

9to5strength - Red Lobster Nutrition Tables

Red Lobster - Seaside Starters

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Langostino Lobster-Artichoke-and-Seafood Dip | 1200 | 37 | 102 | 8 | 73 | 23 | 11.0 | 5.9 |
| Sweet Chili Shrimp | 1100 | 27 | 77 | 48 | 76 | 9 | 3.0 | 6.4 |
| Peppercorn-Panko Calamari | 990 | 27 | 48 | 10 | 76 | 7 | 4.0 | 8.5 |
| White Wine and Roasted-Garlic Mussels | 910 | 32 | 68 | 5 | 55 | 13 | 4.0 | 6.9 |
| Steamed Clams | 900 | 36 | 64 | 5 | 53 | 13 | 3.0 | 8.6 |
| Seaside Sampler | 840 | 49 | 61 | 30 | 45 | 18 | 5.0 | 5.8 |
| Mozzarella Cheesesticks | 700 | 30 | 56 | 6 | 40 | 12 | 4.0 | 4.9 |
| Lobster and Langostino Pizza | 690 | 36 | 72 | 4 | 29 | 12 | 7.0 | 4.1 |
| Parrot Isle Jumbo Coconut Shrimp Appetizer | 610 | 15 | 52 | 21 | 39 | 11 | 5.0 | 2.5 |
| Seafood-Stuffed Mushrooms | 440 | 33 | 18 | 5 | 26 | 14 | 2.0 | 2.9 |
| Signature Jumbo Shrimp Cocktail | 130 | 21 | 11 | 9 | 0 | 0 | 0.0 | 2.7 |

Red Lobster - Seaside Starters (Create Your Own)

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|-------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Chicken Breast Strips | 620 | 24 | 28 | 9 | 45 | 5 | 3.0 | 3.7 |
| Clam Strips | 590 | 10 | 39 | 6 | 43 | 5 | 3.0 | 2.7 |
| Mozzarella Cheesesticks | 370 | 15 | 30 | 4 | 21 | 6 | 2.0 | 2.8 |
| Stuffed Mushrooms | 290 | 22 | 12 | 3 | 17 | 9 | 1.0 | 2.0 |

Red Lobster - Tasting Plates

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Loaded Seaside Fries | 770 | 22 | 72 | 4 | 44 | 11 | 6 | 4.7 |
| Dragon Broccoli | 440 | 8 | 48 | 10 | 24 | 2 | 4 | 4.1 |
| Petite Chilled Lobster-and-Shrimp Roll | 310 | 16 | 25 | 5 | 17 | 3.5 | 2 | 2.0 |
| Yucatan Shrimp | 250 | 11 | 17 | 3 | 16 | 9 | 1 | 3.0 |
| Shrimp Potstickers | 210 | 9 | 35 | 16 | 4 | 0 | 0 | 3.1 |
| Tuna Poke | 210 | 24 | 13 | 0 | 7 | 0.5 | 2 | 1.9 |

Red Lobster - Soups & Salads

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|-----------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Classic Caesar Salad with Salmon | 830 | 42 | 18 | 3 | 65 | 13 | 4.0 | 3.9 |
| Classic Caesar Salad with Chicken | 640 | 34 | 18 | 3 | 48 | 9 | 4.0 | 4.0 |
| Creamy Potato Bacon Soup-Bowl | 630 | 11 | 59 | 3 | 40 | 23 | 3.0 | 5.4 |
| Lobster Bisque-Bowl | 620 | 18 | 46 | 9 | 40 | 23 | 1.0 | 4.8 |
| Classic Caesar Salad with Shrimp | 610 | 23 | 18 | 3 | 50 | 10 | 4.0 | 4.4 |
| Classic Caesar Salad | 520 | 10 | 18 | 3 | 46 | 9 | 4.0 | 2.6 |
| New England Clam Chowder-Bowl | 500 | 15 | 41 | 8 | 31 | 17 | 2.0 | 4.1 |
| Creamy Potato Bacon Soup-Cup | 320 | 6 | 30 | 2 | 20 | 12 | 1.0 | 2.7 |
| Lobster Bisque-Cup | 320 | 10 | 23 | 4 | 20 | 11 | 0.0 | 2.5 |
| New England Clam Chowder-Cup | 250 | 7 | 20 | 4 | 16 | 9 | 0.0 | 2.1 |

