



US RESTAURANTS

Information Valid 9/2/2024 - 11/9/2024

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.

Soy Allergies – Our fried items are prepared using an oil blend that contains soybean oil. According to FDA regulations, highly refined soybean oil is not considered allergenic and is therefore exempt from labeling. Therefore, menu items that are fried in the oil blend containing soybean oil will not be identified in the allergen guide below as containing soy unless other forms of soy protein are present in the menu item.

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	Gluten* identified within ingredients	Sulfites added, not naturally occurring
Yes = Menu item contains this specific allergen Blank = 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. *=Regional Item (availability may vary)	Risk of possible contamination due to cooking method											
STARTERS												
Black Tiger Shrimp Cocktail	•										Yes	
Crab Queso Dip	•			Yes		Yes					Yes	
Crispy Dragon Shrimp	•			Yes	Yes	Yes	Yes				Yes	Yes
Calamari, Hand-Breaded	•			Yes	Yes	Yes	Yes		Yes		Yes	Yes
Calamari, Crispy Dragon	•			Yes	Yes		Yes		Yes		Yes	Yes
Flatbread, Chicken Bacon Ranch	•			Yes	Yes	Yes	Yes				Yes	Yes
Flatbread, Lobster	•			Yes		Yes	Yes			Yes	Yes	Yes
Mozzarella Cheesesticks	•			Yes	Yes	Yes	Yes				Yes	
Lobster Dip	•			Yes		Yes	Yes			Yes	Yes	
Parrot Isle Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes	Yes

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Seafood-Stuffed Mushrooms	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
CHOWDERS, SALADS & BOWLS												
Classic Caesar Salad					Yes	Yes	Yes	Yes			Yes	
Classic Caesar Salad with Grilled Shrimp	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes	Yes
Classic Caesar Salad with Grilled Chicken	•				Yes	Yes	Yes	Yes			Yes	
Classic Caesar Salad with Grilled Atlantic Salmon	•				Yes	Yes	Yes	Yes			Yes	Yes
Parrot Isle Coconut Shrimp Salad	•		Yes	Yes		Yes	Yes			Yes	Yes	Yes
Sesame-Soy Salmon Bowl <i>with orzo rice</i>	•			Yes	Yes	Yes	Yes	Yes			Yes	Yes
Southwest Shrimp Bowl <i>with orzo rice</i>	•			Yes	Yes	Yes	Yes			Yes	Yes	Yes
Soups - New England Clam Chowder (cup/bowl)				Yes		Yes	Yes		Yes		Yes	Yes
LOBSTER												
Lobster Lover's Duo	•			Yes		Yes				Yes		Yes
Lobster Linguini	•			Yes		Yes	Yes			Yes	Yes	Yes
Live Maine Lobster (Steamed)	•					Yes				Yes		
Live Maine Lobster (Stuffed)	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
SHRIMP												
Crispy Dragon Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes	Yes
Garlic Shrimp Scampi	•			Yes		Yes				Yes		Yes
Grilled Shrimp Skewer <i>with orzo rice</i>	•			Yes		Yes	Yes			Yes	Yes	Yes
Parrot Isle Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes	Yes
Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes	Yes	Yes
Walt's Favorite Shrimp	•				Yes	Yes	Yes			Yes	Yes	Yes
CRAB												

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CHOOSE YOUR CRAB - CRAB YOUR WAY												
Snow Crab with crispy potatoes	•									Yes		
Bairdi Crab with crispy potatoes	•									Yes		
CHOOSE YOUR FLAVOR - CRAB YOUR WAY												
Cajun Butter	•					Yes						
Roasted Garlic Butter	•			Yes		Yes						
Simply Steamed	•					Yes						
SIGNATURE SPECIALTIES & FEASTS												
Bar Harbor Lobster Bake	•			Yes		Yes	Yes		Yes	Yes	Yes	Yes
Admiral's Feast	•				Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Sea Scallops & Shrimp Skewers - Simply Grilled Flavor with orzo rice	•			Yes		Yes	Yes		Yes	Yes	Yes	Yes
Grilled Lobster, Shrimp and Salmon with orzo rice	•			Yes		Yes	Yes	Yes		Yes	Yes	Yes
CREATE YOUR OWN - ULTIMATE FEAST												
CLASSIC SELECTIONS												
Grilled Shrimp Skewer with orzo rice	•			Yes		Yes	Yes			Yes	Yes	Yes
Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes	Yes	Yes
Parrot Isle Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes	Yes
Walt's Favorite Shrimp	•				Yes	Yes	Yes			Yes	Yes	Yes
Garlic Shrimp Scampi	•			Yes		Yes				Yes		Yes
PREMIUM SELECTIONS												
Grilled Sea Scallops with orzo rice	•			Yes		Yes	Yes		Yes		Yes	Yes
Atlantic Salmon (grilled)	•					Yes		Yes				Yes

