



Interactive Nutrition Menu

Last Updated: 06/06/2024

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Crabfest

Crabfest, Crab & Lobster Duo	560	290	43	25	0	290	1,690	7	1	1	34
Crabfest, Crab Mac & Cheese	580	290	32	20	1	120	1,310	47	2	4	26
Crabfest, Crab Queso	940	540	60	22	0	120	2,490	74	7	10	28
Crabfest, Crab Your Way, Bairdi Crab Simply Steamed	950	540	60	23	0	240	4,090	56	6	3	50
Crabfest, Crab Your Way, Bairdi Crab with New Cajun Butter	1,300	860	96	45	3	330	4,660	64	7	4	52
Crabfest, Crab Your Way, Bairdi Crab with Roasted Garlic Butter	1,510	1,030	115	38	3	280	4,950	63	7	4	53
Crabfest, Crab Your Way, Snow Crab Simply Steamed	910	530	59	23	0	220	3,780	56	6	3	42
Crabfest, Crab Your Way, Snow Crab with New Cajun Butter	1,260	850	95	45	3	310	4,350	64	7	4	44
Crabfest, Crab Your Way, Snow Crab with Roasted Garlic Butter	1,470	1,020	114	39	3	260	4,640	73	7	4	45
Crabfest, Creamy Crab Carbonara	1,130	650	72	29	2	210	2,340	79	7	6	42
Crabfest, Snow Crab and Crab-Topped Filet	710	470	52	28	1	270	2,060	5	1	1	55
Crabfest, Snow Crab and Crab-Topped Sirloin	770	480	53	27	1	320	2,190	5	0	0	67

Starters

Bacon-Wrapped Sea Scallops	600	450	50	15	1	100	1,630	18	1	14	23
Black Tiger Shrimp Cocktail	180	30	4	1	0	260	1,180	10	1	9	23
Calamari, Crispy Dragon	1,030	580	66	7	0	680	1,750	60	2	21	48
Calamari, Hand-Breaded	1,000	620	70	0	0	680	2,070	44	1	5	47
Chicken Bacon Ranch Flatbread	1,210	570	63	19	2	150	3,130	96	9	15	66
Crab Queso	940	540	60	22	0	120	2,490	74	7	10	28
Crispy Dragon Shrimp	1,010	640	72	9	0	200	2,010	67	4	22	25
Lobster Dip	890	320	35	15	1	130	1,910	82	9	7	30
Lobster Flatbread	800	340	38	14	2	110	2,310	77	5	8	39
Mozzarella Cheesesticks	730	370	41	13	0	60	2,130	58	4	7	31
Parrot Isle Jumbo Coconut Shrimp	660	360	41	11	0	130	910	55	5	20	20

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Seafood-Stuffed Mushrooms	390	200	22	12	1	120	1,080	18	2	5	30

Chowder, Salads & Bowls

Caesar Salad	560	420	47	9	1	50	1,020	26	8	6	12
Caesar Salad with Chicken	730	470	52	9	1	120	1,140	26	8	6	43
Caesar Salad with Salmon	1,070	730	81	15	1	180	1,700	26	8	6	59
Caesar Salad with Shrimp	740	500	55	11	1	290	2,390	27	9	6	38
Clam Chowder, Bowl	470	270	30	17	1	100	1,350	22	1	7	15
Clam Chowder, Cup	240	140	15	9	0	50	680	11	0	4	7
Parrot Isle Jumbo Coconut Shrimp Salad	850	440	49	14	0	90	1,310	86	9	46	19
Sesame-Soy Salmon Bowl	1,150	540	60	12	0	130	2,580	90	9	38	60
Southwest Shrimp Bowl	770	460	51	14	1	200	2,530	55	5	11	24

