



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 Beginning on 11/11/24

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.											
*Regional item--Availability may vary.											
	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
SEAFOOD CELEBRATION											
Bacon Mac & Cheese	600	310	34	20	1	110	1590	46	1	4	24
Create Your Own Ultimate Feast - Garlic Shrimp Scampi	220	160	18	4	1	100	970	4	0	0	12
Create Your Own Ultimate Feast - Grilled Atlantic Salmon	510	310	34	6	0	130	680	1	0	0	47
Create Your Own Ultimate Feast - Grilled Sea Scallops	280	90	10	1	0	30	1120	30	1	1	15
Create Your Own Ultimate Feast - Grilled Shrimp	250	60	7	1	0	120	1130	29	1	1	16
Create Your Own Ultimate Feast - Maine Lobster Tail	420	330	37	22	0	190	1020	0	0	0	14
Create Your Own Ultimate Feast - Parrot Isle Jumbo Coconut Shrimp	470	260	29	8	0	90	620	41	3	18	13
Create Your Own Ultimate Feast - 7 oz. Sirloin	320	140	15	4	0	130	980	1	0	0	46
Create Your Own Ultimate Feast - Shrimp Linguini Alfredo	620	280	31	13	1	140	1230	56	4	2	27
Create Your Own Ultimate Feast - Snow Crab Legs	380	300	34	21	0	160	1070	0	0	0	19
Create Your Own Ultimate Feast - Walt's Favorite Shrimp	260	90	10	1	0	70	1560	31	2	9	10
Crispy Brussels Sprouts	380	150	17	5	0	0	980	48	11	20	12
Grilled Lobster, Shrimp & Salmon	1180	680	76	20	1	390	2830	47	2	2	76
Surf & Turf Maine Tail & 6 oz. Filet	680	490	54	27	1	280	1590	2	1	1	47
Surf & Turf Maine Tail & 7 oz. Sirloin	740	500	56	26	1	330	1720	1	1	0	59
Surf & Turf Maine Tail & 12 oz. New York Strip	1110	790	88	40	3	380	4440	2	1	0	78
STARTERS											
Bacon Wrapped Sea Scallops (4 scallops)	450	334	37	8	0	70	1400	9	1	6	23
Bacon Wrapped Sea Scallops (6 scallops)	620	460	52	12	1	100	1920	9	1	6	34
Black Tiger Shrimp Cocktail	180	30	4	1	0	260	1180	10	1	9	23
Calamari - Crispy Dragon	1030	580	66	7	0	680	1750	60	2	21	48
Calamari - Hand-Breaded	1000	620	70	0	0	680	2070	44	1	5	47
Crab Queso	930	500	56	21	1	120	2140	76	9	5	30
Crispy Dragon Shrimp®	1010	640	72	9	0	200	2010	67	4	22	25
Lobster Dip	890	320	35	15	1	130	1910	82	9	7	30

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Lobster Flatbread	800	340	38	14	2	110	2310	77	5	8	39
Mozzarella Cheesesticks	730	370	41	13	0	60	2130	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	1080	18	2	5	30
CHOWDER, SALADS & BOWLS											
Caesar Salad with Chicken	730	470	52	9	1	120	1140	26	8	6	43
Clam Chowder (Cup)	240	140	15	9	0	50	680	11	0	4	7
Clam Chowder (Bowl)	470	270	30	17	1	100	1350	22	1	7	15
Lobster Bisque (Cup)	310	230	26	8	0	50	800	13	0	4	6
Lobster Bisque (Bowl)	630	470	52	15	1	110	1600	27	0	9	11
Sesame-Soy Salmon Bowl	1150	540	60	12	0	130	2710	88	9	38	61
Southwest Shrimp Bowl	770	460	51	14	1	200	2530	55	5	11	24
