



Food Allergy Wizard

Due to the risk of cross-contact in our kitchens, we cannot guarantee that any item is free of any allergen. Because items cooked in our fryer or on our grill may come in contact with all allergens, we have identified those for you. Information below does not include accompaniments, dressings and dipping sauces unless specified.

Last Updated: 06/15/2021

<p>Key</p> <ul style="list-style-type: none"> ✓ Item does NOT contain the allergen ! Item DOES CONTAIN the allergen c Hover over this icon to learn more about cross-contact risk 		Gluten	Cross Contact
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Starters

Bacon-Wrapped Sea Scallops Appetizer	✓	c
Signature Jumbo Shrimp Cocktail	✓	c

Bowls

Baja Shrimp Bowl	✓	c
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Classics

Salmon New Orleans (Full)	✓	c
Salmon New Orleans (Half)	✓	c
Simply Grilled Atlantic Salmon	✓	c
Simply Grilled Garlic Shrimp Skewers	✓	c
Simply Grilled Rainbow Trout	✓	c

	Gluten	Cross Contact
Steaks - 6 oz. Filet Mignon	✓	c
Steaks - 7 oz. Sirloin	✓	c
Steaks - 12 oz. NY Strip	✓	c
Wild-Caught Snow Crab Legs	✓	c

Feasts

Lobster, Shrimp & Salmon	✓	c
Ultimate Surf & Turf	✓	c

Create Your Own Feast

CYO-Atlantic Salmon	✓	c
CYO-Bacon-Wrapped Sea Scallops	✓	c
CYO-Bay Scallops (Broiled)	✓	c
CYO-Garlic Shrimp Scampi	✓	c

Daily Deals

Endless Garlic Shrimp Scampi (Initial)	✓	c
Endless Garlic Shrimp Scampi (Refill)	✓	c
Endless Grilled Shrimp (Initial) with rice	✓	c
Endless Grilled Shrimp (Refill Order)	✓	c
Steak-and-Lobster Wednesday	✓	c

	Gluten	Cross Contact
Two for Tuesday - Lobster, Shrimp & Salmon (each)	✓	c

Perfect Pairings

Bacon-Wrapped Sea Scallops Add-On	✓	c
Maine Lobster Tail Add-On	✓	c

Sides & Additions

Baked Potato	✓	
Broccoli	✓	c
Coleslaw	✓	
Green Beans	✓	
Loaded Baked Potato	✓	
Mashed Potatoes	✓	
Quinoa Rice	✓	
Sea-Salted Fries	✓	c

Lunch Favorites

Baja Shrimp Bowl	✓	c
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Kids Menu

Casco Bay Cooler - Cherry Wave Slushy	✓	
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	Gluten	Cross Contact
Casco Bay Cooler - Peachy Breezy Smoothie	✓	
Casco Bay Cooler - Raspberry Bay Smoothie	✓	
Casco Bay Cooler - Sunset Strawberry Smoothie	✓	
Kids Fruit	✓	
Kids Garlic-Grilled Shrimp	✓	c
Kids Juice	✓	
Kids Lemonade	✓	
Kids Milk 1%	✓	
Kids Petite Maine Lobster Tail	✓	c
Kids Raspberry Lemonade	✓	
Kids Surf's Up Sundae	✓	

Dressings & Condiments

100% Pure Melted Butter	✓	
Add Butter to Baked Potato	✓	
Add Sour Cream to Baked Potato	✓	
Blue Cheese Dressing	✓	
Caesar Dressing	✓	
Cocktail Sauce	✓	
French Dressing	✓	
Honey Mustard Dressing	✓	
Ketchup	✓	
Marinara Sauce	✓	

	Gluten	Cross Contact
Pico de Gallo	✓	
Pina Colada Sauce	✓	
Ranch Dressing	✓	
Tartar Sauce	✓	
Thousand Island Dressing	✓	

Beverages - Cocktails

Peach Margarita-Frozen	✓	
Peach Margarita-Rocks	✓	
Raspberry Margarita-Frozen	✓	
Raspberry Margarita-Rocks	✓	

Beverages - Nonalcoholic

Boston Iced Tea-Classic Cranberry	✓	
Boston Iced Tea-Peach	✓	
Boston Iced Tea-Raspberry	✓	
Coffee	✓	
Dr. Pepper®	✓	
Fruit Smoothie-Peach	✓	
Fruit Smoothie-Raspberry	✓	
Fruit Smoothie-Strawberry	✓	
Hand-Crafted Lemonade-Classic Lemonade	✓	

	Gluten	Cross Contact
Hand-Crafted Lemonade-Strawberry	✓	
Iced Tea	✓	

Family Meals & Platters

Atlantic Salmon Family Meal	✓	c
Baja Shrimp Bowl Family Meal	✓	c
Create Your Own Family Feast – Shrimp Scampi	✓	c
Family Baked Potatoes with Butter and Sour Cream	✓	
Family French Fries	✓	c
Family Green Beans	✓	
Family Mashed Potatoes	✓	
Family Rice	✓	
Shrimp Scampi Family Meal	✓	c

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Nutrition

Our nutrition information is based on our standardized recipes and serving sizes and is derived from a combination of sources, including: information provided by our suppliers, standardized USDA nutrition data and results from accredited laboratory analysis. Due to the inherent variability in ingredients and the hand-crafted nature of our menu items, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided here.

Allergen

We have made an effort to ensure that the information provided here is accurate and are dedicated to preparing a meal that meets your restricted diet. Because of our reliance on suppliers for accurate information, the shared cooking and preparation areas of our kitchens and the handcrafted nature of our menu items, we cannot completely eliminate the risk of cross-contact or declare that any item is free of any allergen. [\[Full Disclaimer\]](#)