Red Lobster - Add-ons

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| Maine Lobster Tail | 390 | 14 | 0 | 0 | 37 | 22 | 0.0 | 1.6 |
| Snow Crab Legs (Add a cluster, steamed) | 390 | 20 | 0 | 0 | 34 | 21 | 0.0 | 2.7 |
| Garlic-Grilled Shimp Skewer | 110 | 12 | 0 | 0 | 6 | 1 | 0.0 | 1.5 |
| Garlic-Grilled Sea Scallops | 100 | 12 | 4 | 0 | 5 | 1 | 0.0 | 1.2 |

Red Lobster - Signature Shellfish

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Crab Linguini Alfredo-Full | 1180 | 59 | 107 | 4 | 56 | 23 | 7.0 | 6.8 |
| Shrimp Linguini Alfredo-Full | 1170 | 50 | 113 | 5 | 56 | 23 | 9.0 | 6.8 |
| Jumbo Coconut Shrimp-Dinner Entree | 960 | 24 | 77 | 27 | 61 | 16 | 8.0 | 4.1 |
| Rock Lobster Tail | 730 | 42 | 32 | 3 | 47 | 24 | 0.0 | 3.4 |
| Crab Linguini Alfredo-Half | 620 | 31 | 57 | 2 | 29 | 12 | 3.0 | 3.4 |
| Shrimp Linguini Alfredo-Half | 580 | 25 | 56 | 2 | 28 | 11 | 5.0 | 3.4 |
| Live Maine Lobster (1 1/4 lb. Stuffed) | 570 | 44 | 11 | 2 | 38 | 23 | 0.0 | 2.0 |
| Walt's Favorite Shrimp | 550 | 22 | 60 | 10 | 24 | 2 | 5.0 | 7.3 |
| Parrot Isle Shrimp-Add five more | 530 | 12 | 46 | 20 | 33 | 10 | 4.0 | 2.1 |
| Live Maine Lobster (1 1/4 lb. Steamed) | 440 | 33 | 0 | 0 | 34 | 21 | 0.0 | 0.7 |
| Wild-Caught Snow Crab Legs | 440 | 32 | 0 | 0 | 34 | 21 | 0.0 | 4.0 |
| Shrimp Your Way-Popcorn | 430 | 16 | 49 | 11 | 19 | 2 | 5.0 | 4.7 |
| Wood-Grilled Shrimp | 320 | 25 | 31 | 2 | 10 | 2 | 2.0 | 3.8 |
| Walt's Shrimp-Add a half dozen more | 300 | 12 | 35 | 9 | 12 | 1 | 3.0 | 4.4 |
| Shrimp Your Way-Scampi | 220 | 12 | 3 | 0 | 18 | 4 | 0.0 | 2.4 |
| Shrimp Your Way-Fried | 210 | 11 | 21 | 9 | 9 | 1 | 2.0 | 3.3 |

Red Lobster - Land & Sea

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| Cajun Chicken Linguini Alfredo-Full | 1330 | 80 | 113 | 5 | 60 | 24 | 10.0 | 8.4 |
| Rock Lobster and Steak (12 oz. NY Strip) | 1250 | 97 | 27 | 3 | 83 | 43 | 4.0 | 9.2 |
| Rock Lobster and Steak (6 oz. Filet Mignon) | 860 | 60 | 27 | 3 | 57 | 33 | 4.0 | 4.6 |
| STEAKS: 12 oz. NY Strip | 850 | 74 | 27 | 3 | 50 | 22 | 3.0 | 5.4 |
| Cajun Chicken Linguini Alfredo-Half | 680 | 41 | 60 | 3 | 30 | 12 | 6.0 | 4.2 |
| Wood-Grilled Shrimp and Sirloin | 580 | 59 | 27 | 3 | 26 | 12 | 4.0 | 5.4 |
| STEAKS: 7 oz. Sirloin | 500 | 48 | 26 | 2 | 23 | 11 | 3.0 | 4.0 |
| Maple-Glazed Chicken Dinner | 490 | 52 | 51 | 21 | 7 | 2 | 1.0 | 3.8 |
| STEAKS: 6 oz. Filet Mignon | 460 | 38 | 26 | 3 | 23 | 12 | 4.0 | 2.8 |

