



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 6/3/24

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)	Fiber (g)	Sugar (g)	Protein (g)
<b>CRABFEST</b>											
Crab & Lobster Duo	560	290	43	25	0	290	1690	7	1	1	34
Crab Mac & Cheese	580	286	32	20	1	120	1310	47	2	4	26
Crab Queso	940	540	60	22	0	120	2490	74	7	10	28
Crab Your Way - Bairdi Crab with New! Cajun Butter	1300	857	96	45	3	330	4660	64	7	4	52
Crab Your Way - Bairdi Crab with Roasted Garlic Butter	1510	1030	115	38	3	280	4950	63	7	4	53
Crab Your Way - Bairdi Crab Simply Steamed	950	540	60	23	0	240	4090	56	6	3	50
Crab Your Way - Snow Crab with New! Cajun Butter	1260	847	95	45	3	310	4350	64	7	4	44
Crab Your Way - Snow Crab with Roasted Garlic Butter	1470	1020	114	39	3	260	4640	73	7	4	45
Crab Your Way - Snow Crab Simply Steamed	910	530	59	23	0	220	3780	56	6	3	42
Creamy Crab Carbonara	1130	650	72	29	2	210	2340	79	7	6	42
Snow Crab and Crab-Topped Sirloin	770	481	53	27	1	320	2190	5	0	0	67
Snow Crab and Crab-Topped Filet	710	467	52	28	1	270	2060	5	1	1	55
<b>STARTERS</b>											
Bacon-Wrapped Sea Scallops*	600	450	50	15	1	100	1630	18	1	14	23
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	940	540	60	22	0	120	2490	74	7	10	28
Crispy Dragon Shrimp®	1010	640	72	9	0	200	2010	67	4	22	25
Chicken Bacon Ranch Flatbread	1210	570	63	19	2	150	3130	96	9	15	66
Lobster Dip	890	320	35	15	1	130	1910	82	9	7	30
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



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Grilled Lobster, Shrimp & Salmon with orzo rice and broccoli*	1730	900	100	32	1	440	4540	117	8	6	87	
Live Maine Lobster (Classic)	440	310	34	21	0	290	290	0	0	0	33	
Live Maine Lobster, Steamed with baked potato and broccoli*	900	480	53	31	0	340	2420	65	9	5	43	
Live Maine Lobster (Stuffed)	610	370	41	23	0	360	950	12	0	2	45	
Lobster Linguini	1230	620	69	33	2	340	3140	86	7	4	70	
Lobster Lover's Duo	600	460	51	24	1	290	1150	1	1	0	25	
Lobster Lover's Duo with mashed potatoes and broccoli*	1000	665	74	38	1	380	2660	39	8	5	47	
Lobster Pappardelle Pasta*	940	560	62	34	1	280	2590	60	5	6	36	
Macadamia-Crusted Mahi*	1530	780	87	34	1	280	2330	77	7	19	52	
Mahi (Grilled) with baked potato and broccoli*	750	295	33	12	0	200	3200	65	9	5	51	
Parmesan-Crusted Chicken with baked potato and broccoli*	1170	558	62	35	1	240	2842	98	10	9	57	
Rainbow Trout - Grilled	550	260	29	6	0	200	730	1	0	0	68	
Salmon New Orleans	1160	690	76	17	0	360	1440	9	2	3	103	
Salmon New Orleans with orzo rice & asparagus*	1570	810	90	23	1	380	2730	73	7	6	112	
Sea Scallop & Shrimp Skewers	350	100	11	2	0	170	1620	30	1	1	31	
Shrimp - Crispy Dragon Shrimp®	510	320	36	4	0	100	1000	34	2	11	13	
Shrimp - Crunch-Fried Shrimp	290	147	17	1	0	20	1140	27	1	9	9	
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 - Shrimp Linguini Alfredo	630	280	32	13	1	150	1520	57	5	3	27	
Signature Surf & Turf with Filet*	1190	690	77	36	1	400	4240	66	10	7	64	
Signature Surf & Turf with Sirloin*	1250	700	80	35	1	440	4370	65	10	6	75	
Steak - 6 oz. Filet Mignon	260	120	14	4	1	90	850	1	1	1	34	
Steak - 6 oz. Filet Mignon with baked potato and broccoli*	720	296	33	15	1	130	2980	66	10	6	44	
Steak - 7 oz. Sirloin	320	140	15	4	0	140	980	1	0	0	46	
Steak - 7 oz. Sirloin with baked potato and broccoli*	780	310	34	14	0	177	3107	65	9	5	56	
Steak - 12 oz. NY Strip	690	430	48	18	3	190	3700	1	0	0	65	
Stuffed Flounder	560	310	35	11	1	210	1910	14	1	3	47	
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 & 12 oz. NY Strip	1120	790	88	40	3	380	4440	2	1	0	78	
Surf & Turf - Maine Lobster Tail & 7 oz. Sirloin	740	500	56	26	1	330	1720	1	1	0	59	
Surf & Turf - Walt's Favorite Shrimp & 6 oz. Filet Mignon	520	210	24	5	1	160	2410	32	3	10	44	
Surf & Turf - Walt's Favorite Shrimp & 12 oz. NY Strip	950	520	58	19	3	250	5260	33	3	9	75	
Surf & Turf - Walt's Favorite Shrimp & 7 oz. Sirloin	580	230	26	4	0	200	2540	32	3	9	56	
Wild-Caught Crunch Fried Flounder	1140	640	71	8	0	140	3060	81	2	5	44	
<b>SIDES</b>												
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	

