840	12	1	3	7
New England Clam Chowder (Bowl)	500	340	38	22	0	131	1670	26	2	6	14
Classic Caesar Salad	530	420	47	9	1	50	1000	20	4	4	10
Caesar Salad with Chicken	640	450	50	10	1	115	1730	21	5	5	28
Caesar Salad with Grilled Salmon	1040	730	81	16	1	185	1680	21	4	4	56
Caesar Salad with Seasoned Shrimp	780	620	69	14	1	160	1810	21	5	5	15
Baja Shrimp Bowl	1060	530	59	11	0.5	240	2750	97	13	14	38
Sesame-Soy Salmon Bowl	1220	570	63	15	0	135	2270	98	12	25	65
Tacos, Crispy Shrimp	780	400	44	7	0.5	115	2240	74	7	8	20

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Tacos, Grilled Shrimp	650	270	30	6	4	219	2710	59	8	9	34
Tacos, Grilled Tilapia	700	280	31	7	0	115	2410	54	7	7	50
Island Jumbo Coconut Shrimp Salad	840	440	49	14	0	95	1270	85	9	46	17
SHRIMP YOUR WAY											
Garlic Parmesan Shrimp & Scallops	280	200	22	9	0.5	115	770	6	<1	1	14
Garlic Shrimp	230	180	20	4	0	90	840	1	1	1	10
Grilled Shrimp Skewer	130	70	8	2	2	98	650	1	0	0	12
Island Jumbo Coconut Shrimp	470	300	29	8	0	90	620	41	3	18	13
Shrimp Linguini Alfredo	710	310	34	9	1	126	1770	73	5	21	29
Street Corn Shrimp	340	180	20	5	2	110	1280	22	3	11	17
Sweet Chili Shrimp	500	310	35	4	0	100	1000	34	2	11	13
Walt's Favourite Shrimp	240	90	10	1	0	65	1500	29	2	6	9
LOBSTER ENTREES											
Lobster-and-Shrimp Linguini Alfredo	1130	480	55	15	1	340	3310	102	7	34	59
Live Maritime Lobster (Classic)	440	310	34	21	0	290	290	1	0	0	33
Live Maritime Lobster (Stuffed)	650	410	46	25	1	331	960	18	1	6	40
Lobster Lover's Duo	600	430	48	24	0	320	1650	2	2	0	40
CRAB ENTREES											
Crab Your Way - Roasted Garlic and Herb Sauce	1470	1020	113	38	3	260	4640	73	7	4	46
Crab Your Way - Honey Sriracha	1110	570	64	9	0.5	125	5030	94	8	31	45
Crab Your Way - Simply Steamed	910	530	59	23	0	215	3770	56	6	3	42
COMBINATIONS											
Shrimp & Grits	1080	760	84	38	1	315	3530	46	2	7	37
Lobster, Shrimp and Salmon	1230	710	79	21	1	360	2830	51	2	3	74
Bar Harbor Lobster Bake	1140	520	59	14	1	330	3390	82	8	5	69
Admiral's Feast	2260	1070	120	12	0.5	195	5800	215	14	26	78
Sea Scallop & Shrimp Skewers - Simply Grilled Flavor	570	210	24	4	0	135	2480	60	6	8	33
Ultimate Feast	1190	670	75	28	0	405	4360	76	4	9	52
FISH ENTRÉES											
Fish and Chips	1240	600	66	8	1	122	3040	117	10	20	42
Salmon New Orleans (Half)	710	440	49	12	0	230	1380	10	2	3	57
Salmon New Orleans (Full)	1180	690	77	17	0	360	1730	13	4	3	104
Grilled Salmon	1010	610	68	12	0	265	1370	1	0	0	93
Tilapia & Scallops	740	510	57	18	1	165	2100	7	< 1	< 1	54
BEEF & CHICKEN ENTRÉES											
Steaks: 7 oz. Sirloin	320	140	15	4	0	135	980	< 1	0	0	46
Steaks: 10 oz. New York Strip	500	230	25	9	1	140	2880	1	0	0	62
Bacon Cheeseburger	1130	630	71	27	2	250	2380	60	4	19	63

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Cajun Chicken Linguini Alfredo	1390	630	71	19	1	187	4760	11	9	44	67