Entrees

6 oz Filet Mignon	260	120	14	4	1	90	850	1	1	1	34
6 oz Filet Mignon with Baked Potato and Broccoli	720	300	33	15	1	130	2,980	66	10	6	44
7 oz Sirloin	320	140	15	4	0	140	980	1	0	0	46
7 oz Sirloin with Baked Potato and Broccoli	780	310	34	14	0	175	3,110	65	9	5	56
12 oz NY Strip	690	430	48	18	3	190	3,700	1	0	0	65
Admiral's Feast	1,640	860	96	10	0	180	4,750	134	7	18	58
Admiral's Feast with Fries, Slaw, Hushpuppies	2,300	1,160	130	13	1	330	6,420	219	14	40	64
Atlantic Salmon, Grilled	1,010	610	68	12	0	270	1,370	1	0	0	93
Atlantic Salmon, Grilled with Baked Potato and Broccoli	1,470	780	87	22	0	310	3,500	66	9	5	103
Atlantic Salmon, Roasted	900	500	55	10	0	270	330	1	0	0	93
Bacon Cheeseburger	980	450	51	15	1	160	1,860	86	7	13	45
Bacon Cheeseburger with Fries, Slaw, Hushpuppies	1,750	830	93	25	1	250	3,230	156	13	29	72
Bar Harbor Lobster Bake	1,100	480	54	13	1	380	3,340	80	8	5	69
Bourbon Bacon Chicken	570	150	16	3	0	170	870	39	1	37	65
Cajun Chicken Linguini Alfredo	1,190	570	64	25	3	190	3,170	86	8	5	66
Crab Your Way, Bairdi Crab Simply Steamed	950	540	60	23	0	240	4,090	56	6	3	50
Crab Your Way, Bairdi Crab with New Cajun Butter	1,300	860	96	45	3	330	4,660	64	7	4	52
Crab Your Way, Bairdi Crab with Roasted Garlic Butter	1,510	1,030	115	38	3	280	4,950	63	7	4	53

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Crab Your Way, Snow Crab Simply Steamed	910	530	59	23	0	220	3,780	56	6	3	42
Crab Your Way, Snow Crab with New Cajun Butter	1,260	850	95	45	3	310	4,350	64	7	4	44
Crab Your Way, Snow Crab with Roasted Garlic Butter	1,470	1,020	114	39	3	260	4,640	73	7	4	45
Create Your Own Ultimate Feast, 7 oz Sirloin	320	140	15	4	0	130	980	1	0	0	46
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	1,120	30	1	1	15
Create Your Own Ultimate Feast, Grilled Shrimp	250	60	7	1	0	120	1,130	29	1	1	16
Create Your Own Ultimate Feast, Maine Lobster Tail	420	330	37	22	0	190	1,020	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, Shrimp Linguini Alfredo	630	280	32	13	1	150	1,520	57	5	3	27
Create Your Own Ultimate Feast, Snow Crab Legs	380	300	34	21	0	160	1,070	0	0	0	19
Create Your Own Ultimate Feast, Walt's Favorite Shrimp	260	90	10	1	0	70	1,560	31	2	9	10
Crispy Cod Sandwich	1,550	720	80	13	0	95	3,660	176	13	31	32
Crunch-Fried Flounder Sandwich	1,770	900	100	17	1	140	4,040	179	11	26	38
Fish & Chips	1,230	580	65	8	1	130	2,910	117	11	22	46
Fish & Chips with Fries, Slaw, Hush Puppies	1,640	870	97	11	1	70	3,980	156	10	27	37
Grilled Lobster, Shrimp & Salmon	1,180	680	76	20	1	390	2,830	47	2	2	76
Grilled Lobster, Shrimp & Salmon with Orzo Rice and Broccoli	1,730	900	100	32	1	440	4,540	117	8	6	87
Grilled Mahi with Baked Potato and Broccoli	750	300	33	12	0	200	3,200	65	9	5	51
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	2,420	65	9	5	43
Live Maine Lobster, Stuffed	610	370	41	23	0	360	950	12	0	2	45
Lobster Linguini	1,230	620	69	33	2	340	3,140	86	7	4	70
Lobster Lover's Duo	600	460	51	24	1	290	1,150	1	1	0	25
Lobster Lover's Duo with Mashed Potatoes and Broccoli	1,000	670	74	38	1	380	2,660	39	8	5	47
Lobster Pappardelle Pasta	940	560	62	34	1	280	2,590	60	5	6	36
Macadamia-Crusted Mahi	1,530	780	87	34	1	280	2,330	77	7	19	52

