



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 11/10/25

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)
<b>SEASONAL SPECIALS</b>											
Seafood Boils											
Mariner's Seafood Boil	600	30	4	1	0	340	2160	80	9	10	60
Sailor's Seafood Boil	1320	640	71	25	0	500	4570	91	9	14	83
Cajun Butter	1280	1230	137	86	6	360	1720	15	2	2	4
Lemon Pepper	1390	1310	146	92	0	390	3160	16	3	1	2
OLD BAY® & Butter	1290	1280	142	61	5	220	4910	6	0	1	1
RL Signature Sauce	1550	1510	168	87	4	350	3410	12	2	1	3
Roasted Garlic Butter	1720	1570	175	72	5	260	2300	34	2	2	7
Add Cajun Sausage to Seafood Boil	380	306	34	12	0	80	1240	4	0	2	16
Spicy	40	10	1	0	0	0	260	8	3	1	1
Extra Spicy	80	30	3	1	0	0	520	16	6	2	3
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
Ultimate SpendLESS Shrimp	1840	790	89	19	2	330	5700	197	16	27	62
<b>STARTERS &amp; SOUPS</b>											
Bacon Wrapped Sea Scallops	450	330	37	8	0	70	1400	9	1	6	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	150	2100	76	8	5	31
Crispy Dragon Shrimp®	1010	640	72	9	0	200	2010	67	4	22	25
Lobster Bisque (Cup)	340	240	27	7	0	50	800	17	0	4	6
Lobster Bisque (Bowl)	630	470	52	15	1	110	1520	27	0	9	11
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
New England Clam Chowder, Cup	240	140	15	9	0	50	680	11	0	4	7
New England Clam Chowder, Bowl	470	270	30	17	1	100	1350	22	1	7	15
Parrot Isle Coconut Shrimp	660	360	41	11	0	130	910	55	5	20	20
Popcorn Shrimp	820	350	39	3	0	180	3140	86	8	13	30
Seafood Stuffed Mushrooms	360	200	23	9	1	100	1000	17	2	5	24
Seafood-Stuffed Mushrooms with Crab Topping	530	310	34	14	1	160	1620	24	2	6	33
Shrimp Cocktail	180	30	4	1	0	260	1180	10	1	9	23

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)
<b>ENTRÉES</b>											
Admiral's Feast	1670	880	99	10	0	180	4820	131	7	16	57
Atlantic Salmon, Grilled	510	310	34	6	0	130	680	1	0	0	47
Bacon Cheeseburger	940	520	57	22	1	240	1900	43	3	7	62
Cajun Chicken Linguini Alfredo	1190	570	64	25	3	190	3170	86	8	5	66
Crab Carbonara	1730	1130	126	46	3	350	4210	84	7	6	72
Crab-ify Crab Topping	170	100	11	5	0	60	610	7	0	1	9
Crab Your Way											
Snow Crab, 1 lb. (two clusters) with crispy potatoes	610	230	26	2	0	130	3490	55	6	3	42
Cajun Butter	650	620	69	43	3	180	860	9	1	1	2
Lemon Pepper Butter	700	660	73	46	0	200	1580	8	2	1	0
OLD BAY® & Butter	650	640	71	30	2	110	2450	3	0	0	1
RL Signature Butter	780	760	84	44	2	180	1710	6	1	1	1
Roasted Garlic Butter	860	790	88	36	3	130	1150	18	1	1	3
Simply Steamed Flavor	300	300	33	21	0	90	290	1	0	0	0
Create Your Own Ultimate Feast*											
Garlic Shrimp Scampi	220	160	18	4	1	100	970	4	0	0	12
Grilled Atlantic Salmon	510	310	34	6	0	130	680	1	0	0	47
Grilled Shrimp	250	60	7	1	0	120	1130	29	1	1	16
Maine Lobster Tail	420	330	37	22	0	190	1020	0	0	0	14
Parrot Isle Coconut Shrimp	470	260	29	8	0	90	620	41	3	18	13
7 oz. Sirloin	320	140	15	4	0	130	980	1	0	0	46
Shrimp Linguini Alfredo	620	280	31	13	1	140	1230	56	4	2	27
Snow Crab Legs	380	300	34	21	0	160	1070	0	0	0	19
Walt's Favorite Shrimp	260	90	10	1	0	70	1560	31	2	9	10
Crunch-Fried Flounder Sandwich, fries & hush puppies	1690	760	85	14	1	130	4150	190	13	28	40
Fish & Chips with fries, coleslaw, hush puppies	1660	890	100	11	1	70	3740	148	12	25	39
Garlic Shrimp Scampi	440	310	35	7	1	210	1940	7	2	2	24
Grilled Shrimp with orzo rice	500	132	15	3	0	280	2390	55	3	1	34
Grilled Lobster, Shrimp & Salmon	1180	680	76	20	1	390	2830	47	2	2	76
Live Maine Lobster	440	310	34	21	0	290	290	0	0	0	33
Lobster Lover's Duo	600	460	51	24	1	290	1150	1	1	0	25
Lobster Pappardelle Pasta	1090	680	76	38	2	370	1970	60	4	7	45
Lobster & Shrimp Linguini	1240	660	74	34	2	350	3190	85	7	5	63
Parmesan-Crusted Chicken	650	310	35	19	1	170	1620	34	1	4	47
Parrot Isle Coconut Shrimp	940	580	64	15	0	220	1500	82	8	25	32
Salmon New Orleans	1160	690	77	17	0	350	1180	9	2	2	102
Seafood Boils											
Mariner's Seafood Boil	600	30	4	1	0	340	2160	80	9	10	60
Sailor's Seafood Boil	1320	640	71	25	0	500	4570	91	9	14	83
Cajun Butter	1280	1230	137	86	6	360	1720	15	2	2	4
Lemon Pepper	1390	1310	146	92	0	390	3160	16	3	1	2
OLD BAY® & Butter	1290	1280	142	61	5	220	4910	6	0	1	1