Red Lobster - Ultimate In Every Way

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|-------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Bar Harbor Lobster Bake | 1250 | 75 | 108 | 5 | 55 | 13 | 10.0 | 9.1 |
| Ultimate Feast | 1120 | 55 | 68 | 11 | 69 | 26 | 5.0 | 11.2 |
| Seaside Shrimp Trio | 1100 | 49 | 94 | 12 | 58 | 16 | 8.0 | 10.2 |

Red Lobster - Seafood Feasts & Combinations

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| Admiral's Feast | 1650 | 64 | 129 | 18 | 98 | 10 | 9.0 | 12.5 |
| Wood-Grilled Lobster, Shrimp and Salmon | 870 | 60 | 37 | 2 | 54 | 23 | 2.0 | 4.6 |
| CYO-Parrot Isle Jumbo Coconut Shrimp | 780 | 19 | 65 | 24 | 50 | 14 | 6.0 | 3.3 |
| CYO-Wild-Caught Flounder (Golden-Fried) | 710 | 26 | 38 | 6 | 50 | 6 | 3.0 | 3.7 |
| CYO-Shrimp Linguini Alfredo | 580 | 25 | 56 | 2 | 28 | 11 | 5.0 | 3.4 |
| CYO-Walt's Favorite Shrimp | 380 | 15 | 43 | 9 | 16 | 16 | 3.0 | 5.4 |
| CYO-Soy-Ginger Salmon | 360 | 33 | 12 | 9 | 19 | 4 | 0.0 | 1.9 |
| CYO-7 oz. Wood-Grilled Sirloin | 310 | 44 | 1 | 0 | 14 | 7 | 0.0 | 2.5 |
| CYO-Wood-Grilled Shrimp | 270 | 15 | 31 | 2 | 10 | 2 | 1.0 | 2.3 |
| CYO-Garlic Shrimp Scampi | 240 | 17 | 4 | 0 | 18 | 4 | 0.0 | 3.1 |
| CYO-Fresh Wood-Grilled Tilapia | 220 | 41 | 0 | 0 | 6 | 2 | 0.0 | 1.1 |
| CYO-Wild-Caught Flounder (Oven-Broiled) | 210 | 35 | 1 | 0 | 5 | 0 | 0.0 | 0.6 |
| CYO-Wood-Grilled Sea Scallops | 80 | 12 | 2 | 0 | 3 | 1 | 0.0 | 1.4 |

Red Lobster - Globally Inspired

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Yucatan Tilapia and Shrimp | 910 | 65 | 71 | 8 | 42 | 21 | 3.0 | 7.4 |
| Dragon Shrimp | 890 | 33 | 123 | 32 | 30 | 3 | 8.0 | 10.6 |
| Salmon New Orleans-Full | 890 | 74 | 9 | 3 | 60 | 14 | 2.0 | 3.4 |
| SW-Style Tacos with Fresh Tilapia (Dinner) | 800 | 53 | 84 | 8 | 30 | 5 | 8.0 | 3.9 |
| SW-Style Tacos with Lobster Meat (Dinner) | 750 | 30 | 86 | 8 | 33 | 5 | 9.0 | 5.1 |
| SW-Style Tacos with Grilled Chicken (Dinner) | 740 | 37 | 89 | 11 | 27 | 5 | 9.0 | 5.3 |
| SW-Style Tacos with Grilled Shrimp (Dinner) | 670 | 26 | 87 | 10 | 26 | 4 | 9.0 | 5.4 |
| Salmon New Orleans-Half | 580 | 42 | 9 | 3 | 41 | 11 | 2.0 | 3.2 |

Red Lobster - Classic Fish

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Flounder Dinner-Golden-Fried | 1210 | 51 | 72 | 9 | 79 | 8 | 5.0 | 7.0 |
| Flounder Dinner-Oven-Broiled | 420 | 70 | 1 | 0 | 11 | 1 | 0.0 | 1.3 |

