



RED LOBSTER

Allergen Menu



USA Restaurants Only

ALLERGEN LEGEND:

- Menu item contains specific allergen (includes all cooking sauces, condiments and fixed accompaniments)
- ▲ Menu item coated with sauce also used to taste this allergen (risk of cross contamination of marked allergen)

FROM ITEM LEGEND:

- *Menu item contains a Fried component (risk of cross contamination of all allergens)
- **Menu item contains a Grilled component (risk of cross contamination of lobster, shrimp, walnuts, fish, wheat/gluten, eggs, dairy, and soy)
- ***Menu item contains a Fried and Grilled component (risk of cross contamination of all allergens)

Printed information is only valid:
2/11/2013 - 4/14/2013

	SEAFOOD								Wheat/Gluten	Eggs	Peanuts	Tree Nuts	Dairy	Soy	
	Clams	Crab	Crawfish	Lobster	Mussels	Oysters	Scallops	Shrimp							Fish
SEASIDE STARTERS															
Chilled Jumbo Shrimp Cocktail								•	•						•
Crispy Calamari and Vegetables*									•	•	•				•
Golden Onion Rings*										•	•				•
Lobster Pizza				•						•	•				•
Lobster, Artichoke and Seafood Dip*				•					•	•	•				•
Lobster, Crab and Seafood-Stuffed Mushrooms		•	•	•						•	•				•
Mozzarella Cheesesticks*										•	•				•
Parrot Isle Jumbo Coconut Shrimp*								•		•	•		•		•
Seaside Sampler*		•	•	•				•	•	•	•		•		•
Shrimp Nachos*								•		•	•				•
Southwest Chicken Pizza**										•	•				•
Salty Buffalo Chicken Bites*										•	•				•
Sweet Chili Shrimp*								•		•	•				•
Wood-Grilled Shrimp Bruschetta**				▲				▲	•	•	•				•
Create Your Own App-Chicken Breast Strips*										•	•				•
Create Your Own App-Clam Strips*	•									•	•				•
SOUPS															
Creamy Potato Bacon Soup										•	•				•
Lobster Bisque				•						•	•				•
New England Clam Chowder	•								•	•	•				•
Spicy Chicken Tortilla*										•	•				•
REGIONAL APPETIZERS															
Battered Fried Crawfish*			•						•	•	•				•
Buffalo Chicken Wings*										•	•				•
Fried Oysters*						•			•	•	•				•
Oysters on the Half Shell						•			•	•	•				•
Pan-Seared Crab Cakes		•							•	•	•				•
Seafood Gumbo	•			•			•	•	•	•	•				•
Steamed Clams	•									•	•				•
SIGNATURE SALADS															
Big Harbor Salad (dressing not included)/with or without blue cheese crumbles										•	•		•		•
Classic Caesar									•	•	•				•
RL Cobb Salad (dressing not included)										•	•				•
Add Chicken**											•				•
Add Shrimp**				▲			▲	•		•	•				•
Add Salmon**								•			•				•

Red Lobster has made every effort to ensure that the allergen information provided above is accurate. However, because of the handcrafted nature of our restaurants, the variety of procedures used in our kitchens and our reliance on our suppliers, we can make no guarantee of its accuracy and disclaim liability for the use of this