

## starters



**LOBSTER & LANGOSTINO PIZZA** 12.49  
Maine, Norway and langostino lobster with mozzarella, fresh tomatoes and sweet basil. *700 Cal*

**PARROT ISLE JUMBO COCONUT SHRIMP** 9.99  
Served with our piña colada sauce. *610 Cal*

**SIGNATURE JUMBO SHRIMP COCKTAIL** 9.99  
Served with cocktail sauce. *130 Cal*

**SEAFOOD-STUFFED MUSHROOMS** 9.99  
Signature seafood stuffing and Monterey Jack. *390 Cal*

**HAND-BREADED CALAMARI** 10.99  
Topped with banana peppers. Served with marinara. *1010 Cal*

**LANGOSTINO LOBSTER-ARTICHOKE-&-SEAFOOD DIP** 9.99  
Langostino and Norway lobster with spinach in a three-cheese blend. Served with tortilla chips and pico de gallo. *1190 Cal*

**CRAB-STUFFED SHRIMP RANGOON** 9.99  
Served with sweet chili sauce. *660 Cal*

**MOZZARELLA CHEESESTICKS** 7.99  
Served with marinara. *700 Cal*

**WHITE WINE & ROASTED-GARLIC MUSSELS** 11.49  
Sautéed with tomato and green onions. Served with grilled artisan bread. *880 Cal*

**HOUSEMADE CRAB CAKES** 14.49  
Pan-seared jumbo lump crab and brioche crumb. Served with remoulade. *550 Cal*

**BACON-WRAPPED SEA SCALLOPS** 9.99  
Sea scallops wrapped in crispy bacon. *350 Cal*

## SOUPS

**NEW ENGLAND CLAM CHOWDER**  
Cup 4.99 *240 Cal* | Bowl 5.99 *470 Cal*

**LOBSTER BISQUE**  
Cup 6.49 *310 Cal* | Bowl 7.49 *600 Cal*

## bowls



**SESAME-SOY SALMON\*** 15.49  
Soy-ginger-glazed Atlantic salmon, crispy Brussels sprouts, quinoa rice, edamame, spring mix and crispy onions with sesame vinaigrette. *880 Cal*

**BAJA SHRIMP** 13.49  
Seasoned shrimp, avocado, black beans, quinoa rice, red onion, crunchy slaw, pico de gallo, sour cream and tortilla strips with jalapeño ranch. *1140 Cal*

**CLASSIC CAESAR SALAD** 9.99 *520 Cal*  
• Grilled Chicken +2.25 *720 Cal*  
• Seasoned Shrimp +3.25 *660 Cal*  
• Atlantic Salmon\* +4.75 *830 Cal*

## pastas



**KUNG PAO NOODLES**  
A sweet and spicy soy-ginger sauce with edamame, cabbage, crispy onions, cashews and green onions.  
• Chicken 15.99 *1330 Cal*  
• Crispy Shrimp 16.99 *1360 Cal*  
• Crispy Lobster Tail 21.99 *1410 Cal*

**GARLIC LINGUINI ALFREDO**  
• Cajun Chicken 15.99 *1070 Cal*  
• Shrimp 16.99 *990 Cal*  
• Crab 20.99 *1110 Cal*

**LOBSTER LINGUINI** 25.99  
Maine lobster meat tossed with tomatoes and linguini in a creamy lobster sauce. *1120 Cal*

### PERFECT PAIRINGS

ADD TO ANY MEAL

**GARLIC SHRIMP SCAMPI** 5.99 *430 Cal*  
**BACON-WRAPPED SEA SCALLOPS** 7.99 *300 Cal*  
**MAINE LOBSTER TAIL** 11.49 *370 Cal*  
**HOUSEMADE CRAB CAKE** 7.99 *370 Cal*

## sandwiches

Served on a toasted brioche bun with choice of side.



**WAGYU BACON CHEESEBURGER\*** 12.49  
A ½ lb. grilled Wagyu patty, bacon, aged white Cheddar, lettuce and tomato. *900 Cal*

**NASHVILLE HOT CHICKEN** 10.99  
Spicy sweet chicken tenders, ranch, lettuce and banana peppers. *1140 Cal*

**CRISPY COD** 11.99  
Hand-battered wild-caught cod, tartar sauce and crunchy slaw. *830 Cal*

## classics

Served with choice of two sides (except for Fish & Chips).