Red Lobster - Today's Fresh Fish

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Crab Cake Dinner | 700 | 41 | 44 | 5 | 40 | 7 | 4.0 | 4.1 |
| Salmon-Dinner | 630 | 64 | 3 | 1 | 39 | 7 | 1.0 | 0.5 |
| Rainbow Trout-Dinner | 500 | 67 | 3 | 1 | 22 | 5 | 1.0 | 0.4 |
| North Pacific King Crab Legs 1.5 lb | 480 | 41 | 0 | 0 | 35 | 21 | 0.0 | 3.9 |
| Tilapia-Dinner | 430 | 82 | 3 | 1 | 11 | 3 | 1.0 | 0.5 |
| Arctic Char | 360 | 41 | 3 | 1 | 16 | 4 | 1.0 | 0.4 |
| Salmon-Lunch | 320 | 32 | 3 | 1 | 19 | 4 | 1.0 | 0.2 |
| Lake Whitefish | 310 | 42 | 3 | 1 | 14 | 2 | 1.0 | 0.3 |
| Ono/Wahoo | 310 | 33 | 3 | 1 | 18 | 4 | 1.0 | 0.3 |
| Rainbow Trout-Lunch | 250 | 34 | 3 | 1 | 11 | 3 | 1.0 | 0.2 |
| Tuna | 250 | 52 | 3 | 1 | 3 | 0 | 1.0 | 0.2 |
| Gulf Snapper | 240 | 45 | 3 | 1 | 5 | 1 | 1.0 | 0.2 |
| Grouper/Haddock/Opah | 220 | 42 | 3 | 1 | 4 | 1 | 1.0 | 0.2 |
| Cod | 210 | 40 | 3 | 1 | 3 | 0 | 1.0 | 0.4 |
| Flounder/Sole | 210 | 35 | 3 | 1 | 5 | 0 | 1.0 | 0.5 |
| Halibut | 210 | 38 | 3 | 1 | 4 | 1 | 1.0 | 0.4 |
| Perch | 190 | 36 | 3 | 1 | 3 | 0 | 1.0 | 0.3 |
| Red Rockfish | 180 | 33 | 3 | 1 | 4 | 1 | 1.0 | 0.3 |
| Topping: Yucatan Shrimp | 170 | 7 | 5 | 2 | 15 | 9 | 0.0 | 1.3 |
| Pacific Snapper | 160 | 32 | 2 | 0 | 3 | 1 | 0.0 | 0.8 |
| Topping: Langostino Lobster Beurre Blanc | 130 | 8 | 7 | 3 | 9 | 5 | 0.0 | 1.1 |
| Topping: Olive Oil | 40 | 0 | 0 | 0 | 5 | 1 | 0.0 | 0.0 |
| Topping: Soy-Ginger Glaze | 40 | 0 | 10 | 8 | 0 | 0 | 0.0 | 0.7 |
| Topping: Blackened Seasoning | 15 | 0 | 3 | 0 | 0 | 0 | 1.0 | 0.5 |
| Topping: Broiled Fish Seasoning | 10 | 0 | 2 | 0 | 0 | 0 | 0.0 | 1.2 |
| Topping: Pineapple Relish | 10 | 0 | 3 | 2 | 0 | 0 | 0.0 | 0.0 |

Red Lobster - Perfect Pairings

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|----------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Maine Lobster Tail Add-On | 390 | 12 | 0 | 0 | 37 | 22 | 0.0 | 1.7 |
| Snow Crab Legs Add-On | 370 | 16 | 0 | 0 | 34 | 21 | 0.0 | 2.4 |
| Walt's Favorite Shrimp Add-On | 300 | 12 | 35 | 9 | 12 | 1 | 3.0 | 4.4 |
| Garlic Shrimp Scampi Add-On | 220 | 12 | 3 | 0 | 18 | 4 | 0.0 | 2.4 |
| Topped Maine Lobster Tail Add-On | 190 | 16 | 6 | 3 | 12 | 6 | 0.0 | 1.9 |
| Sea Scallops Add-On | 80 | 12 | 2 | 0 | 3 | 1 | 0.0 | 1.4 |