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Snow Crab Legs	•					Yes				Yes		
Maine Lobster Tail (Classic)	•			Yes		Yes				Yes		
7 oz. Sirloin - Steak	•					Yes						Yes
FISH												
Salmon New Orleans (Half/Full)	•			Yes		Yes		Yes		Yes		Yes
Atlantic Salmon (grilled)	•					Yes		Yes				Yes
Atlantic Salmon (roasted)	•							Yes				
Rainbow Trout (grilled)	•					Yes		Yes				Yes
Crunch Fried Flounder, Wild-Caught	•				Yes	Yes	Yes	Yes			Yes	Yes
Crunch-Fried Flounder Sandwich	•				Yes	Yes	Yes	Yes			Yes	Yes
Fish and Chips	•				Yes	Yes	Yes	Yes			Yes	Yes
Stuffed Flounder	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
BEEF & CHICKEN												
7 oz. Sirloin - Steaks	•					Yes						Yes
12 oz. NY Strip - Steaks	•					Yes						Yes
6 oz. Filet Mignon - Steaks	•					Yes						Yes
Bacon Cheeseburger	•				Yes	Yes	Yes				Yes	
Walt's Favorite Shrimp & 7 oz Sirloin (Surf & Turf)	•				Yes	Yes	Yes			Yes	Yes	Yes
Maine Lobster Tail & 7 oz Sirloin (Surf & Turf)	•			Yes		Yes				Yes		Yes
Bourbon-Bacon Chicken	•			Yes			Yes				Yes	
Garlic Linguini Alfredo with Cajun Chicken	•			Yes		Yes	Yes				Yes	Yes
CLASSIC SIDES												
Broccoli, Seasoned				Yes		Yes						

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Chesapeake Fries	•											
Coleslaw					Yes							
Orzo Rice							Yes				Yes	
Baked Potato												
Add Butter to Baked Potato						Yes						
Add Sour Cream to Baked Potato						Yes						
Mashed Potatoes				Yes		Yes						
PREMIUM SIDES												
Bacon Mac & Cheese	•			Yes		Yes	Yes				Yes	
Crispy Brussels Sprouts	•			Yes			Yes				Yes	
Loaded Baked Potato (with bacon, cheddar, and green onions)						Yes						
Loaded Mashed Potato (with bacon, cheddar, and green onions)				Yes		Yes						
Lobster-Topped Baked Potato	•			Yes		Yes	Yes			Yes	Yes	Yes
Lobster-Topped Mashed Potatoes	•			Yes		Yes	Yes			Yes	Yes	Yes
Caesar Side Salad					Yes	Yes	Yes	Yes			Yes	
House Side Salad (does not include salad dressing)						Yes	Yes				Yes	
DAILY DEALS / WEEKDAY SPECIALS												
MONDAY (Endless): Crispy Dragon Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes	Yes
MONDAY (Endless): Galric Shrimp Scampi	•			Yes		Yes				Yes		Yes
MONDAY (Endless): Grilled Shrimp Skewer with orzo rice	•			Yes		Yes	Yes			Yes	Yes	Yes
MONDAY (Endless): Parrot Isle Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes	Yes
MONDAY (Endless): Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes	Yes	Yes