**PARROT ISLE JUMBO COCONUT SHRIMP** 16.49  
Served with our piña colada sauce. *1220 Cal*  
Add six more for 4.99. *560 Cal*

**SALMON\* NEW ORLEANS**  
Blackened salmon topped with shrimp tossed in a Cajun butter sauce, with tomato-cilantro relish.  
Half 19.49 *580 Cal* | Full 24.49 *890 Cal*

**WILD-CAUGHT DUNGENESS CRAB LEGS** 25.49  
Served with melted butter. *440 Cal*

**WALT'S FAVORITE SHRIMP** 14.99  
Hand-breaded, butterflied and lightly fried. Served with cocktail sauce. *550 Cal*  
Add six more for 3.99. *300 Cal*

**GARLIC SHRIMP SKEWERS** 15.99 *330 Cal*  
Add a skewer for 3.99. *250 Cal*

**HAND-BREADED CHICKEN TENDERS** 13.99  
Served with honey mustard. *1150 Cal*

**FISH & CHIPS** 14.49  
Hand-battered, wild-caught cod served with fries, coleslaw and tartar sauce. *1230 Cal*

**SIMPLY GRILLED FISH**  
• Rainbow Trout 17.99 *490 Cal*  
• Atlantic Salmon\* 20.49 *630 Cal*

**LIVE MAINE LOBSTER** Market Price  
Wild-caught, fresh from the Atlantic, available steamed or stuffed. Ask your server for available sizes. *440 Cal (1 ¼ lb. steamed)* *610 Cal (1 ¼ lb. stuffed)*

**STEAKS**  
Grilled and seasoned with peppercorn.  
• 7 oz. Sirloin\* 15.99 *290 Cal*  
• 12 oz. NY Strip\* 22.99 *600 Cal*  
• 6 oz. Filet Mignon\* 22.99 *270 Cal*



Served with choice of two sides (except for Bar Harbor Lobster Bake).



**NEW MARINER'S FEAST\*** 25.99  
Atlantic salmon\* topped with creamy langostino and Norway lobster, grilled sea scallops and Walt's Favorite Shrimp. *1050 Cal*

**SEAFARER'S FEAST** 30.99  
A broiled Maine lobster tail, grilled sea scallops, garlic shrimp and Walt's Favorite Shrimp. *1220 Cal*

**LOBSTER, SHRIMP & SALMON\*** 29.99  
Tender Maine lobster tail, grilled jumbo shrimp skewer and Atlantic salmon, drizzled with brown butter. *710 Cal*

**ULTIMATE FEAST®** 32.99  
Tender Maine lobster tail, snow crab legs, garlic shrimp scampi and Walt's Favorite Shrimp. *1070 Cal*

**BAR HARBOR LOBSTER BAKE** 29.99  
Petite Maine lobster tails, split and roasted, with shrimp, bay scallops, mussels and tomatoes, over linguini in a garlic and white wine broth. *1100 Cal*

**HARBORSIDE LOBSTER & SHRIMP** 30.49  
A roasted rock lobster tail, garlic shrimp scampi and garlic-grilled shrimp. *1010 Cal*

**ADMIRAL'S FEAST** 20.99  
Walt's Favorite Shrimp, wild-caught whitefish, clam strips and bay scallops, all fried to a golden-brown. *1570 Cal*

**ULTIMATE SURF & TURF\*** 38.49  
A 6 oz. filet mignon, butter-poached Maine lobster tail and bacon-wrapped sea scallops. *850 Cal*

**SEASIDE SHRIMP TRIO** 20.99  
Walt's Favorite Shrimp, garlic shrimp scampi and creamy shrimp linguini Alfredo. *1500 Cal*

## CREATE YOUR OWN

Choose two for 19.99 (*500 - 1920 Cal*) • Choose three for 23.99 (*750 - 2880 Cal*)  
Served with choice of two sides.

**PARROT ISLE JUMBO COCONUT SHRIMP** 660 Cal  
**GARLIC SHRIMP SCAMPI** 430 Cal  
**POPCORN SHRIMP** 430 Cal

**GOLDEN-FRIED WHITEFISH** 710 Cal  
**WALT'S FAVORITE SHRIMP** 380 Cal  
**ATLANTIC SALMON\*** +1.99 310 Cal  
**7 OZ. SIRLOIN\*** +2.99 290 Cal

**CLAM STRIPS** 960 Cal  
**BAY SCALLOPS** *golden-fried 420 Cal | oven-broiled 250 Cal*  
**BACON-WRAPPED SEA SCALLOPS** +3.99 480 Cal

\*CONTAINS (OR MAY CONTAIN) RAW OR UNDERCOOKED INGREDIENTS. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

Nutritional content includes fixed sides, condiments and dipping sauces but not side choices, which are listed separately. A 2,000 calorie-per-day diet is used for general nutritional advice, but calorie needs vary. Additional nutrition information is available upon request.