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Parmesan-Crusted Chicken with Baked Potato and Broccoli	1,170	560	62	35	1	240	2,840	98	10	9	57
Rainbow Trout, Grilled	550	260	29	6	0	200	730	1	0	0	68
Salmon New Orleans	1,160	690	76	17	0	360	1,440	9	2	3	103
Salmon New Orleans with Orzo Rice & Asparagus	1,570	810	90	23	1	380	2,730	73	7	6	112
Sea Scallop & Shrimp Skewers	350	100	11	2	0	170	1,620	30	1	1	31
Shrimp, Crispy Dragon Shrimp	510	320	36	4	0	100	1,000	34	2	11	13
Shrimp, Crunch-Fried Shrimp	290	150	17	1	0	20	1,140	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	1,130	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	1,520	57	5	3	27
Signature Surf & Turf with Filet	1,190	690	77	36	1	400	4,240	66	10	7	64
Signature Surf & Turf with Sirloin	1,250	700	80	35	1	440	4,370	65	10	6	75
Stuffed Flounder	560	310	35	11	1	210	1,910	14	1	3	47
Surf & Turf, Maine Lobster Tail & 6 Oz. Filet Mignon	680	490	54	27	1	280	1,590	2	1	1	47
Surf & Turf, Maine Lobster Tail & 7 Oz. Sirloin	740	500	56	26	1	330	1,720	1	1	0	59
Surf & Turf, Maine Lobster Tail & 12 Oz. Ny Strip	1,120	790	88	40	3	380	4,440	2	1	0	78
Surf & Turf, Walt's Favorite Shrimp & 6 Oz. Filet Mignon	520	210	24	5	1	160	2,410	32	3	10	44
Surf & Turf, Walt's Favorite Shrimp & 7 Oz. Sirloin	580	230	26	4	0	200	2,540	32	3	9	56
Surf & Turf, Walt's Favorite Shrimp & 12 Oz. Ny Strip	950	520	58	19	3	250	5,260	33	3	9	75
Wild-Caught Crunch Fried Flounder	1,140	640	71	8	0	140	3,060	81	2	5	44

Sides

Side of Bacon Mac & Cheese	600	310	34	20	1	110	1,590	46	1	4	24
Side of Baked Potato	270	30	4	0	0	0	1,730	55	6	3	7
Side of Caesar Salad	360	270	30	8	0	40	700	14	3	5	11
Side of Cheddar Bay Biscuits	160	90	10	5	0	0	380	16	0	0	3
Side of Chesapeake Fries	510	180	20	2	0	0	1,170	74	6	0	7
Side of Coleslaw	110	70	8	1	0	10	140	10	2	6	2
Side of Coleslaw with Signature Dressing	210	130	14	2	0	20	570	18	3	12	2
Side of Crab Mac & Cheese	580	290	32	20	1	120	1,310	47	2	4	26
Side of Crispy Brussels Sprouts	380	150	17	5	0	0	850	48	11	19	11

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Side of Fully Loaded Baked Potato	520	230	26	12	1	50	2,170	57	6	4	17
Side of House Salad	160	80	9	5	0	20	230	12	2	4	8
Side of Lobster-Topped Baked Potato	450	160	18	6	0	80	2,310	59	6	4	18
Side of Lobster-Topped Mashed Potatoes	350	200	22	9	0	90	1,120	25	3	2	15
Side of Mashed Potatoes	210	90	10	4	0	20	670	27	3	2	4
Side of Orzo Rice	310	50	6	1	0	0	880	57	2	1	6
Side of Roasted Asparagus	100	70	8	5	0	20	410	7	3	3	3
Side of Seasoned Broccoli	190	140	16	10	0	40	400	9	3	2	4