ENTRÉES											
Admiral's Feast	1640	860	96	10	0	180	4750	134	7	18	58
Atlantic Salmon, Grilled	1010	610	68	12	0	270	1370	1	0	0	93
Bacon Cheeseburger	980	450	51	15	1	160	1860	86	7	13	45
Bar Harbor Lobster Bake	1020	470	53	13	1	310	2500	78	7	4	54
Cajun Chicken Linguini Alfredo	1190	570	64	25	3	190	3170	86	8	5	66
Crab Your Way - Snow Crab, crispy potatoes & Cajun Butter	1260	850	95	45	3	310	4350	64	7	4	44
Crab Your Way - Snow Crab, crispy potatoes & Roasted Garlic Butter	1470	1020	114	39	3	260	4640	73	7	4	45
Crab Your Way - Snow Crab Simply Steamed, crispy potatoes	910	530	59	23	0	220	3780	56	6	3	42
Create Your Own Ultimate Feast - Garlic Shrimp Scampi	220	160	18	4	1	100	970	4	0	0	12
Create Your Own Ultimate Feast - Grilled Atlantic Salmon	510	310	34	6	0	130	680	1	0	0	47
Create Your Own Ultimate Feast - Grilled Sea Scallops	280	90	10	1	0	30	1120	30	1	1	15
Create Your Own Ultimate Feast - Grilled Shrimp	250	60	7	1	0	120	1130	29	1	1	16
Create Your Own Ultimate Feast - Maine Lobster Tail	420	330	37	22	0	190	1020	0	0	0	14
Create Your Own Ultimate Feast - Parrot Isle Jumbo Coconut Shrimp	470	260	29	8	0	90	620	41	3	18	13
Create Your Own Ultimate Feast - 7 oz. Sirloin	320	140	15	4	0	130	980	1	0	0	46
Create Your Own Ultimate Feast - Shrimp Linguini Alfredo	620	278	31	13	1	140	1230	56	4	2	27
Create Your Own Ultimate Feast - Snow Crab Legs	380	300	34	21	0	160	1070	0	0	0	19
Create Your Own Ultimate Feast - Walt's Favorite Shrimp	260	90	10	1	0	70	1560	31	2	9	10
Crunch-Fried Flounder Sandwich with fries, coleslaw, hush puppies	1690	751	24	14	1	130	4120	193	13	29	41
Fish & Chips with fries, slaw, hush puppies	1380	660	73	8	1	130	2940	132	12	26	48
Grilled Lobster, Shrimp & Salmon	1180	680	76	20	1	390	2830	47	2	2	76
Lemon Basil Mahi	470	230	26	9	0	190	1470	14	1	4	43
Live Maine Lobster (Classic)	440	310	34	21	0	290	290	0	0	0	33
Lobster Linguini	1200	618	69	33	2	320	3000	85	7	4	64
Lobster Lover's Duo	600	460	51	24	1	290	1150	1	1	0	25
Lobster Pappardelle Pasta	1090	679	76	38	2	370	1970	60	4	7	45
Lobster & Shrimp Linguini*	1100	480	54	15	1	230	2580	101	5	34	54
Mahi (Grilled)	300	120	14	2	0	160	1070	1	0	0	40

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Parmesan-Crusted Chicken	650	313	35	19	1	170	1620	34	1	4	47
Rainbow Trout - Grilled	550	260	29	6	0	200	730	1	0	0	68
Salmon New Orleans	1160	690	77	17	0	350	1180	9	2	2	102
Shrimp Alfredo (entrée)	1010	530	60	25	3	180	2150	78	5	4	37
Shrimp - Crispy Dragon Shrimp®	510	320	36	4	0	100	1000	34	2	11	13
Shrimp - Garlic Shrimp Scampi	220	160	18	3	1	100	970	3	1	1	12
Shrimp - Grilled Shrimp	250	60	7	1	0	120	1130	29	1	1	16
Shrimp - Parrot Isle Jumbo Coconut Shrimp	470	260	29	8	0	90	620	41	3	18	13
