



## Restaurant Guide to Red Lobster

Last updated on Aug, 31st 2022

### OVERVIEW

If you are a seafood lover, look no further! Red Lobster is home of American Sea Food. With a wide variety of options, any seafood lover is sure to find a Healthi meal here. Their menu is rich in crab, lobster, shrimp and fish, so you'll get to maximize your protein.

### THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

### 3 QUICK TIPS FOR EATING HEALTHI AT RED LOBSTER

- Avoid fried/battered seafood
- Maximize on protein to get full-like surf & turf
- Choose lighter sides broccoli or salad to get those veggies in

### FRIENDLY MENU ITEM'S AT RED LOBSTER

#### APPETIZERS

You'll want to stay away from the fried items here. But the Seafood-Stuffed Mushrooms (390 calories) or the Jumbo Shrimp Cocktail (130 calories) could make great appetizers, or even part of your main entree if you add a side!

Appetizers	Calories	Fat (g)	Carbs (g)	Protein (g)
Seafood-Stuffed Mushrooms	390	22g	18g	30g
Jumbo Shrimp Cocktail	130	0g	11g	21g

## MAIN COURSE

Of course, Red Lobster is famous for their seafood. With so much protein, you're sure to have a great meal that keeps you full. Just try to avoid most of the fried/breaded options as well as the pastas to keep your Bites low.

Let's start with soups! You could stick with the Cup options instead of the Bowl to save calories, fat and carbs. The Lobster Bisque cup of soup is a delicious option at only 310 calories and the New England Clam Chowder cup is only 240 calories!

Next up, salads. The Classic Caesar Salad comes in at 520 calories and would be delicious paired with the cup of Clam Chowder or the Jumbo Shrimp Cocktail! The Caesar Salad with Shrimp is a wonderful option for 660 calories.

Let's look at their Indulgent Classics. These are usually paired with two sides, but you can opt for one to keep it lighter if you'd like. The Garlic Shrimp Skewers would pair beautifully with coleslaw and orzo rice. The steamed Live Maine Lobster would be great with a side house salad and broccoli. Maybe you're in the mood for steak! The 6oz Filet Mignon or 7oz sirloin would be delicious paired with a side salad and a plain baked potato. Surf and turf is the best of both worlds. You could order the Walt's Favorite Shrimp & 7oz sirloin with seasoned broccoli as a side. The Wild-Caught Snow Crab Legs are a delicious choice paired with coleslaw and mashed potatoes.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Lobster Bisque- cup	310	20g	14g	10g

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
New England Clam Chowder- cup	240	15g	11g	7g
Classic Caesar Salad	520	46g	18g	10g
Classic Caesar Salad with Shrimp	660	51g	19g	33g
Garlic Shrimp Skewers	380	11g	42g	26g
Steamed Live Maine Lobster	440	34g	0g	33g
Filet Mignon 6oz	250	12g	2g	34g
Sirloin 7oz	260	11g	1g	41g
Walt's Shrimp & 7oz sirloin	560	23g	36g	53g
Wild Caught Snow Crab Legs	440	34g	0g	32g

## SIDES

There are many side options, but here are some of the lighter ones. Keep in mind the Classics menu comes with two sides, but you may only want one if you want to keep it lighter.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Pain Baked Potato	270	3.5g	55g	7g
Coleslaw	110	8g	10g	2g
Mashed Potatoes	190	9g	24g	4g
Orzo Rice	230	5g	41g	4g