



RED LOBSTER®
FRESH FISH • LIVE LOBSTER

US RESTAURANTS

Information Valid 11/10/2025 - 1/18/2026

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		
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											
LIMITED TIME ONLY												
Ultimate SPENDLESS Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes	Yes
STARTERS & SOUPS												
Bacon-Wrapped Sea Scallops	•			Yes		Yes			Yes			Yes
Black Tiger Shrimp Cocktail	•									Yes		
Crab Queso Dip	•			Yes		Yes				Yes		
Crispy Dragon Shrimp	•			Yes	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, Lobster	•			Yes		Yes	Yes			Yes	Yes	Yes

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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
Popcorn Shrimp	•			Yes	Yes	Yes	Yes			Yes	Yes	Yes
Seafood-Stuffed Mushrooms	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Seafood Stuffed Mushrooms with Crab Topping (crab-ify it!)	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Soups - Lobster Bisque (cup/bowl)	•					Yes	Yes	Yes	Yes	Yes	Yes	Yes
Soups - New England Clam Chowder (cup/bowl)	•			Yes		Yes	Yes	Yes	Yes		Yes	Yes
SALADS & BOWLS												
Classic Caesar Salad	•				Yes	Yes	Yes	Yes			Yes	
Classic Caesar Salad with Grilled Chicken	•				Yes	Yes	Yes	Yes			Yes	
Sesame-Soy Salmon Bowl with orzo rice	•			Yes		Yes	Yes	Yes			Yes	Yes
Southwest Shrimp Bowl with orzo rice	•			Yes	Yes	Yes	Yes			Yes	Yes	Yes
LOBSTER & SEAFOOD SPECIALTIES												
Admiral's Feast	•				Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Grilled Lobster, Shrimp and Salmon with orzo rice	•			Yes		Yes	Yes	Yes		Yes	Yes	Yes
Lobster Lover's Duo	•			Yes		Yes				Yes		Yes
Live Maine Lobster (Steamed)	•					Yes					Yes	
Live Maine Lobster (Stuffed)	•			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Maine Lobster Tail & 7 oz Sirloin (Surf & Turf)	•			Yes		Yes				Yes		Yes
Shrimp & Sausage Jambalaya (original, spicy, extra spicy)	•			Yes		Yes	Yes			Yes	Yes	Yes
CRAB YOUR WAY												
1. CHOOSE YOUR CRAB - CRAB YOUR WAY												

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Snow Crab with crispy potatoes	•									Yes		
2. CHOOSE YOUR FLAVOR - CRAB YOUR WAY												
Cajun Butter	•					Yes						
Lemon Pepper Butter	•					Yes						
OLD BAY® & Butter	•			Yes		Yes						Yes
RL Signature Butter	•			Yes		Yes						Yes
Roasted Garlic Butter	•			Yes		Yes						
Simply Steamed	•					Yes						
SEAFOOD BOILS												
1. CHOOSE YOUR BOIL - SEAFOOD BOIL												
Mariner's Boil	•									Yes		Yes
Sailor's Boil	•			Yes						Yes		Yes
2. CHOOSE YOUR FLAVOR - SEAFOOD BOIL												
Cajun Butter	•					Yes						
Lemon Pepper Butter	•					Yes						
OLD BAY® & Butter	•			Yes		Yes						Yes
RL Signature Butter	•			Yes		Yes						Yes
Roasted Garlic Butter	•			Yes		Yes						
3. CHOOSE YOUR SPICE LEVEL - SEAFOOD BOIL												
Original	•											
Spicy	•											
Extra Spicy	•											
4. ADD ON - SEAFOOD BOIL												

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Cajun Sausage, Add-On	•			Yes								
SHRIMP												
Garlic Shrimp Scampi	•			Yes		Yes				Yes		Yes
Grilled Shrimp Skewer with orzo rice	•			Yes		Yes	Yes			Yes	Yes	Yes
Parrot Isle Jumbo Coconut Shrimp	•		Yes	Yes		Yes	Yes			Yes	Yes	Yes
Seaside Shrimp Trio	•			Yes	Yes	Yes	Yes			Yes	Yes	Yes
Walt's Favorite Shrimp	•				Yes	Yes	Yes			Yes	Yes	Yes
FEASTS												
ULTIMATE FEAST®	•			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												
Atlantic Salmon (grilled)	•					Yes		Yes				Yes
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

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Atlantic Salmon (grilled)	•					Yes		Yes				Yes
Atlantic Salmon (grilled) with Crab Topping (crab-ify it!)	•			Yes		Yes	Yes	Yes		Yes	Yes	Yes
Crunch Fried Flounder, Wild-Caught	•			Yes	Yes	Yes	Yes	Yes			Yes	Yes
Crunch-Fried Flounder Sandwich with Chesapeake Fries & Hush Puppies	•		Yes	Yes	Yes	Yes	Yes	Yes			Yes	Yes
Fish and Chips with Chesapeake Fries & Hush Puppies	•	Yes	Yes	Yes	Yes	Yes	Yes	Yes			Yes	Yes
BEEF & CHICKEN												
7 oz. Sirloin - Steaks	•					Yes						Yes
7 oz. Sirloin - Steaks with Crab Topping (crab-ify it!)	•			Yes		Yes	Yes			Yes	Yes	Yes
6 oz. Filet Mignon - Steaks	•					Yes						Yes
6 oz. Filet Mignon - Steaks with Crab Topping (crab-ify it!)	•			Yes		Yes	Yes			Yes	Yes	Yes
Bacon Cheeseburger	•			Yes		Yes	Yes				Yes	
Parmesan-Crusted Chicken	•			Yes		Yes	Yes				Yes	Yes
PASTAS												
Garlic Linguini Alfredo with Cajun Chicken	•			Yes		Yes	Yes				Yes	Yes
Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes	Yes	Yes
Shrimp Scampi Linguini	•			Yes		Yes	Yes			Yes	Yes	Yes
Crab Carbonara Pasta	•			Yes		Yes	Yes			Yes	Yes	Yes
Lobster & Shrimp Linguini	•			Yes		Yes	Yes			Yes	Yes	Yes
Lobster Pappardelle Pasta	•			Yes	Yes	Yes	Yes			Yes	Yes	Yes
CLASSIC SIDES												
Broccoli, Seasoned				Yes		Yes						
Chesapeake Fries	•											

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Coleslaw					Yes							Yes
Hush Puppies	•			Yes	Yes	Yes	Yes				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												
Asparagus, roasted	•					Yes						
Crab-Topped Asparagus	•			Yes		Yes	Yes			Yes	Yes	Yes
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
Crab-Topped Baked Potato	•			Yes		Yes	Yes			Yes	Yes	Yes
Crab-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: Lobster & Garlic Shrimp Scampi	•			Yes		Yes				Yes		Yes

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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: Shrimp Linguini Alfredo	•			Yes		Yes	Yes			Yes	Yes	Yes
THURSDAY: Garlic Linguini Alfredo with Cajun Chicken	•			Yes		Yes	Yes				Yes	Yes
FRIDAY: Fish & Chips with Chesapeake Fries & Hush Puppies	•			Yes	Yes	Yes	Yes	Yes			Yes	Yes
ADD TO ANY ENTRÉE												
Bacon-Wrapped Sea Scallops	•			Yes		Yes			Yes			Yes
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		
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							
WEEKDAY LUNCH SPECIALS												
Garlic Shrimp Scampi	•			Yes		Yes				Yes		Yes

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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
Sesame-Soy Salmon Bowl with orzo rice	•				Yes		Yes	Yes				Yes	Yes
Southwest Shrimp Bowl with orzo rice	•				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