Red Lobster - Lunch (Quick Catches)

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| Crab Melt Sandwich with Caesar Salad | 1030 | 40 | 66 | 6 | 68 | 22 | 4.0 | 5.5 |
| Petite Chilled Lobster-and-Shrimp Roll with Fries | 970 | 37 | 105 | 22 | 45 | 8 | 8.0 | 6.6 |
| Crab Melt Sandwich with Garden Salad | 840 | 39 | 65 | 6 | 48 | 20 | 4.0 | 4.5 |
| SW-Style Tacos with Fresh Tilapia-Lunch | 800 | 53 | 84 | 8 | 30 | 5 | 8.0 | 3.9 |
| Shrimp Salad & Creamy Potato Bacon Soup | 790 | 23 | 71 | 6 | 48 | 26 | 5.0 | 6.4 |
| Shrimp Salad & Lobster Bisque Soup | 790 | 29 | 58 | 12 | 49 | 26 | 4.0 | 5.4 |
| SW-Style Tacos with Lobster Meat-Lunch | 750 | 30 | 86 | 8 | 33 | 5 | 9.0 | 5.1 |
| SW-Style Tacos with Grilled Chicken-Lunch | 740 | 37 | 89 | 11 | 27 | 5 | 9.0 | 5.3 |
| SW-Style Tacos with Grilled Shrimp-Lunch | 670 | 26 | 87 | 10 | 26 | 4 | 9.0 | 5.4 |
| Shrimp Salad & New England Clam Chowder Soup | 660 | 27 | 52 | 11 | 39 | 20 | 4.0 | 5.2 |
| Shrimp Salad & Seafood Gumbo Soup | 630 | 30 | 67 | 6 | 27 | 8 | 5.0 | 5.9 |
| Shrimp Salad & Manhattan Clam Chowder Soup | 480 | 30 | 53 | 12 | 18 | 7 | 6.0 | 6.5 |
| Shrimp and Chicken-Hand-Breaded Shrimp | 440 | 35 | 48 | 10 | 12 | 2 | 2.0 | 5.0 |
| Shrimp and Chicken-Garlic Shrimp Scampi | 410 | 36 | 33 | 2 | 14 | 3 | 1.0 | 3.8 |
| Shrimp and Chicken-Shrimp Skewer | 340 | 35 | 31 | 2 | 8 | 2 | 1.0 | 2.8 |
| Shrimp Skewers | 320 | 21 | 39 | 4 | 10 | 2 | 4.0 | 2.5 |

Red Lobster - Lunch (Specials)

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--|----------|---------|-------|--------|-----|----------|-------|------|
| Shrimp Salad & Creamy Potato Bacon Soup | 480 | 18 | 41 | 5 | 28 | 15 | 3.0 | 3.7 |
| Shrimp Salad & Lobster Bisque Soup | 480 | 22 | 35 | 8 | 29 | 14 | 3.0 | 3.9 |
| Shrimp Salad & New England Clam Chowder Soup | 410 | 20 | 32 | 7 | 24 | 12 | 3.0 | 3.1 |
| Shrimp Salad & Seafood Gumbo Soup | 400 | 21 | 39 | 4 | 17 | 6 | 4.0 | 3.5 |
| Shrimp Salad & Manhattan Clam Chowder Soup | 320 | 21 | 32 | 8 | 13 | 5 | 4.0 | 3.8 |