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MONDAY (Endless): Walt's Favorite Shrimp	•				Yes	Yes	Yes			Yes	Yes	Yes
TUESDAY: Snow Crab with crispy potatoes (Roasted Garlic Butter)	•			Yes		Yes				Yes		
TUESDAY: Snow Crab with crispy potatoes (Steamed)	•					Yes				Yes		
WEDNESDAY: Steak-and-Lobster	•			Yes		Yes				Yes		Yes
THURSDAY: Lobster & Garlic Shrimp Scampi	•			Yes		Yes				Yes		Yes
FRIDAY: Fish & Chips	•				Yes	Yes	Yes	Yes			Yes	Yes
ADD TO ANY ENTRÉE												
Garlic Shrimp Scampi	•			Yes		Yes				Yes		Yes
Grilled Shrimp Skewer with orzo rice	•			Yes		Yes	Yes			Yes	Yes	Yes
Rock Lobster Tail	•			Yes		Yes				Yes		Yes
Fluff Maine Tail	•			Yes		Yes				Yes		
Wishbone Maine Tail - Grilled	•			Yes		Yes				Yes		Yes
Snow Crab Legs (1/2 lb)	•					Yes				Yes		
Grilled Sea Scallops with orzo rice	•			Yes		Yes	Yes		Yes		Yes	Yes
Sirloin, 7 oz	•					Yes						Yes
DESSERTS												
Brownie Overboard™				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	
Celebration Dessert				Yes		Yes						
Ice Cream, Vanilla						Yes						

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Cheddar Bay Biscuits® (each)	•			Yes		Yes	Yes				Yes	
DRESSINGS & CONDIMENTS												
Barbeque Sauce												
Blue Cheese Dressing				Yes	Yes	Yes						
Butter						Yes						
Butter, 100% Pure Melted						Yes						
Caesar Dressing					Yes	Yes		Yes				
Citrus Vinaigrette Dressing												
Cocktail Sauce												
French Dressing*												
Honey Mustard Dressing					Yes							
Ketchup												
Lemon Vinaigrette												
Mango Pineapple Vinaigrette												
Marinara Sauce							Yes				Yes	
Piña Colada Sauce			Yes			Yes						
Ranch Dressing					Yes	Yes						
Sesame Dressing				Yes			Yes				Yes	
Sour Cream						Yes						
Tartar Sauce					Yes							
Thousand Island Dressing					Yes							
REGIONAL SELECTIONS* (not available at all locations)												
Clams, Steamed*	•			Yes		Yes	Yes		Yes		Yes	Yes

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Oysters, Cheddar Bay*	•			Yes		Yes	Yes		Yes		Yes	Yes
Oysters, Fried*	•			Yes		Yes	Yes		Yes		Yes	Yes
Oysters, Rockefeller*	•			Yes		Yes	Yes		Yes	Yes	Yes	
WEEKDAY LUNCH SPECIALS												
Garlic Shrimp Scampi	•			Yes		Yes				Yes		Yes
Parrot Isle Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes	Yes
Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes	Yes
Sailor's Platter	•			Yes	Yes	Yes	Yes	Yes		Yes	Yes	Yes
Sesame-Soy Salmon Bowl <i>with orzo rice</i>	•			Yes	Yes	Yes	Yes	Yes			Yes	Yes
Southwest Shrimp Bowl <i>with orzo rice</i>	•			Yes	Yes	Yes	Yes			Yes	Yes	Yes
Walt's Favorite Shrimp	•				Yes	Yes	Yes			Yes	Yes	Yes
Wild-Caught Crunch Fried Flounder	•				Yes	Yes	Yes	Yes			Yes	Yes
KID'S SEASIDE MENU												
Grilled Shrimp	•			Yes		Yes				Yes		Yes
Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes	Yes
Macaroni & Cheese	•			Yes		Yes	Yes				Yes	
Hand-Breaded Chicken Tenders	•				Yes	Yes	Yes				Yes	
Grilled Chicken Tenders	•											
Golden-Fried Fish	•					Yes	Yes	Yes			Yes	Yes
Petite Maine Lobster Tail	•			Yes		Yes				Yes		
Fresh Broccoli, Seasoned				Yes		Yes						
Orange Wedges												
Surf's Up Sundae				Yes		Yes						Yes