

Red Lobster

Sea Side Starters	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Crab Cakes Appetizer	440	5	960	14	2	26
Signature Jumbo Shrimp cocktail	130	0	1070	11	0	21
CYO Clam Strips	590	5	1080	39	3	10
CYO Mozzarella Cheese Sticks	370	6	1100	30	2	15

Tasting Plates	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Petite Chilled Lobster and Shrimp roll	310	3.5	780	25	2	16
Tuna Poke	250	0.5	630	21	1	24

Signature Shell Fish	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Shrimp Your Way Fried	210	1	1310	21	2	11
Shrimp Your Way Scampi	220	3.5	970	3	0	12
Wood-Grilled Shrimp	320	2	1510	31	2	25



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Sea Food Feasts & Combinations	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
CYO Fresh Wood Grilled Tilapia	220	1.5	440	0	0	41
CYO Soy Ginger Salmon	360	3.5	770	10	0	33
CYO Wild Caught Flounder (Oven-Broiled)	210	0	250	1	0	35
CYO Wood Grilled Sea Scallops	80	0.5	540	2	0	12
CYO Wood Grilled Shrimp (served with rice)	240	1.5	930	31	1	14
CYO Garlic Shrimp Scampi	240	3.5	1230	4	0	17

Classic Fish	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Canadian Walleye Fried Half	550	5	800	19	1	22
Wild Caught Flounder Dinner (oven broiled)	420	1	500	1	0	70
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Today's Catch	All Options meet the Fork Friendly requirements.
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Land & Sea	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Maple Glazed Chicken Dinner	490	1.5	1530	51	1	52
6 oz. Filet Mignon	460	12	1100	26	4	38

Perfect Pairings	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Garlic Grilled Red Shrimp	110	1	640	0	0	15
Wood Grilled Sea Scallops Add On	80	0.5	540	2	0	12
Wood Grilled Shrimp Skewers	320	2	980	39	4	21
Garlic Shrimp Scampi (add on)	220	3.5	970	3	0	12

Sides & Additions	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Baked Potato	210	0	20	45	5	5
Cole Slaw	150	1.5	190	13	3	2
Rice Pilaf	160	0.5	340	30	0	3
Seasoned Fresh Broccoli	40	0	270	8	3	3

Lunch Quick Catches & Specials	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Grilled Shrimp Salad & one cup of: Manhattan Clam Chowder-lunch special	320	5	1660	32	4	20
Grilled Shrimp Salad & one cup of: Seafood Gumbo-lunch special	390	6	1550	38	3	20
Shrimp & Wood Grilled Chicken-Garlic Shrimp Scampi	410	3	1510	33	1	36
Shrimp & Wood Grilled Chicken-Hand Breaded Shrimp	440	1.5	1980	48	2	35

Quick Catches & Specials Continued	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Shrimp & Wood Grilled Chicken- Shrimp Skewer	340	1.5	1270	31	1	34
South West Style tacos with Tilapia- lunch	800	4.5	1540	84	8	53
Wood Grilled Shrimp Skewer	320	2	980	39	4	21

CYO Lunch	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Bay Scallop (oven Broiled)	50	0	280	1	0	11
Garlic Shrimp Scampi	120	1.5	620	2	0	8
Hand Breaded Shrimp	160	0.5	1090	18	2	8
Grilled Shrimp Skewer	220	1	720	31	1	9

Lunch Classics	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Canadian Walleye (Fried-Lunch)	550	5	800	19	1	22
Farm Raised Cat Fish (Blackened- Lunch)	210	2	300	2	0	26
Farm Raised Cat Fish (Golden fried- Lunch)	460	5	950	12	0	22
Garlic Shrimp Scampi (Lunch)	220	3.5	970	3	0	12
Hand Breaded Shrimp (Lunch)	240	1	1460	23	2	13
Maple Glazed Chicken (Lunch)	360	1	990	50	0	27
Wild Caught Flounder (Oven Broiled-Lunch)	210	0	250	1	0	35

Kids Menu	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Kids Broiled Fresh Tilapia	220	1.5	800	0	0	41
Kids Broiled Tilapia	250	2.5	240	1	0	41
Kids Garlic Grilled Shrimp Skewers	80	0.5	580	0	0	11
Kids Grilled Chicken	320	3	840	10	0	25
Kids Macaroni & Cheese	280	3	550	39	1	10
Kids Petite Chilled Lobster & Shrimp Roll	310	3.5	780	25	2	16

Soups & Salads	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Manhattan Clam Chowder- Cup	160	2	1100	21	2	9
Seafood Gumbo Cup	230	2.5	980	28	2	9
Classic Caesar Salad	520	9	1050	18	4	10

Dressing & Condiments	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Sour Cream	25	1.5	10	0	0	0
Pico De Gallo	10	0	170	2	0	0
Tartar Sauce	210	3	180	4	0	0

Desserts	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
Key Lime Pie	400	8	200	59	1	8
Surfs Up Sundae	200	6	50	25	0	3