Shrimp - Popcorn Shrimp	430	180	19	2	0	90	1860	49	5	11	16
Shrimp - Shrimp Linguini Alfredo	620	278	31	13	1	140	1230	56	4	2	27
Shrimp - Walt's Favorite Shrimp	260	90	10	1	0	70	1560	31	2	9	10
Steak - 6 oz. Filet Mignon	260	120	14	4	1	90	850	1	1	1	34
Steak - 12 oz. NY Strip	690	430	48	18	3	190	3700	1	0	0	65
Steak - 7 oz. Sirloin	320	140	15	4	0	140	980	1	0	0	46
Surf & Turf - Maine Lobster Tail & 6 oz. Filet Mignon	680	490	54	27	1	280	1590	2	1	1	47
Surf & Turf - Maine Lobster Tail & 7 oz. Sirloin	740	500	56	26	1	330	1720	1	1	0	59
Surf & Turf Maine Tail & 12 oz. New York Strip	1110	790	88	40	3	380	4440	2	1	0	78
Wild-Caught Crunch Fried Flounder	1140	640	71	8	0	140	3060	81	2	5	44
SIDES											
Bacon Mac & Cheese	600	310	34	20	1	110	1590	46	1	4	24
Baked Potato	270	30	4	0	0	0	1730	55	6	3	7
Caesar Salad	360	270	30	8	0	40	700	14	3	5	11
Cheddar Bay Biscuits® (each)	160	90	10	5	0	0	380	16	0	0	3
Chesapeake Fries	510	180	20	2	0	0	1170	74	6	0	7
Coleslaw	110	70	8	1	0	10	140	10	2	6	2
Crispy Brussels Sprouts	380	150	17	5	0	0	980	48	11	20	12
Fully Loaded Baked Potato	520	230	26	12	1	50	2170	57	6	4	17
House Salad	160	80	9	5	0	20	230	12	2	4	8
Hush Puppies (6)	420	228	26	2	0	0	760	40	2	14	4
Lobster-Topped Baked Potato	450	160	18	6	0	80	2310	59	6	4	18
Lobster-Topped Mashed Potatoes	350	200	22	9	0	90	1120	25	3	2	15
Mashed Potatoes	210	90	10	4	0	20	670	27	3	2	4
Orzo Rice	310	50	6	1	0	0	880	57	2	1	6
Roasted Asparagus	100	70	8	5	0	20	410	7	3	3	3
Seasoned Broccoli	190	140	16	10	0	40	400	9	3	2	4
ADD TO ANY ENTRÉE											
Bacon-Wrapped Sea Scallops (2 scallops)	220	167	19	4	0	40	700	5	1	3	12
Caribbean Rock Lobster Tail	480	370	41	22	0	220	1130	2	1	0	27
Garlic Shrimp Scampi	220	160	18	4	1	100	970	3	1	1	12
Grilled Shrimp (with rice)	250	60	7	1	0	100	1030	29	1	1	14
Maine Lobster Tail	420	320	36	23	0	190	630	0	0	0	12
Snow Crab Legs (1/2 lb.)	380	300	34	21	0	150	1020	1	0	0	18

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DAILY DEALS											
Monday Lobster & Shrimp	850	680	76	29	1	400	2680	7	2	2	37
Tuesday Snow Crab Legs Simply Steamed with crispy potatoes	910	530	59	23	0	220	3490	56	6	3	42
Tuesday Snow Crab Legs Roasted Garlic Butter with crispy potatoes	1470	1020	114	38	3	260	4640	73	7	4	45
Wednesday Steak & Lobster	740	500	56	26	1	330	1720	1	1	0	59
Thursday Chicken Alfredo	1190	570	64	25	3	190	3170	86	8	5	66
Thursday Shrimp Alfredo	1010	530	60	25	3	180	2150	78	5	4	37
Friday Fish & Chips with hush puppies, fries, coleslaw	1380	660	73	8	1	130	2940	132	12	26	48
WEEKDAY LUNCH SPECIALS											
Garlic Shrimp Scampi	440	310	35	7	1	210	1940	7	2	2	24
Parrot Isle Jumbo Coconut Shrimp	570	310	35	9	0	110	770	48	4	19	16
Popcorn Shrimp	430	180	19	2	0	90	1860	49	5	11	16
Sailor's Platter	1330	740	83	10	1	270	4450	95	6	16	50
