



Due to supply disruptions, item availability and recipes may vary. Thank you for understanding.  
For the most up-to-date information, please visit [RedLobster.com](http://RedLobster.com).

## SEASIDE STARTERS

### Mozzarella Cheesesticks

Served with marinara. 8.99 700 Cal

### Parrot Isle Jumbo Coconut Shrimp

Dunk in our signature piña colada sauce. 10.99 610 Cal

### Langostino Lobster-Artichoke-and-Seafood Dip

Langostino and Norway lobster, seafood, artichokes and spinach in a three-cheese blend. Served with tortilla chips. 10.99 1190 Cal

### Crab-Stuffed Shrimp Rangoon

Crispy, crab-stuffed shrimp with sweet chili sauce. 10.49 660 Cal

### Create Your Own Appetizer

Choose Two 9.99 • Choose Three 11.99

**Mozzarella Cheesesticks** 370 Cal

**Chicken Breast Strips** 620 Cal

**Clam Strips** 590 Cal

## FAMILY MEAL DEALS

Served with two family-size sides and eight Cheddar Bay Biscuits® (pastas not served with sides). Serves 4.

### Chicken Breast Strip Family Meal

20 fried chicken breast strips served with honey mustard. 30.99 5140 - 7560 Cal

### Shrimp Scampi Family Meal

Our signature hand-crafted garlic shrimp scampi. 37.99 3310 - 5730 Cal

### Popcorn Shrimp Family Meal

Bite-sized popcorn shrimp served with cocktail sauce. 32.99 4080 - 6500 Cal

### Fish Fry Family Meal

Golden-fried, wild-caught whitefish, served with tartar sauce. 30.99 4390 - 6810 Cal

### Cornflake-Crusted Shrimp Family Meal

Cornflake-crusted shrimp served with cocktail sauce. 37.99

### Parrot Isle Jumbo Coconut Shrimp Family Meal

32 Parrot Isle Coconut Shrimp served with our signature piña colada sauce. 37.99 4980 - 7400 Cal

### Sirloin\* Family Meal

Four peppercorn-seasoned 7 oz. sirloins. 47.99 2740 - 5160 Cal

### Salmon\* Family Meal

Four pieces of Atlantic Salmon. 41.99

### Shrimp Linguini Alfredo Family Meal

A family-size serving. 27.99

### Cajun Chicken Linguini Alfredo Family Meal

A family-size serving. 27.99

### Crab Linguini Alfredo Family Meal

A family-size serving. 38.99

## SIGNATURE COMBINATIONS

### Lobster Lover's Dream®

A succulent roasted rock lobster tail, butter-poached Maine lobster tail and lobster-and-shrimp linguini Alfredo. Served with choice of two sides. 38.99 1480 Cal

### Seaside Shrimp Trio

A generous sampling of our crispy cornflake-crusted shrimp, hand-crafted garlic shrimp scampi and creamy shrimp linguini Alfredo. Served with choice of two sides. 20.99 1100 Cal

### Seafarer's Feast

A Maine lobster tail, seared sea scallops, our signature hand-crafted garlic shrimp scampi and crispy cornflake-crusted shrimp. Served with rice and choice of side. 31.99 1100 Cal

### Ultimate Feast®

Tender Maine lobster tail, wild-caught North American snow crab legs, our signature hand-crafted garlic shrimp scampi and crispy cornflake-crusted shrimp. Served with rice and choice of side. 32.99 1070 Cal

### Admiral's Feast

Crispy cornflake-crusted shrimp, bay scallops, clam strips and wild-caught whitefish, all fried to a golden brown. Served with choice of two sides. 20.99 1650 Cal

### Lobster, Shrimp and Salmon\*

A Maine lobster tail, jumbo shrimp skewer and fresh Atlantic salmon finished with a brown butter sauce. Served with rice and choice of side. 30.99 870 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.