Before placing your order, please ask your server for our allergen guide if a member of your party has a food allergy.

Due to supply disruptions, item availability and recipes may vary. Thank you for understanding.



# daily deals

ULTIMATE ENDLESS SHRIMP® **MONDAY**

Mix and match from the options below.  
Served with choice of side. **17.99**

**GARLIC SHRIMP SCAMPI**  
430 Cal • refill 220 Cal

**GRILLED SHRIMP SKEWER**  
330 Cal • refill 80 Cal

**PARROT ISLE JUMBO COCONUT SHRIMP**  
660 Cal • refill 660 Cal

**WALT'S FAVORITE SHRIMP**  
300 Cal • refill 300 Cal

**TWO FOR TUESDAY**

Get two Mariner's Feast\*entrées for **41.99**.  
Each served with choice of two sides. *1050 Cal (each)*

**STEAK\*-AND-LOBSTER WEDNESDAY**

A Maine lobster tail paired with a  
peppercorn-seasoned 7 oz. sirloin for **20.99**.  
Served with choice of two sides. *700 Cal*

**THROWBACK THURSDAY**

Get Walt's Favorite Shrimp and a fountain  
beverage or iced tea for **12.99**.  
Served with choice of two sides. *550 Cal*

**FISH FRY FRIDAY**

Hand-battered, wild-caught cod served with fries,  
coleslaw and tartar sauce. **11.99** *1230 Cal*

LUNCH SPECIALS

Salmon New Orleans, Simply Grilled Atlantic Salmon, Simply Grilled  
Rainbow Trout and Pasta entrées are \$2 less every day until 3pm.

## sides

FRESH BROCCOLI *40 Cal*

SIDE CAESAR SALAD *290 Cal*

SIDE HOUSE SALAD *110 Cal*

COLESLAW *110 Cal*

QUINOA RICE *180 Cal*

SEA-SALTED FRIES *510 Cal*

MASHED POTATOES *190 Cal*

**BAKED POTATO** *270 Cal*  
With butter, sour cream and sprinkled salt.  
» Add bacon, Cheddar and  
green onions **+0.99**. *520 Cal*

**LOBSTER-TOPPED POTATOES**  
Baked potato (*350 Cal*) or mashed potatoes (*320 Cal*)  
topped with langostino and Norway lobster **+3.99**.  
**CRISPY BRUSSELS SPROUTS** **+1.99** *380 Cal*

## beverages

### COCKTAILS

**BAHAMA MAMA**  
Captain Morgan Original Spiced Rum blended  
with tropical fruit flavors and Bacardi Black rum. *360 Cal*

**SUNSET PASSION COLADA**  
Malibu rum piña colada with strawberry,  
raspberry or peach topper. *310 Cal*

**TROPIC TREASURE**  
Martell VSSD cognac, Malibu coconut rum, piña  
colada mix and a tropical juice blend. *190 Cal*

**MARGARITAS**  
Sauza Gold tequila margarita –  
Classic - Rocks *120 Cal*/Frozen *180 Cal*  
Strawberry - Rocks *170 Cal*/Frozen *280 Cal*  
Raspberry - Rocks *170 Cal*/Frozen *280 Cal*  
Peach - Rocks *170 Cal*/Frozen *290 Cal*

**TOP-SHELF LONG ISLAND ICED TEA**  
Absolut, Tanqueray, Bacardi and Patrón  
Citrónge. *180 Cal*

**BERRY MANGORITA**  
1800 Silver tequila, triple sec, mango and  
strawberry. *180 Cal*

**GRAND PATRÓN MARGARITA**  
Patrón Silver tequila, Patrón Citrónge and a  
sidecar of Grand Marnier. *200 Cal*

**TITO'S® STRAWBERRY LEMONADE**  
Tito's® Handmade Vodka with strawberry  
lemonade. *180 Cal*

**MOJITO**  
Bacardi Superior rum with fresh lime juice,  
mint and sugar. *160 Cal*

**SANGRIAS**  
• TROPICAL WHITE  
Barefoot moscato, pineapple and mango juices,  
and Sierra Mist® lemon-lime soda. *150 Cal*  
• TRIPLE BERRY  
Red wine, berry juices and fruit. *200 Cal*