Sesame-Soy Salmon Bowl	1150	542	30	12	0	130	2710	88	9	38	61
Southwest Shrimp Bowl	770	460	51	14	1	200	2530	55	5	11	24
Walt's Favorite Shrimp	380	150	16	1	0	100	2150	43	3	9	15
Wild-Caught Crunch-Fried Flounder	1140	640	71	8	0	140	3060	81	2	5	44
DESSERTS											
Brownie Overboard™	1020	510	57	29	1	190	360	121	5	84	13
Chocolate Wave	1110	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	1170	620	69	42	2	220	780	102	3	76	14
KIDS' MENU											
Casco Bay Cooler - Cherry Wave Slushy	150	0	0	0	0	0	20	37	0	36	0
Casco Bay Cooler - Raspberry Bay Smoothie	190	0	0	0	0	0	120	44	0	37	3
Casco Bay Cooler - Sunset Strawberry Smoothie	190	0	0	0	0	0	120	44	1	37	3
Chicken Tenders	690	482	54	7	0	80	1150	29	0	8	25
Fruit	30	0	0	0	0	0	0	8	2	6	0
Garlic-Grilled Shrimp	80	30	4	1	0	100	580	1	0	0	11
Golden-Fried Fish	530	220	25	2	0	60	1920	53	2	13	22
Juice	110	0	0	0	0	0	10	27	0	24	2
Lemonade	50	0	0	0	0	0	0	14	0	13	0
Macaroni and Cheese	270	79	8	3	0	10	600	40	1	7	9
Milk 1%	100	20	2	2	0	10	110	12	0	12	8
Petite Maine Lobster Tail	360	310	35	22	0	180	580	0	0	0	10
Popcorn Shrimp	450	170	19	2	0	90	1760	53	4	15	15
Raspberry Lemonade	90	0	0	0	0	0	10	24	0	23	0
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
Grand Patrón Margarita	200	0	0	0	0	0	480	15	0	14	0
Lobster Punch	390	0	0	0	0	0	0	78	3	68	1

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Main Deck Margarita Flight (Rocks)	410	0	0	0	0	0	1630	57	1	54	0
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
Snowglobe Sangria	180	0	0	0	0	0	20	18	1	12	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	15	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.)	100	0	0	0	0	0	15	6	0	0	0
Regular Beer (12 oz.)	150	0	0	0	0	0	15	13	0	0	2
Nonalcoholic Beer (12 oz.)	70	0	0	0	0	0	10	15	0	0	0
Light Draft Beer (14 oz.)	120	0	0	0	0	0	15	7	0	0	0
Regular Draft Beer (14 oz.)	180	0	0	0	0	0	15	15	0	0	2
Light Draft Beer (20 oz.)	170	0	0	0	0	0	25	10	0	0	1
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

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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	5290	2880	322	34	2	560	15110	420	22	67	175
Bar Harbor Lobster Bake Family Feast	3070	1418	159	38	4	930	7510	234	21	13	160
Cajun Chicken Linguini Alfredo Family Meal	3810	1750	196	76	8	660	10750	268	29	17	239
Crab Linguini Alfredo Family Meal	3060	1650	184	66	7	390	6440	225	16	11	116
Create Your Own Family Feast - Grilled Chicken	690	180	20	1	0	310	490	1	0	0	122
Create Your Own Family Feast - Crispy Fish	1610	860	96	10	1	200	4500	119	3	6	66
Create Your Own Family Feast - Parrot Isle Coconut Shrimp	1150	600	67	23	1	210	1330	110	7	60	28
Create Your Own Family Feast - Shrimp Scampi	870	620	70	13	2	410	3870	12	3	3	48