SEAFOOD COMBINATIONS - SURF & TURF											
Surf & Turf - Walt's Favourite Shrimp & Sirloin	570	230	25	4.5	0	200	2480	30	2	6	55
Surf & Turf - Walt's Favourite Shrimp & NY Strip	740	320	35	10	1	205	4380	31	2	6	72
Surf & Turf - Maritime Lobster Tail & Sirloin	740	500	56	26	0.5	330	1750	1	< 1	0	59
Surf & Turf - Maritime Lobster Tail & NY Strip	920	590	66	31	1	335	3660	2	< 1	0	75
PERFECT PAIRINGS - ADD TO ANY ENTRÉE											
1/2 lb Canadian Snow Crab Legs	380	400	34	21	0	154	1020	1	0	0	18
Garlic Shrimp	230	180	20	4	0	90	840	1	1	1	10
Grilled Sea Scallops	140	80	9	1	0	30	700	2	< 1	0	12
Grilled Shrimp Skewer	130	70	8	2	2	98	650	1	0	0	12
Lobster Tail (Fluff Maine Tail)	420	360	41	22	0	190	780	1	0	0	13
Rock Lobster Tail	480	370	41	23	0	220	1160	2	1	0	27
Sirloin, 7 oz.	320	140	15	4	0	135	980	< 1	0	0	46
WEEKDAY LUNCH SPECIALS											
Baja Shrimp Bowl	1060	530	59	11	0.5	240	2750	97	13	14	38
Fried Bay Scallops	710	320	36	3	0	48	1920	61	3	13	33
Garlic Shrimp	450	360	40	8	1	180	1670	3	1	1	20
Grilled Chicken and Shrimp	220	90	10	2	2	165	1370	3	1	1	30
Grilled Tilapia	270	110	12	2.5	0	90	970	< 1	0	0	41
Island Jumbo Coconut Shrimp	570	310	35	9	0	113	770	48	4	19	16
Popcorn Shrimp	420	180	20	2	0	90	1800	47	4	8	15
Sesame-Soy Salmon Bowl	1220	570	63	15	0	135	2270	98	12	25	65
Walt's Favourite Shrimp	370	150	16	1	0	105	2090	41	3	6	15
DAILY DEALS											
TUESDAY: Snow Crab with crispy potatoes (with garlic and herb sauce)	1470	1020	113	38	3	260	4640	73	7	4	46
TUESDAY: Snow Crab with crispy potatoes (simply steamed)	910	530	59	23	0	215	3770	56	6	3	42
WEDNESDAY: Fish & Chips	1240	600	66	8	1	122	3040	117	10	20	42
FRIDAY: Steak & Walt's Favourite Shrimp	570	230	25	4.5	0	200	2480	30	2	6	55
BUY ONE, TAKE ONE											
Linguino Alfredo	1070	520	59	17	1	50	2410	109	6	42	29
Linguini Alfredo with Grilled Chicken (blackened)	1240	570	64	18	1	125	2520	109	6	42	59
Linguini Alfredo with Grilled Shrimp	1270	610	70	19	1	295	3830	109	7	43	56
Caesar Salad	530	420	47	9	1	50	1000	20	4	4	10
Caesar Salad with Grilled Chicken (blackened)	730	470	53	10	1	125	1650	27	7	4	42
Caesar Salad with Grilled Shrimp	740	510	57	11	1	295	2420	21	5	5	37
PARTY PLATTERS											
Chicken Breast Strips	3890	2010	224	19	0	340	11950	271	22	107	198
Crunchy Popcorn Shrimp	2470	1050	117	10	1	540	10050	267	24	40	91

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Island Jumbo Coconut Shrimp	2870	1570	174	48	1	570	3860	245	20	99	83
Mozzarella Cheesesticks	1890	870	97	30	2	150	5470	173	13	17	152
Savoury Garlic Shrimp	1130	890	101	20	1	440	4180	8	2	2	51
Seafood-Stuffed Mushrooms	2050	1330	148	66	5	300	4730	91	10	34	104
Signature Jumbo Shrimp Cocktail (Small)	470	15	1.5	0.5	0	665	4010	38	2	23	81
Signature Jumbo Shrimp Cocktail (Large)	760	25	2.5	1	0.5	1165	6170	49	3	30	141