Red Lobster - 4-Course Feast

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|------------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Parrot Isle Jumbo Coconut Shrimp | 780 | 19 | 65 | 24 | 50 | 14 | 6.0 | 3.3 |
| Cajun Chicken Linguini Alfredo | 680 | 41 | 60 | 3 | 30 | 12 | 6.0 | 4.2 |
| Shrimp Linguini Alfredo | 580 | 25 | 56 | 2 | 28 | 11 | 5.0 | 3.4 |
| Wood-Grilled 7 oz. Sirloin | 500 | 48 | 26 | 2 | 23 | 11 | 3.0 | 4.0 |
| Triple-Chocolate Brownie a la Mode | 450 | 6 | 56 | 39 | 24 | 13 | 2.0 | 0.4 |
| Soy-Ginger Salmon | 360 | 33 | 12 | 9 | 19 | 4 | 0.0 | 1.9 |
| Creamy Potato Bacon Soup | 320 | 6 | 30 | 2 | 20 | 12 | 1.0 | 2.7 |
| Lobster Bisque | 320 | 10 | 23 | 4 | 20 | 11 | 0.0 | 2.5 |
| Wood-Grilled Shrimp | 320 | 25 | 31 | 2 | 10 | 2 | 2.0 | 3.8 |
| New England Clam Chowder | 250 | 7 | 20 | 4 | 16 | 9 | 0.0 | 2.1 |
| Manhattan Clam Chowder | 160 | 9 | 21 | 5 | 5 | 2 | 2.0 | 2.8 |

Red Lobster - Lunch Classics

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| Cajun Chicken Linguini Alfredo-Full | 1330 | 80 | 113 | 5 | 60 | 24 | 10.0 | 8.4 |
| Crab Linguini Alfredo-Full | 1180 | 59 | 107 | 4 | 56 | 23 | 7.0 | 6.8 |
| Shrimp Linguini Alfredo-Full | 1170 | 50 | 113 | 5 | 56 | 23 | 9.0 | 6.8 |
| Classic Caesar Salad with Salmon - Lunch | 830 | 42 | 18 | 3 | 65 | 13 | 4.0 | 3.9 |
| Wild-Caught Flounder Lunch-Golden-Fried | 710 | 26 | 38 | 6 | 50 | 6 | 3.0 | 3.7 |
| Cajun Chicken Linguini Alfredo-Lunch | 680 | 41 | 60 | 3 | 30 | 12 | 6.0 | 4.2 |
| Classic Caesar Salad with Chicken - Lunch | 640 | 34 | 18 | 3 | 48 | 9 | 4.0 | 4.0 |
| Crab Linguini Alfredo-Lunch | 620 | 31 | 57 | 2 | 29 | 12 | 3.0 | 3.4 |
| Classic Caesar Salad with Shrimp - Lunch | 610 | 23 | 18 | 3 | 50 | 10 | 4.0 | 4.4 |
| Shrimp Linguini Alfredo-Lunch | 580 | 25 | 56 | 2 | 28 | 11 | 5.0 | 3.4 |
| Parrot Isle Shrimp-Add five more | 530 | 12 | 46 | 20 | 33 | 10 | 4.0 | 2.1 |
| Classic Caesar Salad-Lunch | 520 | 10 | 18 | 3 | 46 | 9 | 4.0 | 2.6 |
| Farm-Raised Catfish-Golden-Fried-Lunch | 460 | 22 | 12 | 3 | 36 | 5 | 0.0 | 2.4 |
| Sailor's Platter | 450 | 48 | 18 | 9 | 18 | 3 | 2.0 | 4.4 |
| Crunchy Popcorn Shrimp-Lunch | 430 | 16 | 49 | 11 | 19 | 2 | 5.0 | 4.7 |
| Maple-Glazed Chicken-Lunch | 360 | 27 | 50 | 21 | 5 | 1 | 0.0 | 2.5 |
| Hand-Breaded Shrimp-Lunch | 240 | 13 | 23 | 9 | 11 | 1 | 2.0 | 3.7 |
| Garlic Shrimp Scampi-Lunch | 220 | 12 | 3 | 0 | 18 | 4 | 0.0 | 2.4 |
| Farm-Raised Catfish-Blackened-Lunch | 210 | 26 | 2 | 0 | 10 | 2 | 0.0 | 0.8 |
| Wild-Caught Flounder Lunch-Oven-Broiled | 210 | 35 | 1 | 0 | 5 | 0 | 0.0 | 0.6 |

Red Lobster - Lunch (Create Your Own)