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)
RL Signature Sauce	1550	1510	168	87	4	350	3410	12	2	1	3
Roasted Garlic Butter	1720	1570	175	72	5	260	2300	34	2	2	7
Add Cajun Sausage to Seafood Boil	380	306	34	12	0	80	1240	4	0	2	16
Spicy	40	10	1	0	0	0	260	8	3	1	1
Extra Spicy	80	30	3	1	0	0	520	16	6	2	3
Seaside Shrimp Trio	1100	770	87	21	3	470	5500	104	11	15	66
Shrimp Linguini Alfredo	1010	530	60	25	3	180	2150	78	5	4	37
Shrimp & Sausage Jambalaya	1020	560	62	16	0	160	3820	81	6	6	35
Spicy	10	<10	0	0	0	0	60	2	1	0	0
Extra Spicy	20	<10	1	0	0	0	130	4	2	1	1
Shrimp Scampi Linguini	1200	710	79	39	3	300	2090	85	7	7	35
Steak - 6 oz. Filet Mignon	260	120	14	4	1	90	850	1	1	1	34
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
Ultimate Feast®	1280	870	98	49	1	510	4180	35	3	10	52
Walt's Favorite Shrimp	520	220	24	2	0	160	2930	60	5	10	22
Wild-Caught Crunch-Fried Flounder	1170	660	74	9	0	140	3130	78	2	3	44
<b>SALADS &amp; BOWLS</b>											
Caesar Salad with Chicken	730	470	52	9	1	120	1140	26	8	6	43
Sesame-Soy Salmon Bowl	1120	520	58	12	0	130	2410	86	12	28	62
Southwest Shrimp Bowl	700	400	45	12	1	180	2320	53	4	10	24
<b>ADD TO ANY ENTRÉE</b>											
Bacon-Wrapped Sea Scallops (2 scallops)	220	170	19	4	0	40	700	5	1	3	12
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
Rock Lobster Tail	480	370	41	22	0	220	1130	2	1	0	27
Snow Crab Legs (1/2 lb.)	380	300	34	21	0	150	1020	1	0	0	18
<b>DAILY DEALS</b>											
Monday Lobster & Shrimp	850	680	76	29	1	400	2680	7	2	2	37
Tuesday Snow Crab Legs with crispy potatoes	910	530	59	23	0	220	3490	56	6	3	42
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	1660	890	100	11	1	70	3740	148	12	25	39
<b>WEEKDAY LUNCH SPECIALS</b>											
Garlic Shrimp Scampi	440	310	35	7	1	210	1940	7	2	2	24
Parrot Isle Coconut Shrimp	570	310	35	9	0	110	770	48	4	19	16
Popcorn Shrimp with Chesapeake fries	1000	360	40	3	0	90	3510	138	11	24	23

