



NUTRITIONAL INFORMATION

ROLLS											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic Lobster Roll	—	440	28	11	0	110	1070	24	1	0	21
Connecticut Roll	—	360	21	10	0	100	480	23	1	0	21
Crab Roll	—	300	14	4	0	120	800	21	1	0	21
Lobster BLT	—	340	16	5	0	85	510	25	2	1	24
Lobster Salad Roll	—	320	15	4	0	80	450	23	1	0	21
Shrimp Roll	—	290	14	4	0	80	940	21	1	0	16
SALADS											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Lobster Salad	—	220	4.5	2	0	70	220	22	4	15	24
Shrimp Salad	—	190	3	2	0	75	480	20	4	15	19
MAINS											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Grilled Cheese	—	590	30	15	0	70	1480	67	2	6	20
Hot Dog	—	380	28	11	0	50	500	24	1	0	11
Lobster Grilled Cheese	—	620	23	13	0	90	1050	65	2	4	34
Lobster Mac & Cheese	—	600	30	17	1.5	125	1970	47	0	7	35
SOUPS											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Lobster Bisque	8 oz	290	20	7	0	80	830	14	0	6	10
	12 oz	430	31	11	0	120	1250	21	0	10	15
New England Clam Chowder	8 oz	250	15	6	0	50	870	19	0	6	8
	12 oz	370	22	10	0	75	1310	29	1	8	13
SIDES											
	Size	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Coleslaw	—	70	3	0.5	0	0	105	11	5	7	2
French Fries	—	300	12	0	0	0	1380	51	3	3	3
Potato Salad	—	330	26	6	0	35	620	23	2	3	4
Tater Tots	—	400	21	2.5	0	0	1010	45	2	0	5

