



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 9/2/2024

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)
<b>SEASONAL SELECTIONS</b>											
Bar Harbor Lobster Bake	1140	520	59	14	1	330	3390	82	8	5	69
Lobster Lover's Duo	600	430	48	24	0	320	1650	2	2	0	40
Salmon New Orleans	1170	692	77	17	0	350	1460	13	3	3	103
Ultimate Feast with rice	1190	670	75	28	0	405	4360	76	4	9	52
<b>STARTERS</b>											
Bacon-Wrapped Sea Scallops	310	200	22	7	0	70	1260	4	1	2	21
Black Tiger Shrimp Cocktail	170	30	4	1	0	260	1120	13	1	6	22
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
Chicken Bacon Ranch Flatbread	1310	630	70	22	1	190	3200	103	9	23	72
Crab Queso	940	540	60	22	1	120	2490	74	7	10	28
Escargot	470	290	33	9	0	80	1530	30	4	2	17
Garlic Shrimp Flatbread	930	410	45	18	1	190	2720	85	5	16	47
Island Jumbo Coconut Shrimp	660	360	41	11	0	130	910	55	5	20	20
Mozzarella Cheesesticks	680	300	33	11	1	60	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	1	170	1740	60	4	22	21
White Wine & Garlic Mussels	780	480	54	13	1	70	2240	44	3	5	28
<b>CHOWDERS, SALADS, BOWLS &amp; TACOS</b>											
Baja Shrimp Bowl	1060	530	59	11	1	240	2750	97	13	14	38
Caesar Salad	530	420	47	9	1	50	1000	20	4	4	10
Caesar Salad with Chicken	640	450	50	10	1	120	1730	21	5	5	28
Caesar Salad with Grilled Salmon	1040	730	81	16	1	190	1680	21	4	4	56
Caesar Salad with Seasoned Shrimp	780	620	69	14	1	160	1810	21	5	5	15
Island Jumbo Coconut Shrimp Salad	840	440	49	14	0	100	1270	85	9	46	17
New England Clam Chowder (Cup)	250	170	19	11	0	70	840	12	1	3	7
New England Clam Chowder (Bowl)	500	340	38	22	0	130	1670	26	2	6	14