Create Your Own Family Feast - Grilled Shrimp	980	260	29	4	1	490	4520	120	5	3	63
Create Your Own Family Feast - Walt's Favorite Shrimp	610	190	21	2	0	130	4280	84	7	35	21
Fish Fry Family Meal	7590	3780	423	47	3	610	20710	728	46	102	212
Seaside Shrimp Trio Family Feast	5090	2460	270	79	9	1790	20750	393	33	62	254
Shrimp Linguini Alfredo Family Meal	3020	1580	177	75	8	550	6450	234	16	13	110
Ultimate Family Feast	4320	2968	320	134	3	1800	16870	153	15	51	204
FAMILY SIDES											
Bacon Mac & Cheese	2400	1240	136	80	4	440	6360	184	4	16	96
Baked Potatoes with Butter and Sour Cream	1080	120	14	0	0	0	6920	220	24	12	28
Caesar Salad	1440	1080	120	32	0	160	2800	56	12	20	44
Chesapeake Fries	2040	720	80	8	0	0	4680	296	24	0	28
Coleslaw	440	280	32	4	0	40	560	40	8	24	8

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Crispy Brussels Sprouts	1520	600	68	20	0	0	3400	192	44	76	44
House Salad	640	320	36	20	0	80	920	48	8	16	32
Mashed Potatoes	640	260	29	13	1	50	2000	81	9	6	12
Orzo Rice	1240	200	24	4	0	0	3520	228	8	4	24
Seasoned Broccoli	760	560	64	40	0	160	1600	36	12	8	16
FAMILY DESSERTS											
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
Cheesecake (10 slices)	9870	5560	618	347	20	2230	7820	705	11	523	130
Triple Chocolate Brownie (24 pieces)	6220	3250	360	175	5	1150	2330	720	38	490	78
PARTY PLATTERS											
Black Tiger Shrimp Cocktail (Small)	690	140	15	6	0	1070	4130	50	4	26	91
Black Tiger Shrimp Cocktail (Large)	1380	280	31	11	0	2130	8250	100	7	51	183
Cheddar Bay Biscuits® (Half Dozen)	970	530	59	26	1	30	2250	95	3	4	18
Cheddar Bay Biscuits® (One Dozen)	1940	1050	118	53	2	50	4500	191	6	9	36
Chicken Tenders Platter	4740	3215	361	41	2	540	8080	197	1	34	194
Crab Queso Platter	4480	2540	282	123	5	710	12240	328	37	30	167
Crispy Dragon Shrimp® Platter	4010	2570	288	35	2	790	8010	263	16	87	99
Crunchy Popcorn Shrimp Platter	2500	1050	117	9	1	540	10010	270	25	48	92
Garlic Shrimp Scampi Platter	1080	780	88	16	3	520	4840	15	3	4	60
Jumbo Grilled Shrimp Platter	1770	810	90	16	2	990	10100	127	8	106	113
Lobster Dip Platter	4150	2340	260	115	4	720	12160	312	29	48	148
Mozzarella Cheesesticks Platter	2220	1270	142	47	1	250	4630	162	6	9	86
Parrot Isle Jumbo Coconut Shrimp Platter	2780	1520	168	47	2	550	3710	238	19	97	79
Walt's Favorite Shrimp Platter	1250	440	49	4	0	320	7800	155	12	47	48
DRESSINGS & CONDIMENTS											
Blue Cheese Dressing	230	220	24	5	0	30	300	2	0	1	2
Butter - 100% Pure Melted Butter	300	300	33	21	0	90	290	0	0	0	0
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	45	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
Piña 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	25	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