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---------------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| CYO Lunch-Golden-Fried Fish | 710 | 26 | 38 | 6 | 50 | 6 | 3.0 | 3.7 |
| CYO Lunch-Chicken Breast Strips | 620 | 24 | 28 | 9 | 45 | 5 | 3.0 | 3.7 |
| CYO Lunch-Lightly Breaded Clam Strips | 590 | 10 | 39 | 6 | 43 | 5 | 3.0 | 2.7 |
| CYO Lunch-Bay Scallops (Golden-Fried) | 230 | 14 | 23 | 9 | 9 | 1 | 2.0 | 2.6 |
| CYO Lunch-Wood-Grilled Shrimp Skewer | 220 | 10 | 31 | 2 | 6 | 1 | 0.0 | 1.4 |
| CYO Lunch-Hand-Breaded Shrimp | 160 | 8 | 18 | 9 | 7 | 1 | 2.0 | 2.7 |
| CYO Lunch-Garlic Shrimp Scampi | 120 | 8 | 2 | 0 | 9 | 2 | 0.0 | 1.6 |
| CYO Lunch-Bay Scallops (Oven-Broiled) | 50 | 11 | 1 | 0 | 1 | 0 | 0.0 | 0.7 |

Red Lobster - Sides & Additions

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|---|----------|---------|-------|--------|-----|----------|-------|------|
| Creamy Langostino Lobster Baked Potato | 350 | 14 | 52 | 5 | 11 | 6 | 5.0 | 1.2 |
| Creamy Langostino Lobster Mashed Potatoes | 330 | 12 | 31 | 5 | 18 | 9 | 3.0 | 2.7 |
| Caesar Salad | 290 | 5 | 12 | 2 | 25 | 5 | 2.0 | 1.5 |
| Sea-Salted French Fries | 290 | 4 | 42 | 0 | 12 | 1 | 3.0 | 1.5 |
| Baked Potato | 210 | 5 | 45 | 2 | 2 | 0 | 5.0 | 0.1 |
| Mashed Potatoes | 190 | 4 | 24 | 2 | 9 | 4 | 3.0 | 1.5 |
| Cheddar Bay Biscuit (each) | 160 | 3 | 16 | 0 | 10 | 5 | 0.0 | 1.0 |
| Rice Pilaf | 160 | 3 | 30 | 1 | 3 | 1 | 0.0 | 0.9 |
| Tomato-Mozzarella Caprese | 160 | 9 | 9 | 6 | 11 | 5 | 1.0 | 2.1 |
| Coleslaw | 150 | 2 | 13 | 7 | 10 | 2 | 3.0 | 0.5 |
| Garden Salad | 110 | 5 | 11 | 3 | 5 | 3 | 2.0 | 0.5 |
| Chesapeake Corn | 100 | 3 | 19 | 3 | 3 | 1 | 3.0 | 0.1 |
| Add a Wood-Grilled Shrimp Skewer | 80 | 11 | 0 | 0 | 4 | 1 | 0.0 | 1.5 |
| Fresh Seasonal Asparagus | 80 | 3 | 4 | 2 | 7 | 4 | 2.0 | 1.2 |
| Shrimp Skewer Add-On | 80 | 11 | 0 | 0 | 4 | 1 | 0.0 | 1.5 |
| Add Grilled Shrimp to your salad | 60 | 5 | 0 | 0 | 4 | 1 | 0.0 | 0.8 |
| Seasoned Fresh Broccoli | 40 | 3 | 8 | 2 | 0 | 0 | 3.0 | 0.7 |

Red Lobster - Dressings & Condiments

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|--------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| 100% Pure Melted Butter | 300 | 0 | 0 | 0 | 33 | 21 | 0.0 | 0.7 |
| Caesar Dressing | 300 | 2 | 0 | 0 | 32 | 6 | 0.0 | 1.5 |
| Blue Cheese Dressing | 230 | 2 | 2 | 1 | 24 | 5 | 0.0 | 0.8 |
| Tartar Sauce | 210 | 0 | 4 | 3 | 21 | 3 | 0.0 | 0.5 |
| Thousand Island Dressing | 210 | 0 | 8 | 8 | 19 | 3 | 0.0 | 0.7 |
| Honey Mustard | 200 | 0 | 9 | 8 | 18 | 3 | 0.0 | 0.7 |
| Ranch Dressing | 150 | 0 | 2 | 1 | 16 | 3 | 0.0 | 0.8 |
| Pina Colada Sauce | 100 | 0 | 14 | 12 | 5 | 4 | 0.0 | 0.1 |
| Add Butter to Baked Potato | 80 | 0 | 0 | 0 | 8 | 4 | 0.0 | 0.1 |
| Champagne Vinaigrette | 70 | 0 | 9 | 7 | 4 | 1 | 0.0 | 1.0 |
| Ketchup | 60 | 0 | 15 | 12 | 0 | 0 | 0.0 | 1.2 |
| Cocktail Sauce | 45 | 0 | 11 | 9 | 0 | 0 | 0.0 | 1.5 |
| Marinara Sauce | 35 | 0 | 4 | 2 | 2 | 0 | 0.0 | 0.6 |
| Add Sour Cream to Baked Potato | 25 | 0 | 0 | 0 | 2 | 2 | 0.0 | 0.0 |
| Pico de Gallo | 10 | 0 | 2 | 1 | 0 | 0 | 0.0 | 0.4 |