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)
Sesame-Soy Salmon Bowl	1220	570	63	15	0	140	2270	98	12	25	65
Tacos, Crispy Shrimp	780	400	44	7	1	115	2240	74	7	8	20
Tacos, Grilled Shrimp	650	270	30	6	4	220	2710	59	8	9	34
Tacos, Grilled Tilapia	700	280	31	7	0	120	2410	54	7	7	50
<b>ENTRÉES</b>											
Admiral's Feast with fries	2260	1070	120	12	1	200	5800	215	14	26	78
Bacon Cheeseburger	1130	630	71	27	2	250	2380	60	4	19	63
Bar Harbor Lobster Bake	1140	520	59	14	1	330	3390	82	8	5	69
Cajun Chicken Linguini Alfredo	1390	630	71	19	1	190	4760	11	9	44	67
Crab Your Way - Snow Crab, crispy potatoes & New! Cajun Style	1260	847	95	45	3	310	4350	64	7	4	44
Crab Your Way - Snow Crab, crispy potatoes & Roasted Garlic & Herb Sauce	1470	1020	114	39	3	260	4640	73	7	4	45
Crab Your Way - Snow Crab Simply Steamed with crispy potatoes	910	530	59	23	0	220	3780	56	6	3	42
Fish and Chips with fries and coleslaw	1240	600	66	8	1	120	3040	117	10	20	42
Grilled Lobster, Shrimp and Salmon with rice	1230	710	79	21	1	360	2830	51	2	3	74
Grilled Salmon	1010	610	68	12	0	270	1370	1	0	0	93
Live Maritime Lobster (Classic)	440	310	34	21	0	290	290	1	0	0	33
Live Maritime Lobster (Stuffed)	650	410	46	25	1	330	960	18	1	6	40
Lobster Lover's Duo	600	430	48	24	0	320	1650	2	2	0	40
Lobster-and-Shrimp Linguini Alfredo	1100	480	54	15	1	230	2580	101	5	34	54
Salmon New Orleans	1170	692	77	17	0	350	1460	13	3	3	103
Sea Scallop & Shrimp Skewers with rice and green beans	570	210	24	4	0	140	2480	60	6	8	33
Shrimp Your Way - Garlic Shrimp	230	180	20	4	0	90	840	1	1	1	10
Shrimp Your Way - Grilled Shrimp	130	70	8	2	2	100	650	1	0	0	12
Shrimp Your Way - Island Jumbo Coconut Shrimp	470	300	29	8	0	90	620	41	3	18	13
Shrimp Your Way - Shrimp Linguini Alfredo	710	301	34	9	1	110	1470	73	4	21	28
Shrimp Your Way - Sweet Chili Shrimp	500	310	35	4	0	100	1000	34	2	11	13
Shrimp Your Way - Walt's Favourite	240	90	10	1	0	65	1500	29	2	6	9
Steaks: 10 oz. New York Strip	500	230	25	9	1	140	2880	1	0	0	62
Steaks: 7 oz. Sirloin	320	140	15	4	0	135	980	1	0	0	46
Surf & Turf - Maritime Lobster Tail & NY Strip	920	590	66	31	1	335	3660	2	1	0	75
Surf & Turf - Maritime Lobster Tail & Sirloin	740	500	56	26	1	330	1750	1	1	0	59
Surf & Turf - Walt's Favourite Shrimp & NY Strip	740	320	35	10	1	205	4380	31	2	6	72
Surf & Turf - Walt's Favourite Shrimp & Sirloin	570	230	25	5	0	200	2480	30	2	6	55
Tilapia & Scallops	740	510	57	18	1	165	2100	7	1	1	54
Ultimate Feast with rice	1190	670	75	28	0	405	4360	76	4	9	52
<b>SIDES</b>											
Bacon Mac & Cheese	650	340	38	22	1	120	1710	48	2	6	27
Baked Potato	270	30	3	0	0	0	1730	55	6	3	7
Caesar Salad - Side	310	240	27	6	1	35	580	11	1	3	6
Cheddar Bay Biscuits® (each)	160	80	9	4	0	0	390	17	1	1	3
Chesapeake Fries	510	180	20	2	0	0	1170	74	6	0	7
Coleslaw	190	110	12	2	0	15	370	16	4	9	3

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Crispy Brussels Sprouts	470	210	24	8	0	0	830	55	13	18	13
Green Beans	90	40	5	0	0	0	440	11	4	5	3
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
Top Your Potato - Lobster Topping	160	120	14	5	0	40	580	3	0	1	7
<b>ADD TO ANY ENTRÉE</b>											
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	130	70	8	2	2	98	650	1	0	0	12
Maritime Lobster 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
<b>DAILY DEALS</b>											
Monday: Ultimate Endless Shrimp - Garlic Shrimp	230	180	20	4	0	90	840	1	1	1	10
Monday: Ultimate Endless Shrimp - Grilled Shrimp	130	70	8	2	2	98	650	1	0	0	12
Monday: Ultimate Endless Shrimp - Island Jumbo Coconut Shrimp	470	300	29	8	0	90	620	41	3	18	13
Monday: Ultimate Endless Shrimp - Shrimp Linguini Alfredo	710	301	34	9	1	110	1470	73	4	21	28
Monday: Ultimate Endless Shrimp - Sweet Chili Shrimp	500	310	35	4	0	100	1000	34	2	11	13
Monday: Ultimate Endless Shrimp - Walt's Favourite Shrimp	240	90	10	1	0	65	1500	29	2	6	9
Tuesday: Snow Crab with crispy potatoes (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 with fries and coleslaw	1240	600	66	8	1	122	3040	117	10	20	42
Friday: Steak & Walt's Favourite Shrimp	570	230	25	5	0	200	2480	30	2	6	55
<b>WEEKDAY LUNCH SPECIALS</b>											
Baja Shrimp Bowl	1060	530	59	11	1	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	3	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
<b>DESSERTS</b>											
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
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
<b>DRESSINGS &amp; CONDIMENTS</b>											
100% Pure Melted Butter	300	300	33	21	0	90	290	0	0	0	0