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)
RL Combos*	380-1630										
Caesar Salad*	360	270	30	8	0	40	700	14	3	5	11
Cheeseburger with Chesapeake fries*	1430	637	71	21	1	220	3300	130	10	19	64
Chicken Linguini Alfredo*	790	330	40	13	1	140	1380	61	6	3	53
Garlic Shrimp Scampi*	220	160	18	3	1	100	970	4	1	1	12
House Salad*	160	80	9	5	0	20	230	12	2	4	8
Lobster Bisque, Cup*	340	230	26	8	0	50	800	13	0	4	6
Lobster Flatbread*	400	170	20	7	1	50	1160	39	2	4	20
New England Clam Chowder, Cup*	240	140	15	9	0	50	680	11	0	4	7
Parrot Isle Coconut Shrimp with Chesapeake fries*	1140	500	55	11	1	110	2420	137	11	32	24
Popcorn Shrimp with Chesapeake fries*	1000	360	40	3	0	90	3510	138	11	24	23
Shrimp Linguini Alfredo*	620	280	31	13	1	140	1230	57	4	2	27
Walt's Favorite Shrimp with Chesapeake fries*	870	290	33	3	0	80	3400	124	10	22	19
Wild-Caught Crunch-Fried Flounder with fries*	1270	620	69	8	0	70	3340	129	8	15	29
Sailor's Platter with Chesapeake fries	1860	940	105	13	1	260	5690	166	12	14	56
Sesame-Soy Salmon Bowl	1120	520	58	12	0	130	2410	86	12	28	62
Southwest Shrimp Bowl	700	400	45	12	1	180	2320	53	4	10	24
Walt's Favorite Shrimp	380	150	16	1	0	100	2150	43	3	9	15
Wild-Caught Crunch-Fried Flounder	1170	660	74	9	0	140	3130	78	2	3	44
<b>SIDES</b>											
Asparagus, Roasted	90	50	6	4	0	20	310	7	4	3	4
Asparagus, Crab-Topped	260	150	17	9	0	80	920	15	4	4	13
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
Baked Potato, Crab-Topped	440	130	15	5	0	60	2340	62	6	4	16
Baked Potato, Fully Loaded	520	230	26	12	1	50	2170	57	6	4	17
Baked Potato, Lobster-Topped	450	160	18	6	0	80	2310	59	6	4	18
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
House Salad	160	80	9	5	0	20	230	12	2	4	8
Hush Puppies (6)	420	230	26	2	0	0	760	40	2	14	4
Mashed Potatoes	210	90	10	4	0	20	670	27	3	2	4
Mashed Potatoes, Crab-Topped	350	180	20	9	0	80	1150	31	3	3	12
Mashed Potatoes, Lobster-Topped	350	200	22	9	0	90	1120	25	3	2	15
Orzo Rice	310	50	6	1	0	0	880	57	2	1	6
Seasoned Broccoli	190	140	16	10	0	40	400	9	3	2	4
<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

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)
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>ALCOHOLIC DRINKS</b>											
Blackberry Bourbon Smash	160	0	0	0	0	0	3	20	0	19	0
Guava Chili Margarita	310	0	0	0	0	0	1360	48	0	35	3
Guava Margarita (non-spicy option)	290	0	0	0	0	0	4	43	0	42	0
Grand Patrón Margarita	210	0	0	0	0	0	2850	18	1	17	0
High Tea with Henney	200	0	0	0	0	0	10	21	0	21	0
Lobster Punch	250	<10	0	0	0	0	10	43	2	37	1
Main Deck Margarita Flight	410	0	0	0	0	0	1630	57	1	54	0
Nauti Peach Long Island	230	0	0	0	0	0	20	24	0	23	0
The "Old Salt's" Smoked Old Fashioned	180	0	0	0	0	0	<10	12	0	12	0
Passion Star Spritz	240	0	0	0	0	0	50	30	0	26	0
Purple Haze	160	0	0	0	0	0	40	18	0	17	0
Snow Globe Sangria	180	0	0	0	0	0	20	20	1	12	0
Starry® Eyed Surprise	260	0	0	0	0	0	10	35	0	34	0
Sugar Cookie Delight	210	20	2	1	0	10	50	20	0	12	1
Sunset Passion Colada	300	30	3	3	0	0	50	63	1	59	0
Top-Shelf Long Island Iced Tea	190	0	0	0	0	0	20	18	0	17	0
Triple Berry Sangria	210	0	0	0	0	0	<10	47	3	38	1
Under the Mistletoe	230	0	0	0	0	0	10	35	0	33	0
Under the Purple Sea	160	0	0	0	0	0	10	20	1	17	0
<b>WINE</b>											
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
Wine (Split, 187 mL)	130	0	0	0	0	0	10	3	0	3	0
<b>BEER</b>											
Hard Seltzer (12 oz.)	100	0	0	0	0	0	15	2	0	0	0
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