Triple Berry & Tropical White Sangrias

### BEER/CIDER/SELTZER

**BOTTLES / CANS**  
Budweiser Heineken Corona Extra  
Coors Light Modelo Especial Angry Orchard  
Miller Lite Lagunitas IPA Truly Wild Berry  
Michelob ULTRA® Fat Tire Amber Ale

*12 oz. Beer, Light/Regular 100/150 Cal*  
*12 oz. Hard Cider 220 Cal, 12 oz. Hard Seltzer 100 Cal*

**DRAFT 14 OZ OR 20 OZ**  
Bud Light | Stella Artois | Blue Moon Belgian White | Sam Adams Boston Lager  
*Availability may vary.*  
*14 oz. Light/Regular 120/180 Cal*  
*20 oz. Light/Regular 170/260 Cal*



### WINE

	6 OZ	9 OZ	BOTTLE
<b>WHITE</b>	<i>150 Cal</i>	<i>220 Cal</i>	<i>640 Cal</i>
<b>RIESLING</b> Chateau Ste. Michelle, Washington	7.99	10.49	28.00
<b>MOSCATO</b> Barefoot, California	6.99	9.49	26.00
<b>PINOT GRIGIO</b> Ecco Domani, Italy	8.49	10.99	32.00
<b>SAUVIGNON BLANC</b> Matua, New Zealand	8.49	10.99	28.00
<b>CHARDONNAY</b> Kendall-Jackson Vintner's Reserve, California	9.99	12.49	36.00
<b>BLUSH</b>			
<b>ROSÉ</b> AVA Grace, California	8.49	10.99	28.00
<b>RED</b>			
<b>PINOT NOIR</b> Mark West, California	8.99	11.49	34.00
<b>CABERNET SAUVIGNON</b> Josh Cellars, California	9.99	12.49	36.00

*Selections vary by restaurant.*  
*Ask your server for additional selections.*

### NON-ALCOHOLIC

Enjoy complimentary refills on sodas, lemonades,  
coffee and teas.

**HAND-CRAFTED BEVERAGES 3.59**  
Classic Lemonade *140 Cal*  
Strawberry Lemonade *240 Cal*  
Watermelon-Lime Refresca *130 Cal*

**FOUNTAIN BEVERAGES 2.99**  
Pepsi® *150 Cal*, Diet Pepsi® *0 Cal*,  
Sierra Mist® *150 Cal*, Dr. Pepper® *140 Cal*,  
Mtn Dew® *160 Cal*, Tropicana Fruit Punch® *170 Cal*

**STUBBORN® CRAFT SODAS 2.99**  
Classic Root Beer *150 Cal*  
Agave Vanilla Cream Soda *150 Cal*

**FRUIT SMOOTHIES 4.99**  
Strawberry *460 Cal*, Raspberry *460 Cal*,  
Peach *470 Cal*

**BOSTON ICED TEAS 3.29**  
Raspberry *100 Cal*, Peach *110 Cal*,  
Classic Cranberry *80 Cal*

**ICED TEA 2.99 0 Cal**

**COFFEE 2.75 0 Cal**

**ORGANIC HOT TEAS 2.59 0 Cal**

**PERRIER SPARKLING WATER 2.99 0 Cal**

### DESSERTS



**BROWNIE OVERBOARD™ 7.99**  
Topped with vanilla ice cream, caramel  
and fudge. *1020 Cal*

**VANILLA BEAN CHEESECAKE 7.49**  
With a vanilla cookie crust and vanilla  
bean-whipped cream. *700 Cal*

**KEY LIME PIE 7.49**  
A tart, sweet, creamy classic with a  
graham cracker crust. Drizzled with  
raspberry sauce. *750 Cal*

SCAN OUR TO GO MENU FOR  
PHOTOS OF OUR MENU ITEMS.



ENJOY AT HOME...  
OR ANYWHERE!



MY RED LOBSTER REWARDS™

Earn **FREE REWARDS†**  
Join on our tabletop device or use  
QR code to download our App.  
†Subject to My Red Lobster Rewards terms and privacy notice at  
www.redlobster.com/terms-conditions.



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