Walt's Favourite Shrimp	1220	460	51	4	0	325	7600	148	10	32	47
White Wine and Roasted-Garlic Mussels	1570	960	108	27	1	150	4490	88	6	9	54
FAMILY MEALS											
Admiral's Family Feast	4320	2380	265	30	4	710	13080	323	22	46	164
Cajun Chicken Linguini Alfredo	3410	1540	173	46	3	390	10540	320	23	105	152
Chicken Breast Strips	4520	2010	228	16	0.5	810	9230	251	8	105	343
Family Fish Fry	5330	2620	291	35	4	520	12900	505	51	100	175
Garlic Shrimp Family Meal	1810	1430	162	32	2	710	6690	14	4	4	81
Island Jumbo Coconut Shrimp	3280	1810	201	51	1	660	4560	270	23	97	98
Seaside Shrimp Trio Family Feast	5330	2600	292	64	4	1590	19990	454	30	135	233
Shrimp Linguini Alfredo	3240	1450	162	44	3	920	9240	303	18	102	147
Snow Crab Family Meal - Simply Steamed (includes side of melted butter)	3710	2310	258	107	0	810	13840	222	23	13	133
Snow Crab Family Meal with Roasted Garlic Butter (includes side of melted butter)	6280	4670	520	215	8	1200	17290	273	27	15	143
Snow Crab Family Meal with Lemon Pepper (includes side of melted butter)	4990	3360	376	161	3	1000	16040	276	29	29	142
Snow Crab Family Meal with Honey Sriracha (includes side of melted butter)	5200	3330	374	129	1.5	810	18450	339	31	95	140
Taco Family Meal with Grilled Shrimp	2240	1030	115	17	1.5	440	5670	220	27	21	73
Taco Family Meal with Grilled Chicken	2030	860	96	15	1	195	5260	219	27	22	68
Taco Family Meal with Lobster & Shrimp	2590	1230	137	18	1.5	300	7120	260	28	22	71
Ultimate Family Feast	4120	2740	306	123	1	1710	15900	147	13	31	198
Walt's Favourite Shrimp	1660	660	73	6	0	470	9490	188	13	30	67
Create Your Own Family Feast – Island Jumbo Coconut Shrimp	1580	840	93	30	1	300	1930	145	10	72	41
Create Your Own Family Feast – Savoury Garlic Shrimp	790	600	67	10	1	360	3350	7	2	2	41
Create Your Own Family Feast – Walt's Favourite Shrimp	660	220	25	2	0	160	4720	89	6	27	24
Create Your Own Family Feast – Golden-Fried Fish	2560	1760	196	25	2	290	4680	122	9	20	78
Family French Fries	1730	550	62	5	1	0	5770	271	21	42	22
Family Green Beans	260	120	14	1	0	0	1310	33	12	14	8
Family Mashed Potatoes	570	240	26	11	1	40	1790	73	8	5	11
Family Rice	690	90	10	2	0	0	1750	135	3	6	11
Signature Biscuits (Half Dozen)	960	500	56	32	1	2	2350	100	3	4	14

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Signature Biscuits (One Dozen)	1920	940	104	44	2	0	4700	200	6	8	28
Chocolate Wave Cake (14 slices)	13020	6720	746	226	9	1190	9400	1564	82	1085	118
DESSERTS											
Brownie Overboard™	980	470	53	26	1	170	390	121	5	81	12
Chocolate Wave	920	520	58	19	1	100	750	134	6	90	10
Key Lime Pie	580	240	27	16	0	190	270	76	2	56	10.01
Strawberry Cheesecake Bliss	1170	620	69	42	2	225	780	102	3	76	14
Warm Apple Crostada	550	230	26	12	0	15	470	74	2	33	6
SIDES & ADDITIONS											
Baked Potato	270	30	3	0	0	0	1730	55	6	3	7