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)
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
Organic Hot Tea	0	0	0	0	0	0	0	1	0	0	0
PEPSI®	150	0	0	0	0	0	30	41	0	41	0
PEPSI® Zero Sugar	0	0	0	0	0	0	65	0	0	0	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
<b>KIDS' MENU</b>											
Broccoli	190	140	16	10	0	40	400	9	3	2	4
Coastal Cooler - Cherry Wave Slushy	150	0	0	0	0	0	20	37	0	36	0
Coastal Cooler - Mango Smoothie	190	0	0	0	0	0	120	44	0	37	3
Coastal Cooler - Raspberry Bay Smoothie	190	0	0	0	0	0	120	44	0	37	3
Coastal Cooler - Sunset Strawberry Smoothie	190	0	0	0	0	0	120	44	1	37	3
Crispy Chicken Tenders	690	480	54	7	0	80	1150	29	0	8	25
Crunchy Popcorn Shrimp	430	180	19	2	0	90	1860	49	5	11	16
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
Grilled Chicken	170	50	5	0	0	80	120	0	0	0	31
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	80	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
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>FAMILY MEALS</b>											
Admiral's Family Feast	5400	2940	328	35	2	570	15410	428	22	68	179
Cajun Chicken Linguini Alfredo Family Meal	3810	1750	196	76	8	660	10750	268	29	17	239

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)
Crab Your Way Family Meal											
Snow Crab, 3 lb. (six clusters) with crispy potatoes	1830	690	78	6	0	390	10470	165	18	9	126
Cajun Butter	1950	1860	207	129	9	540	2580	27	3	3	6
Lemon Pepper Butter	2100	1980	219	138	0	600	4740	24	6	3	0
OLD BAY® & Butter	1950	1920	213	90	6	330	7350	9	0	0	3
RL Signature Butter	2340	2280	252	132	6	540	5130	18	3	3	3
Roasted Garlic Butter	2580	2370	264	108	9	390	3450	54	3	3	9
Simply Steamed Flavor	900	900	99	63	0	270	870	3	0	0	0
Create Your Own Family Feast											
Grilled Chicken	690	180	20	1	0	310	490	1	0	0	122
Crispy Flounder	1610	860	96	10	1	200	4500	119	3	6	66
Parrot Isle Coconut Shrimp	1150	600	67	23	1	210	1330	110	7	60	28
Shrimp Scampi	870	620	70	13	2	410	3870	12	3	3	48
Grilled Shrimp	980	260	29	4	1	490	4520	120	5	3	63
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
Seafood Boils Family Meal											
Mariner's Seafood Boil Family Meal	1800	90	12	3	0	1020	6480	240	27	30	180
Sailor's Seafood Boil Family Meal	3960	1920	213	75	0	1500	13710	273	27	42	249
Cajun Butter	3840	3690	411	258	18	1080	5160	45	6	6	12
Lemon Pepper	4170	3930	438	276	0	1170	9480	48	9	3	6
OLD BAY® & Butter	3870	3840	426	183	15	660	14730	18	0	3	3
RL Signature Sauce	4650	4530	504	261	12	1050	10230	36	6	3	9
Roasted Garlic Butter	5160	4710	525	216	15	780	6900	102	6	6	21
Add Cajun Sausage to Family Seafood Boil	1140	918	102	36	0	240	3720	12	0	6	48
Spicy	120	30	3	0	0	0	780	24	9	3	3
Extra Spicy	240	90	9	3	0	0	1560	48	18	6	9
Shrimp Linguini Alfredo Family Meal	3020	1580	177	75	8	550	6450	234	16	13	110
Ultimate Family Feast®	4320	2970	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

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)
<b>FAMILY DESSERTS</b>											
Cheesecake (10 slices)	9870	5560	618	347	20	2230	7820	705	11	523	130
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
Triple Chocolate Brownie (24 pieces)	6220	3250	360	175	5	1150	2330	720	38	490	78
<b>PARTY PLATTERS</b>											
Shrimp Cocktail (Small)	690	140	15	6	0	1070	4130	50	4	26	91
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
Crab Queso Platter	4480	2540	282	123	5	710	12240	328	37	30	167
Crispy Chicken Tenders Platter	4740	3220	361	41	2	540	8080	197	1	34	194
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
Mozzarella Cheesesticks Platter	2220	1270	142	47	1	250	4630	162	6	9	86
Parrot Isle 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
<b>DRESSINGS &amp; CONDIMENTS</b>											
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	50	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	20	20	2	2	0	10	10	0	0	0	0
Tartar Sauce	230	210	23	4	0	8	250	2	0	2	0
Tartar Sauce, Family Size	1210	1090	120	20	0	40	1300	8	0	8	0
Thousand Island Dressing	210	180	19	3	0	20	270	8	0	8	0