

Red Lobster – Complete Nutrition Guide

This guide provides a comprehensive overview of nutritional values for popular Red Lobster menu items. Values are approximate and may vary by location, recipe updates, and portion size. Condiments, sauces, and optional sides are not included unless noted.

Appetizers & Starters

Menu Item	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Parrot Isle Jumbo Coconut Shrimp	610	39	1110	47	23
Mozzarella Cheesesticks	500	33	860	42	19
Lobster Nachos	1130	68	2360	85	42
Calamari	670	32	1280	52	26

Soups & Salads

Menu Item	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
New England Clam Chowder (Bowl)	380	22	1450	30	15
Lobster Bisque (Bowl)	490	32	1640	22	17
House Salad (No Dressing)	120	6	180	9	4
Caesar Salad	310	26	470	12	7

Shrimp & Seafood

Menu Item	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Walt's Favorite Shrimp	510	27	1920	34	25
Garlic Shrimp Scampi	410	25	1440	6	38
Shrimp Linguini Alfredo	1040	56	2930	82	44
Grilled Salmon	460	28	890	3	45

Combination Platters

Menu Item	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Ultimate Feast®	1120	61	2710	62	90
Admiral's Feast	1240	73	6400	94	62
Lobster Lover's Dream®	1210	63	3200	70	95

Sides & Extras

Menu Item	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Protein (g)
Cheddar Bay Biscuit (1)	160	10	460	15	4
Coleslaw	200	15	180	14	2
Fresh Broccoli	45	0	40	9	4
Baked Potato (Plain)	270	0	20	62	7

Important Disclaimer

This document is for informational purposes only and does not replace official Red Lobster nutritional disclosures. For allergies or medical dietary needs, consult restaurant staff or official Red Lobster resources.