Add Butter	60	60	7	3.5	0	10	35	0	0	0	0
Add Sour Cream	15	10	1.5	1	0	5	5	1	0	0	0
Bacon Mac & Cheese	650	340	38	22	1	120	1710	48	2	6	27
Caesar Salad - Side	310	240	27	6	0.5	35	580	11	1	3	6
Coleslaw	190	110	12	2	0	15	370	16	4	9	3
Top Your Potato - Lobster Topping	160	120	14	5	0	40	580	3	0	1	7
Crispy Brussels Sprouts	470	210	24	8	0	0	830	55	13	18	13
Fries, Chesapeake	510	180	20	1.5	0	0	1170	74	6	0	7
Green Beans	90	40	5	0	0	0	440	11	4	5	3
Hush Puppies with Honey-Jalapeno Butter	510	300	34	10	0.5	25	830	42	2	16	4
Mashed Potatoes	170	70	8	3	0	13	540	22	3	2	3
Rice	230	30	4	1	0	0	580	45	1	3	4
Signature Biscuits (each)	160	80	9	4	0	0	390	17	1	1	3
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	25	300	2	0	1	2
Butter	60	60	7	3.5	0	10	35	0	0	0	0
Caesar Dressing	300	290	32	5	0.5	30	590	1	0	0	2
Champagne Vinaigrette Dressing	70	40	4	0.5	0	0	390	9	0	7	0
Cocktail Sauce	35	0	0	0	0	0	520	9	0	6	0
Ketchup	60	0	0	0	0	0	480	15	1	12	1
Marinara Sauce	35	20	2	0	0	0	230	4	0	2	1
Pico de Gallo	10	0	0	0	0	0	170	2	0	1	0
Piña Colada Sauce	100	40	4.5	3.5	0	10	40	14	0	12	1
Plum Sauce	60	0	0	0	0	0	270	15	0	14	0
Ranch Dressing	130	130	15	2.5	0	20	350	2	0	1	1
Sour Cream	15	10	1.5	1	0	5	5	1	0	0	0
Tartar Sauce	210	190	22	3.5	0	15	150	4	0	2	0
Thousand Island Dressing	190	160	18	3	0	15	240	6	0	3	0
MOCKTAILS (NON-ALCOHOLIC)											

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Coastal Colada	310	20	2	2	0	0	25	73	3	64	1
Green Apple Wave	250	0	0	0	0	0	50	59	< 1	56	0
Strawberry Breeze	200	0	0	0	0	0	20	50	2	44	< 1
ALCOHOLIC DRINKS											
Blue Dream Sangria	200	0	0	0	0	0	20	19	0	14	0
Deep Sea Lobsterita	360	0	0	0	0	0	25	33	< 1	31	0
Mango Berry Sangria	180	0	0	0	0	0	15	30	1	23	0
Mocha Espresso Martini	360	90	11	6	0.5	30	65	42	1	24	3
Alotta Colada™	550	60	6	6	0	0	95	102	2	98	1
Bahama Mama	340	0	0	0	0	0	55	63	1	59	0
Berry Mango Daiquiri	320	0	0	0	0	0	40	55	2	49	0
Cinnamon Whiskey Sour	200	0	0	0	0	0	15	35	0	34	0
Liquor (1 oz.)	50	0	0	0	0	0	0	0	0	0	0
Liqueur (1 oz.)	100	0	0	0	0	0	0	11	0	11	0
Lobsterita® - Strawberry	440	0	0	0	0	0	10	81	3	68	1
Lobsterita® - Traditional	160	0	0	0	0	0	640	13	0	12	0
Lobsterita® - Raspberry	440	0	0	0	0	0	10	82	3	69	1
Lobster Caesar™	130	0	0	0	0	35	1660	12	1	7	5
Long Island Iced Tea	180	0	0	0	0	0	10	15	0	15	0
Malibu Hurricane	170	0	0	0	0	0	10	30	1	24	0
Main Deck Margarita Flight	410	0	0	0	0	0	1630	57	< 1	54	0
Mango Mai Tai	200	0	0	0	0	0	10	35	1	29	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	7	0	6	0
Margarita - Grand Patrón	200	0	0	0	0	0	480	15	1	14	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 - 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 - Peach (Frozen)	290	0	0	0	0	0	0	48	1	43	1
Margarita - Peach (Rocks)	170	0	0	0	0	0	0	19	1	17	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	19	1	16	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