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Blue Cheese Dressing	230	220	24	5	0	25	300	2	0	1	2	
Butter	60	60	7	4	0	10	35	0	0	0	0	
Caesar Dressing	300	290	32	5	1	30	590	1	0	0	2	
Champagne Vinaigrette Dressing	70	40	4	1	0	0	390	9	0	7	0	
Cocktail Sauce	40	0	0	0	0	0	520	9	0	6	0	
Ketchup	60	0	0	0	0	0	480	15	1	12	1	
Marinara Sauce	40	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	5	4	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	3	0	20	350	2	0	1	1	
Sour Cream	20	10	2	1	0	5	5	1	0	0	0	
Tartar Sauce	210	190	22	4	0	15	150	4	0	2	0	
Thousand Island Dressing	190	160	18	3	0	15	240	6	0	3	0	
<b>ALCOHOLIC DRINKS</b>												
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	
Lobster Caesar®	130	0	0	0	0	40	1660	12	1	7	5	
Lobster Punch	390	0	0	0	0	0	0	78	3	68	1	
Long Island Iced Tea	160	0	0	0	0	0	21	14	0	14	0	
Main Deck Margarita Flight (Rocks)	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	
Mango Martini	170	0	0	0	0	0	110	17	0	13	0	
Mocha Espresso Martini	360	90	11	6	1	30	65	42	1	24	3	
Piña Colada	330	35	4	4	0	0	60	67	2	63	0	
Ruby Mule	170	0	0	0	0	0	10	25	0	24	0	
Shrimp Caesar®	130	0	0	0	0	25	1630	12	1	7	4	
Spiked Strawberry Lemonade	160	0	0	0	0	0	10	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	
Tropical White Sangria	150	0	0	0	0	0	10	24	2	15	0	
Under the Purple Sea	160	0	0	0	0	0	14	20	1	17	0	
<b>WINE</b>												
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	
<b>BEER</b>												
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	
Light Draft Beer (12 oz.)	100	0	0	0	0	0	15	6	0	0	1	

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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
<b>NON-ALCOHOLIC DRINKS</b>											
Boston Iced Tea (Cranberry)	80	0	0	0	0	0	25	22	0	21	0
Boston Iced Tea (Mango)	110	0	0	0	0	0	25	35	1	32	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	4	0	25	240	96	1	84	7
Fruit Smoothie (Raspberry)	460	50	6	4	0	25	240	94	2	79	7
Fruit Smoothie (Strawberry)	460	50	6	4	0	25	240	95	3	79	7
Handcrafted Lemonade (Classic)	140	0	0	0	0	0	10	37	0	35	0
Handcrafted Lemonade (Peach)	220	0	0	0	0	0	10	56	1	52	0
Handcrafted 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	160	0	0	0	0	0	50	34	0	34	0
Sprite®	190	0	0	0	0	0	85	51	0	51	0
Zero-Proof Mocktail Coastal Colada	310	20	2	2	0	0	25	73	3	64	1
Zero-Proof Mocktail Strawberry Breeze	200	0	0	0	0	0	20	50	2	44	1
<b>FAMILY MEALS</b>											
Admiral's Family Feast	7710	3750	419	42	3	680	19760	710	44	102	272
Cajun Chicken Linguini Alfredo	4090	1900	214	58	3	560	14270	358	27	132	200
Chicken Breast Strips	4520	2010	228	16	1	810	9230	251	8	105	343
Create Your Own Family Feast - Grilled Chicken	420	117	13	3	0	270	2950	4	1	3	73
Create Your Own Family Feast - Grilled Shrimp	510	280	32	8	8	392	2600	4	0	0	48
Create Your Own Family Feast – Island Jumbo Coconut Shrimp	1150	600	67	23	1	210	1330	110	7	60	28
Create Your Own Family Feast – Savoury Garlic Shrimp	910	715	81	16	1	360	3340	7	2	2	40
Create Your Own Family Feast – Walt's Favourite Shrimp	600	189	21	2	0	130	4660	86	5	30	20
Fish Fry Family Meal	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
Shrimp Linguini Alfredo	3520	1717	193	54	3	420	7930	331	16	127	119
Snow Crab Family Meal - Simply Steamed	3710	2310	258	107	0	810	13840	222	23	13	133
Snow Crab Family Meal with Roasted Garlic & Herb Sauce	6280	4670	520	215	8	1200	17290	273	27	15	143
Taco Family Meal with Crispy Shrimp	2340	977	109	16	1	185	7512	286	33	42	51
Taco Family Meal with Grilled Chicken	2030	860	96	15	1	195	5260	219	27	22	68
Taco Family Meal with Grilled Shrimp	2240	1030	115	17	2	440	5670	220	27	21	73
Taco Family Meal with Grilled Tilapia	2370	1020	113	19	1	238	5714	218	27	21	114
Ultimate Family Feast	4770	2870	321	127	2	1680	17396	266	14	37	205