Red Lobster - Desserts

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|-------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Chocolate Wave | 1110 | 11 | 134 | 93 | 62 | 22 | 6.0 | 1.8 |
| Brownie Overboard | 1020 | 13 | 121 | 84 | 57 | 29 | 5.0 | 0.9 |
| Vanilla Bean Cheesecake | 710 | 8 | 62 | 49 | 48 | 30 | 2.0 | 0.9 |
| Warm Apple Crostada | 590 | 7 | 74 | 36 | 30 | 15 | 2.0 | 1.1 |
| Key Lime Pie | 400 | 8 | 59 | 49 | 14 | 8 | 1.0 | 0.5 |
| Surf's Up Sundae | 200 | 3 | 25 | 18 | 10 | 6 | 0.0 | 0.1 |

Red Lobster - Non-Alcoholic Drinks

| PRODUCT | CALORIES | PROTEIN | CARBS | SUGARS | FAT | SAT. FAT | FIBRE | SALT |
|-------------------------------------|----------|---------|-------|--------|-----|----------|-------|------|
| Fruit Smoothie - Peach | 470 | 7 | 96 | 84 | 6 | 4 | 1.0 | 0.6 |
| Fruit Smoothie - Raspberry | 460 | 7 | 94 | 79 | 6 | 4 | 2.0 | 0.6 |
| Fruit Smoothie - Strawberry | 460 | 7 | 95 | 79 | 6 | 4 | 3.0 | 0.6 |
| Handcrafted Lemonade - Peach | 260 | 0 | 67 | 63 | 0 | 0 | 0.0 | 0.0 |
| Handcrafted Lemonade - Strawberry | 260 | 0 | 68 | 61 | 0 | 0 | 2.0 | 0.0 |
| Handcrafted Lemonade - Classic | 240 | 0 | 65 | 62 | 0 | 0 | 0.0 | 0.0 |
| Minute Maid® Raspberry Lemonade | 240 | 0 | 64 | 60 | 0 | 0 | 0.0 | 0.1 |
| Barq's Root Beer | 210 | 0 | 60 | 60 | 0 | 0 | 0.0 | 0.2 |
| Dr Pepper® | 200 | 0 | 54 | 54 | 0 | 0 | 0.0 | 0.2 |
| Coke® | 190 | 0 | 53 | 53 | 0 | 0 | 0.0 | 0.2 |
| Sprite® | 190 | 0 | 51 | 51 | 0 | 0 | 0.0 | 0.2 |
| Boston Iced Tea - Peach | 120 | 0 | 29 | 25 | 0 | 0 | 1.0 | 0.0 |
| Boston Iced Tea - Raspberry | 110 | 0 | 28 | 23 | 0 | 0 | 1.0 | 0.0 |
| Boston Iced Tea - Classic Cranberry | 80 | 0 | 21 | 20 | 0 | 0 | 0.0 | 0.1 |
| Minute Maid® Light™ Lemonade | 30 | 0 | 8 | 4 | 0 | 0 | 0.0 | 0.1 |
| Diet Coke | 0 | 0 | 0 | 0 | 0 | 0 | 0.0 | 0.2 |
| Harbor Cafe Coffee | 0 | 0 | 0 | 0 | 0 | 0 | 0.0 | 0.0 |