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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	
Coleslaw with Signature Dressing*	210	130	14	2	0	20	570	18	3	12	2	
Crab Mac & Cheese	580	286	32	20	1	120	1310	47	2	4	26	
Crispy Brussels Sprouts	380	150	17	5	0	0	850	48	11	19	11	
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	
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	
<b>ADD TO ANY ENTRÉE</b>												
Bacon-Wrapped Sea Scallops*	280	212	24	7	0	50	770	8	1	7	11	
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	
Grilled Sirloin	320	140	15	4	0	130	980	1	0	0	46	
Maine Lobster Tail	420	320	36	23	0	190	630	0	0	0	12	
Sea Scallops	280	90	10	1	0	30	1120	30	1	1	15	
Snow Crab Legs (1/2 lb.)	380	300	34	21	0	150	1020	1	0	0	18	
<b>DAILY DEALS</b>												
Monday Ultimate Endless Shrimp - Crispy Dragon Shrimp®	510	320	36	4	0	100	1000	34	2	11	13	
Monday Ultimate Endless Shrimp - Crunch-Fried Shrimp	290	147	17	1	0	20	1140	27	1	9	9	
Monday Ultimate Endless Shrimp - Garlic Shrimp Scampi	220	160	18	3	1	100	970	3	1	1	12	
Monday Ultimate Endless Shrimp - Grilled Shrimp	250	64	7	1	0	120	1130	30	1	1	16	
Monday Ultimate Endless Shrimp - Parrot Isle Jumbo Coconut Shrimp	470	260	29	8	0	90	620	41	3	18	13	
Monday Ultimate Endless Shrimp - Shrimp Linguini Alfredo	630	280	32	13	1	150	1520	57	5	3	27	
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	
Wednesday Steak & Lobster with baked potato*	1010	531	59	26	1	330	3450	56	6	3	65	
Thursday Lobster & Shrimp	850	680	76	29	1	400	2680	7	2	2	37	
Thursday Lobster & Shrimp with broccoli*	1040	819	92	39	1	443	3085	16	5	4	40	
Friday Fish & Chips	1230	580	65	8	1	130	2910	117	11	22	46	
Friday Fish & Chips with hush puppies, fries, coleslaw*	1640	868	97	11	1	70	3980	156	10	27	37	
<b>WEEKDAY LUNCH SPECIALS (Available Monday-Friday 11 am - 3 pm in select locations)</b>												
Garlic Shrimp Scampi	440	310	35	7	1	210	1940	7	2	2	24	
Garlic Shrimp Scampi with fries*	1000	496	56	8	1	210	3580	95	8	14	31	
Parrot Isle Jumbo Coconut Shrimp	570	310	35	9	0	110	770	48	4	19	16	