Mojito	160	0	0	0	0	0	10	21	1	19	0
Piña Colada	330	35	4	4	0	0	60	67	2	63	0
Shrimp Caesar®	130	0	0	0	0	25	1630	12	1	7	4
Spiked Strawberry Lemonade	190	0	0	0	0	0	0	26	0	24	0
Sunset Passion Colada	310	30	3	3	0	0	50	67	2	61	1
Triple Berry Sangria	210	0	0	0	0	0	50	36	3	31	1

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Tropical White Sangria	150	0	0	0	0	0	10	24	2	15	0
Under The Purple Sea	160	0	0	0	0	0	15	20	< 1	17	0
WINE											
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)	630	0	0	0	0	0	30	19	0	5	1
Wine (Litre)	850	0	0	0	0	0	40	26	0	6	1
BEER											
Light Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	1
Regular Beer (12 oz.)	150	0	0	0	0	0	15	13	0	0	2
Can (15 oz.)	150	0	0	0	0	0	30	12	0	12	7
Light Draft Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	1
Regular Draft Beer (12 oz.)	150	0	0	0	0	0	15	13	0	0	2
Light Draft Beer (20 oz.)	170	0	0	0	0	0	25	10	0	1	1
Regular Draft Beer (20 oz.)	260	0	0	0	0	0	25	21	0	0	3
NONALCOHOLIC DRINKS											
Boston Iced Tea (Classic Cranberry)	80	0	0	0	0	0	25	22	0	21	0
Boston Iced Tea (Peach)	180	0	0	0	0	0	25	45	1	42	1
Boston Iced Tea (Raspberry)	170	0	0	0	0	0	25	44	1	39	0
Coffee	0	0	0	0	0	0	0	0	0	0	0
Coke®	190	0	0	0	0	0	60	52	0	52	0
Diet Coke®	0	0	0	0	0	0	55	0	0	0	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
Hand-Crafted Lemonade (Classic)	140	0	0	0	0	0	10	37	0	35	0
Hand-Crafted Lemonade (Peach)	220	0	0	0	0	0	10	56	1	52	0
Hand-Crafted Lemonade (Strawberry)	210	0	0	0	0	0	10	55	1	49	0
Hot Tea	0	0	0	0	0	0	5	1	0	0	0
IBC™ Root Beer	160	0	0	0	0	0	60	43	0	43	0
Sweet Iced Tea	130	0	0	0	0	0	50	34	0	34	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
KIDS' MENU											
Casco Bay Cooler (Peachy Breezy Smoothie)	190	0	0	0	0	0	115	45	1	40	3
Casco Bay Cooler (Raspberry Bay Smoothie)	190	0	0	0	0	0	115	44	1	37	3
Casco Bay Cooler (Sunset Strawberry Smoothie)	190	0	0	0	0	0	115	44	1	37	3
Juice	110	0	0	0	0	0	15	27	0	24	2
Lemonade	80	0	0	0	0	0	5	22	0	21	0
Milk 1%	100	20	2.5	1.5	0	10	105	12	0	12	8

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugar (g)	Protein (g)
Chocolate Milk	140	20	2.5	1.5	0	10	150	24	0	23	7
Raspberry Lemonade	90	0	0	0	0	0	10	24	0	23	0
Broccoli	40	5	0	0	0	0	35	8	3	2	3
Green Beans	90	40	5	0	0	0	440	11	4	5	3
Caesar Salad	310	240	27	6	0.5	35	580	11	1	3	6
Chicken Fingers	470	140	16	1.5	0	35	1130	48	1	15	20
Golden-Fried Fish	240	80	9	1	0	50	900	24	1	13	17
Grilled Shrimp	130	70	8	2	2	100	650	2	1	1	13
Grilled Chicken	170	30	3.5	0.5	0	70	1010	16	1	15	18
Grilled Tilapia	270	110	12	2.5	0	90	970	< 1	0	0	41
Macaroni and Cheese	280	90	10	3	0	15	550	39	1	9	10
Petite Maritime Lobster Tail	360	320	35	21	0	170	580	1	0	0	10
Popcorn Shrimp	450	170	19	2	0	90	1760	50	4	15	15
Surf's Up Sundae	160	50	6	3	0	15	80	25	0	15	2