Add To Any Entree

Add to Any Entree, Bacon-Wrapped Sea Scallops	280	210	24	7	0	50	770	8	1	7	11
Add to Any Entree, Caribbean Rock Lobster Tail	480	370	41	22	0	220	1,130	2	1	0	27
Add to Any Entree, Garlic Shrimp Scampi	220	160	18	4	1	100	970	3	1	1	12
Add to Any Entree, Grilled Shrimp with Rice	250	60	7	1	0	100	1,030	29	1	1	14
Add to Any Entree, Grilled Sirloin	320	140	15	4	0	130	980	1	0	0	46
Add to Any Entree, Maine Lobster Tail	420	320	36	23	0	190	630	0	0	0	12
Add to Any Entree, Sea Scallops	280	90	10	1	0	30	1,120	30	1	1	15
Add to Any Entree, Snow Crab Legs (1/2 lb)	380	300	34	21	0	150	1,020	1	0	0	18

Daily Deals

Friday Fish & Chips	1,230	580	65	8	1	130	2,910	117	11	22	46
Friday Fish & Chips with Hush Puppies, Fries, Coleslaw	1,640	870	97	11	1	70	3,980	156	10	27	37
Monday Ultimate Endless Shrimp, Crispy Dragon Shrimp	510	320	36	4	0	100	1,000	34	2	11	13
Monday Ultimate Endless Shrimp, Crunch-Fried Shrimp	290	150	17	1	0	20	1,140	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	60	7	1	0	120	1,130	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	1,520	57	5	3	27

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Thursday Lobster & Shrimp	850	680	76	29	1	400	2,680	7	2	2	37
Thursday Lobster & Shrimp with Broccoli	1,040	820	92	39	1	445	3,090	16	5	4	40
Tuesday Snow Crab Legs Roasted Garlic Butter with Crispy Potatoes	1,470	1,020	114	38	3	260	4,640	73	7	4	45
Tuesday Snow Crab Legs Simply Steamed with Crispy Potatoes	910	530	59	23	0	220	3,490	56	6	3	42
Wednesday Steak & Lobster	740	500	56	26	1	330	1,720	1	1	0	59
Wednesday Steak & Lobster with Baked Potato	1,010	530	59	26	1	330	3,450	56	6	3	65

Weekday Lunch Specials

Weekday Lunch Special, Garlic Shrimp Scampi	440	310	35	7	1	210	1,940	7	2	2	24
Weekday Lunch Special, Garlic Shrimp Scampi with Fries	1,000	500	56	8	1	210	3,580	95	8	14	31
Weekday Lunch Special, Parrot Isle Jumbo Coconut Shrimp	570	310	35	9	0	110	770	48	4	19	16
Weekday Lunch Special, Parrot Isle Jumbo Coconut Shrimp with Fries	1,140	500	55	11	0	110	2,420	137	11	32	24
Weekday Lunch Special, Popcorn Shrimp	430	180	19	2	0	90	1,860	49	5	11	16
Weekday Lunch Special, Popcorn Shrimp Caesar Salad	940	600	66	11	1	140	2,300	64	12	8	27
Weekday Lunch Special, Sailor's Platter	1,330	740	83	10	1	270	4,450	95	6	16	50
Weekday Lunch Special, Sailor's Platter with Fries	1,900	930	104	12	1	270	6,090	184	13	29	57
Weekday Lunch Special, Sesame-Soy Bowl with Atlantic Salmon	1,150	540	60	12	0	130	2,580	90	9	38	60
Weekday Lunch Special, Southwest Bowl with Shrimp	770	460	51	14	1	200	2,530	55	5	11	24
Weekday Lunch Special, Walt's Favorite Shrimp	380	150	16	1	0	100	2,150	43	3	9	15
Weekday Lunch Special, Walt's Favorite Shrimp with Fries	950	330	37	3	0	100	3,780	133	10	22	23
Weekday Lunch Special, Wild-Caught Crunch-Fried Flounder	1,140	640	71	8	0	140	3,060	81	2	5	44
Weekday Lunch Special, Wild-Caught Crunch-Fried Flounder with Fries	1,710	820	92	10	1	140	4,700	170	9	18	51