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<b>FAMILY SIDES</b>											
Cheddar Bay Biscuits® (Half Dozen)	960	500	56	32	1	0	2350	100	3	4	14
Cheddar Bay Biscuits® (One Dozen)	1920	940	104	44	2	0	4700	200	6	8	28
Family Bacon Mac & Cheese	2600	1360	152	88	4	480	6840	192	8	24	108
Family Baked Potatoes	1080	120	12	0	0	0	6920	220	24	12	28
Family Caesar Salad	1240	960	108	24	2	140	2320	44	4	12	24
Family Chesapeake Fries	2040	720	80	8	0	0	4680	300	24	0	28
Family Coleslaw	760	440	48	8	0	60	1480	64	16	36	12
Family Crispy Brussels Sprouts	1880	840	96	32	0	0	3320	220	52	72	52
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	920	120	16	4	0	0	2320	180	4	12	16
<b>FAMILY DESSERTS</b>											
Cheesecake* (10 slices)	9870	5560	618	347	20	2230	7820	705	11	523	130
Chocolate Wave Cake (14 slices)	13020	6720	746	226	9	1190	9400	1564	82	1085	118
Key Lime Pie (8 slices)	4160	1580	176	88	0	1520	2160	568	16	424	80
Triple Chocolate Brownie (24 pieces)	6220	3250	360	175	5	1150	2330	720	38	490	78
<b>PARTY PLATTERS</b>											
Black Tiger Shrimp Cocktail Platter - Small	670	140	16	6	0	1065	4150	48	2	20	90
Black Tiger Shrimp Cocktail Platter - Large	1330	280	31	11	0	2135	8290	96	5	40	181
Crab Queso Platter	4920	2880	320	130	2	720	13570	350	33	57	160
Crispy Chicken Tenders Platter	4520	2330	260	22	0	394	13862	314	26	124	230
Crunchy Popcorn Shrimp Platter	2470	1050	117	10	1	540	10050	267	24	40	91
Island Jumbo Coconut Shrimp Platter	2870	1570	174	48	1	570	3860	245	20	99	83
Mozzarella Cheesesticks Platter	1890	870	97	30	2	150	5470	173	13	17	152
Savoury Garlic Shrimp Platter	1130	890	101	20	1	440	4180	8	2	2	51
Sweet Chili Shrimp Platter	3940	2500	278	33	2	790	8010	263	16	87	99
Walt's Favourite Shrimp	1220	460	51	4	0	325	7600	148	10	32	47
<b>KIDS' MENU</b>											
Caesar Salad	310	240	27	6	1	35	580	11	1	3	6
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
Chicken Fingers	470	140	16	2	0	35	1130	48	1	15	20
Chocolate Milk	140	20	3	2	0	10	150	24	0	23	7
Golden-Fried Fish	240	80	9	1	0	50	900	24	1	13	17
Green Beans	90	40	5	0	0	0	440	11	4	5	3
Grilled Shrimp	130	70	8	2	2	100	650	2	1	1	13
Grilled Chicken	170	30	4	1	0	70	1010	16	1	15	18
Grilled Tilapia	270	110	12	3	0	90	970	1	0	0	41
Juice	110	0	0	0	0	0	15	27	0	24	2
Lemonade	80	0	0	0	0	0	5	22	0	21	0

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)
Macaroni and Cheese	270	79	9	3	0	10	600	40	1	7	9
Milk 1%	100	20	3	2	0	10	105	12	0	12	8
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
Raspberry Lemonade	90	0	0	0	0	0	10	24	0	23	0
Surf's Up Sundae	160	50	6	3	0	15	80	25	0	15	2