LM-5 Before placing your order, please ask your server for our allergen guide if a member of your party has a food allergy.

## FEATURED FAVORITES

### Parrot Isle Jumbo Coconut Shrimp

Hand-dipped, tossed in flaky coconut and fried golden brown. Served with our signature piña colada sauce and choice of two sides.

10 Shrimp 16.99 960 Cal • 15 Shrimp 21.98 1490 Cal

### Shrimp Your Way

Choose Two 14.99 • Choose Three 18.99

Served with choice of two sides.

Shrimp Scampi 220 Cal • Fried Shrimp 210 Cal • Popcorn Shrimp 430 Cal

### Crunchy Popcorn Shrimp

Bite-sized, fried to a golden brown. Served with choice of two sides. 11.99 620 Cal

### Shrimp & Chips

Crispy cornflake-crust shrimp served with fries. 9.99

### Wild-Caught Snow Crab Legs (1 lb.)

Crack into tender, snow-white North American crabmeat. Served with choice of two sides. 23.99 440 Cal

### Pastas

Served with choice of side.

RL Signature Creamy Lobster Alfredo 26.49 1310 Cal

Crab Linguini Alfredo 21.99 1180 Cal

Shrimp Linguini Alfredo 18.99 1130 Cal

Cajun Chicken Linguini Alfredo 17.99 1340 Cal

### Wild-Caught Whitefish (Golden-Fried)

Served with choice of two sides. 13.99 1210 Cal

### Atlantic Salmon\*

Served with choice of two sides. 20.99 630 Cal

### Steaks\*

Simply seasoned with peppercorn. Served with mashed potatoes and choice of side.

7 oz. Sirloin\* 15.99 480 Cal

12 oz. NY Strip\* 23.99 790 Cal

## CREATE YOUR OWN COMBINATION

Choose Any Two 19.99 • Choose Any Three 24.49  
Served with choice of two sides.

#### Parrot Isle Jumbo Coconut Shrimp

780 Cal

#### Golden-Fried Shrimp

380 Cal

#### Garlic Shrimp Scampi

430 Cal

#### Wild-Caught Whitefish Golden-Fried

710 Cal

#### Popcorn Shrimp

430 Cal

#### Shrimp Linguini Alfredo

580 Cal

#### Bay Scallops

Golden Fried 230 Cal • Oven Broiled 50 Cal

#### Seared Sea Scallops

+2.99 additional.  
80 Cal

#### Clam Strips

590 Cal

#### Cajun Chicken Linguini Alfredo

690 Cal

#### Nashville Hot Shrimp with Honey

440 Cal

#### Atlantic Salmon\*

310 Cal

## SOUP & SIDES

### New England Clam Chowder

Cup 5.49 240 Cal  
Bowl 6.49 470 Cal

### Seasonal Vegetable

Broccoli 40 Cal  
Green Beans 150 Cal  
Availability varies.

### Rice 120 Cal

### Mashed Potatoes 190 Cal

Sea-Salted  
French Fries 290 Cal

### Cheddar Bay Biscuits\*

160 Cal each  
Half-Dozen 2.79 970 Cal  
Dozen 5.29 1940 Cal

## KIDS

### Popcorn Shrimp

Served with choice of side.  
6.49 250 Cal

### Macaroni & Cheese

Served with choice of side.  
5.99 280 Cal

### Chicken Fingers

Served with choice of side.  
6.49 620 Cal

### Golden-Fried Fish

Served with choice of side.  
6.99 560 Cal

## DESSERTS

### Vanilla Bean Cheesecake

Layered with sweet Italian cream on a vanilla cookie crust, with vanilla bean-infused whipped cream and white chocolate shavings. 7.99 700 Cal

### Key Lime Pie

A tart, sweet, creamy classic with a graham cracker crust. 7.49 500 Cal

### Chocolate Wave

Layers of warm, decadent chocolate cake and creamy fudge frosting. 7.99 1110 Cal

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