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Parrot Isle Jumbo Coconut Shrimp with fries*	1140	496	55	11	0	110	2420	137	11	32	24	
Popcorn Shrimp	430	180	19	2	0	90	1860	49	5	11	16	
Popcorn Shrimp Caesar Salad*	940	597	66	11	1	140	2300	64	12	8	27	
Sailor's Platter	1330	740	83	10	1	270	4450	95	6	16	50	
Sailor's Platter with fries*	1900	928	104	12	1	270	6090	184	13	29	57	
Sesame-Soy Bowl with Atlantic Salmon	1150	540	60	12	0	130	2580	90	9	38	60	
Southwest Bowl with Shrimp	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	
Walt's Favorite Shrimp with fries*	950	331	37	3	0	100	3780	133	10	22	23	
Wild-Caught Crunch-Fried Flounder	1140	640	71	8	0	140	3060	81	2	5	44	
Wild-Caught Crunch-Fried Flounder with fries*	1710	820	92	10	1	140	4700	170	9	18	51	
<b>DESSERTS</b>												
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	
<b>KIDS' MENU</b>												
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	680	480	53	6	0	70	1010	30	1	9	21	
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	280	90	10	3	0	20	550	39	1	9	10	
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	
<b>ALCOHOLIC DRINKS</b>												
Bahama Mama	360	0	0	0	0	0	50	61	0	58	0	
Big Breezy Hurricane	260	1	0	0	0	0	20	40	1	26	1	
Lobster Punch	390	0	0	0	0	0	0	78	3	68	1	
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	

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Margarita - Classic (Rocks)	120	0	0	0	0	0	480	8	0	7	0	
Margarita - Grand Patrón	200	0	0	0	0	0	480	15	0	14	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	
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	
<b>WINE</b>												
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	
<b>BEER</b>												
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	
<b>NON-ALCOHOLIC DRINKS</b>												
Boston Iced Tea - Classic Cranberry	80	0	0	0	0	0	25	19	0	19	0	
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	

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Lemonade	140	0	0	0	0	0	10	37	0	35	0	
Mango Fruit Smoothie	380	50	6	4	0	25	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	25	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 - Green Apple Wave	250	0	0	0	0	0	50	59	1	56	0	
Zero-Proof Mocktail - Strawberry Breeze	180	0	0	0	0	0	20	47	1	43	1	
<b>FAMILY MEALS</b>												
Admiral's Family Feast	5290	2880	322	34	2	560	15110	420	22	67	175	
Bar Harbor Lobster Bake Family Feast	3290	1450	160	39	4	1130	10030	240	24	15	207	
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	3320	1660	185	77	9	1117	10163	235	18	14	167	
Ultimate Family Feast	4320	2968	320	134	3	1800	16870	153	15	51	204	
<b>FAMILY SIDES</b>												
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	
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	

<b>Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately.</b>											
<b>*Regional item--Availability may vary.</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Total Fat (g)</b>	<b>Sat. Fat (g)</b>	<b>Trans. Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carb (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Protein (g)</b>
<b>FAMILY DESSERTS</b>											
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
<b>PARTY PLATTERS</b>											
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	25	2250	95	3	4	18
Cheddar Bay Biscuits® (One Dozen)	1940	1050	118	53	2	50	4500	191	6	9	36
Chicken Tenders Platter	4630	2870	323	30	2	860	7520	160	5	46	331
Crab Queso Platter	4920	2884	320	130	2	720	13570	353	33	57	160
Crispy Dragon Shrimp® Platter	4010	2572	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	315	7800	155	12	47	48
<b>DRESSINGS &amp; CONDIMENTS</b>											
Blue Cheese Dressing	230	220	24	5	0	25	300	2	0	1	2
100% Pure Melted Butter	300	300	33	21	0	90	290	0	0	0	0
Butter - whipped	80	80	8	4	0	15	45	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	15	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	15	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	15	180	4	0	3	0
Thousand Island Dressing	210	180	19	3	0	15	270	8	0	8	0