Desserts

Brownie Overboardt	1,020	510	57	29	1	190	360	121	5	84	13
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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chocolate Wave	1,110	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	1,170	620	69	42	2	220	780	102	3	76	14

Kids' Menu

Kids Casco Bay Cooler, Cherry Wave Slushy	150	0	0	0	0	0	20	37	0	36	0
Kids Casco Bay Cooler, Raspberry Bay Smoothie	190	0	0	0	0	0	120	44	0	37	3
Kids Casco Bay Cooler, Sunset Strawberry Smoothie	190	0	0	0	0	0	120	44	1	37	3
Kids Chicken Tenders	680	480	53	6	0	70	1,010	30	1	9	21
Kids Fruit	30	0	0	0	0	0	0	8	2	6	0
Kids Garlic-Grilled Shrimp	80	30	4	1	0	100	580	1	0	0	11
Kids Golden-Fried Fish	530	220	25	2	0	60	1,920	53	2	13	22
Kids Juice	110	0	0	0	0	0	10	27	0	24	2
Kids Lemonade	50	0	0	0	0	0	0	14	0	13	0
Kids Macaroni and Cheese	280	90	10	3	0	20	550	39	1	9	10
Kids Milk 1%	100	20	2	2	0	10	110	12	0	12	8
Kids Petite Maine Lobster Tail	360	310	35	22	0	180	580	0	0	0	10
Kids Popcorn Shrimp	450	170	19	2	0	90	1,760	53	4	15	15
Kids Raspberry Lemonade	90	0	0	0	0	0	10	24	0	23	0
Kids 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
Big Breezy Hurricane	260	0	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	1,630	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, 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

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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

Wine

Sparkling Wine	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
Light Draft Beer (14 oz)	120	0	0	0	0	0	15	7	0	0	0
Light Draft Beer (20 oz)	170	0	0	0	0	0	25	10	0	0	1
Nonalcoholic Beer (12 oz)	70	0	0	0	0	0	10	15	0	0	0
Regular Beer (12 oz)	150	0	0	0	0	0	15	13	0	0	2
Regular Draft Beer (14 oz)	180	0	0	0	0	0	15	15	0	0	2
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
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

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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	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

Family Meals

Admiral's Family Feast	5,290	2,880	322	34	2	560	15,110	420	22	67	175
Bar Harbor Lobster Bake Family Feast	3,290	1,450	160	39	4	1,130	10,030	240	24	15	207
Cajun Chicken Linguini Alfredo Family Meal	3,810	1,750	196	76	8	660	10,750	268	29	17	239
Crab Linguini Alfredo Family Meal	3,060	1,650	184	66	7	390	6,440	225	16	11	116
Create Your Own Family Feast, Crispy Fish	1,610	860	96	10	1	200	4,500	119	3	6	66
Create Your Own Family Feast, Grilled Chicken	690	180	20	1	0	310	490	1	0	0	122
Create Your Own Family Feast, Grilled Shrimp	980	260	29	4	1	490	4,520	120	5	3	63
Create Your Own Family Feast, Parrot Isle Coconut Shrimp	1,150	600	67	23	1	210	1,330	110	7	60	28
Create Your Own Family Feast, Shrimp Scampi	870	620	70	13	2	410	3,870	12	3	3	48
Create Your Own Family Feast, Walt's Favorite Shrimp	610	190	21	2	0	130	4,280	84	7	35	21
Fish Fry Family Meal	7,590	3,780	423	47	3	610	20,710	728	46	102	212
Seaside Shrimp Trio Family Feast	5,090	2,460	270	79	9	1,790	20,750	393	33	62	254

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Shrimp Linguini Alfredo Family Meal	3,320	1,660	185	77	9	1,115	10,160	235	18	14	167
Ultimate Family Feast	4,320	2,970	320	134	3	1,800	16,870	153	15	51	204

Family Sides

Family Side of Bacon Mac & Cheese	2,400	1,240	136	80	4	440	6,360	184	4	16	96
Family Side of Baked Potatoes with Butter and Sour Cream	1,080	120	14	0	0	0	6,920	220	24	12	28
Family Side of Caesar Salad	1,440	1,080	120	32	0	160	2,800	56	12	20	44
Family Side of Chesapeake Fries	2,040	720	80	8	0	0	4,680	296	24	0	28
Family Side of Coleslaw	440	280	32	4	0	40	560	40	8	24	8
Family Side of Crispy Brussels Sprouts	1,520	600	68	20	0	0	3,400	192	44	76	44
Family Side of House Salad	640	320	36	20	0	80	920	48	8	16	32
Family Side of Mashed Potatoes	640	260	29	13	1	50	2,000	81	9	6	12
Family Side of Orzo Rice	1,240	200	24	4	0	0	3,520	228	8	4	24
Family Side of Seasoned Broccoli	760	560	64	40	0	160	1,600	36	12	8	16

Family Desserts

Family Cheesecake	9,870	5,560	618	347	20	2,230	7,820	705	11	523	130
Family Chocolate Wave Cake	13,020	6,720	746	226	9	1,190	9,400	1,564	82	1,085	118
Family Key Lime Pie	4,160	1,580	176	88	0	1,520	2,160	568	16	424	80
Family Triple Chocolate Brownie	6,220	3,250	360	175	5	1,150	2,330	720	38	490	78

Party Platters

Black Tiger Shrimp Cocktail Platter, Large	1,380	280	31	11	0	2,130	8,250	100	7	51	183
Black Tiger Shrimp Cocktail Platter, Small	690	140	15	6	0	1,070	4,130	50	4	26	91
Cheddar Bay Biscuits Platter, Half Dozen	970	530	59	26	1	25	2,250	95	3	4	18
Cheddar Bay Biscuits Platter, One Dozen	1,940	1,050	118	53	2	50	4,500	191	6	9	36
Chicken Tenders Platter	4,630	2,870	323	30	2	860	7,520	160	5	46	331
Crab Queso Platter	4,920	2,880	320	130	2	720	13,570	353	33	57	160
Crispy Dragon Shrimp Platter	4,010	2,570	288	35	2	790	8,010	263	16	87	99
Crunchy Popcorn Shrimp Platter	2,500	1,050	117	9	1	540	10,010	270	25	48	92
Garlic Shrimp Scampi Platter	1,080	780	88	16	3	520	4,840	15	3	4	60
Jumbo Grilled Shrimp Platter	1,770	810	90	16	2	990	10,100	127	8	106	113

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Lobster Dip Platter	4,150	2,340	260	115	4	720	12,160	312	29	48	148
Mozzarella Cheesesticks Platter	2,220	1,270	142	47	1	250	4,630	162	6	9	86
Parrot Isle Jumbo Coconut Shrimp Platter	2,780	1,520	168	47	2	550	3,710	238	19	97	79
Walt's Favorite Shrimp Platter	1,250	440	49	4	0	315	7,800	155	12	47	48

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 - 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

Last Updated: 06/06/2024



Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal. If you have any questions about our nutrition calculator, please contact Nutritionix. [\[Full Disclaimer\]](#)