



Nutritional Facts

Get Started

	<i>Cal's (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Bucket of Shrimp, 12	190	2.5	0	0	285	2400	9	1	5	31
Bucket of Shrimp, 18	270	3.5	0	0	425	3320	10	1	5	47
Calamari, Fried	900	58	11	0	265	1070	61	5	2	35
Clam Chowder, Bowl	320	17	10	0	75	1190	26	2	1	13
Classic Sampler	1460	103	32	0.5	295	2920	90	8	5	45
Crab Nachos	2000	145	53	1.5	295	5050	130	14	8	52
Crab Stuffed Mushrooms	800	40	17	1.5	135	2050	76	5	4	41
Crazy Good Crab Dip	1270	87	34	1.5	245	3430	92	7	4	33
Diablo Mussels	1060	54	12	7	105	3050	89	5	5	57
Double Dip	1260	81	32	1.5	170	3670	96	8	3	35
Fried Oysters	1060	64	12	0	40	2510	104	9	1	18
Garlicky Mussels	880	42	9	7	75	1980	81	4	1	46
Great Balls of Fire	970	66	19	0	70	2400	75	8	4	24
Mozzarella Sticks	710	36	14	0.5	50	1560	68	6	4	30
New England Clam Chowder - Cup	250	13	8	0	55	930	22	2	1	10
Seafood Fun-Do	1310	69	24	6	180	3190	127	7	2	54

Go Green

	<i>Cal's (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Aruba Chicken Salad	780	49	14	0	130	1220	37	7	22	50
Aruba Shrimp Salad	860	61	18	0	75	1380	60	15	23	23
Caesar Salad	450	37	9	0	35	1110	18	5	5	13
Caesar Salad - Chicken	670	46	11	0	130	1580	18	5	5	47
Caesar Salad - Shrimp	530	38	10	0	180	2100	19	5	5	28
Caesar Side Salad	220	18	4.5	0	15	540	8	2	2	6
Chicken Chipotle Caesar	760	46	9	0	110	2390	42	10	9	44
Classic Cobb Salad - Chicken	790	46	15	0	325	1800	38	10	11	59
Classic Cobb Salad - Shrimp	650	39	14	0	370	1780	39	10	11	40
Classic Cobb Salad - Snow	630	38	14	0	270	1530	38	10	11	38
Crab Cake Chipotle Caesar	970	72	14	7	140	2410	52	11	11	27
House Side Salad*	120	7	3	0	15	250	10	2	3	6

*Salad dressing is not included

Fish

	<i>Cal's (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Blackened Tilapia	1190	64	16	14	240	1940	44	6	4	110
Crunchy Catfish	1440	94	18	0	65	2880	123	10	10	33
Fish & Chips	1430	92	17	0	110	3160	99	10	12	52
Get Stuffed Snapper	830	43	14	3	200	2030	48	4	6	61
Maui Mahi	680	28	7	3.5	200	3400	49	8	9	56
Salmon Orleans	1000	65	20	7	285	2210	34	1	2	65
Snapper Pontchartrain	1090	74	21	16	180	2000	44	5	5	61
Grilled Sunset Salmon	890	45	10	4	135	3650	66	8	25	53

Out of Water

	<i>Cal's (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Joe's Steak Deal	710	32	8	0	120	2060	53	8	2	53
Homestyle Chicken Tenders	1450	81	16	0	155	2200	93	6	15	82
Pan Fried Cheesy Chicken	1590	100	34	18	235	2460	110	7	8	58
Ribeye	1150	82	34	5	205	1680	26	5	4	77

Big Platters

	<i>Cal's (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Big Shrimp Platter	1490	84	20	0	205	3800	144	18	33	42
Caribbean Feast	1280	59	16	7	385	3620	105	16	29	82
East Coast Platter	2110	144	27	9	335	4650	143	13	9	61
Fisherman's Platter	1970	129	27	0	280	4290	137	11	21	67
Seaside Platter	1540	92	18	0	160	3740	117	8	19	64
Shrimp Trio	1050	53	14	2	350	2920	96	14	21	50
The Big Hook Up	2750	168	37	2	330	5940	220	26	27	94

Shore to Please

	<i>Cal's (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Crab Cake Dinner	1470	109	21	14	260	3420	82	9	14	42
Crawfish Half 'n Half	860	47	16	0	180	1770	72	4	11	34
Pasta-Laya	1820	94	24	14	335	5140	161	12	10	82
Shrimp Pasta Alfredo	1650	85	36	1	400	3980	158	8	3	70
Skillet Paella	1990	84	18	7	390	5600	196	12	17	115
Steak & Malibu Shrimp	660	22	6	0	265	1910	48	5	6	68

Buckets of Crab

	<i>Cal's (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Crab Daddy Feast - excluding side of butter	510	4	0	0	125	1410	69	7	6	49.29
Dungeness Crab - excluding side of butter	480	3	0	0	120	640	69	7	6	44
King Crab - excluding side of butter	430	3	0	0	65	1410	68	7	6	33
Lobster Daddy Feast - excluding side of butter	580	4	1	0	320	1420	69	7	6	66
Snow Crab - excluding side of butter	470	4	0	0	100	1030	68	7	6	42
Dipping Butter	400	44	10	14	0	360	0	0	0	0
Fire-Grilled	60	1.5	0	0	0	7780	10	2	0	3
Garlic Herb	5	0	0	0	0	15	0	0	0	0
Joe's Famous BBQ	50	0.5	0	0	0	7940	9	1	5	2
Spicy Boil	5	0	0	0	0	950	1	0	0	0

Steampots

	<i>Cal's (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Bean Town Bake	1470	78	20	14	705	4170	73	7	6	113
Joe's Classic Steampot	1210	75	19	14	285	3110	70	7	6	62
Joe's Classic Steampot For 2*	1210	75	19	14	285	3110	70	7	6	62
Old Bay Steampot	1200	74	19	14	170	2560	72	7	6	60
Ragin' Cajun	1590	107	26	28	250	7320	89	10	9	68
Samuel Adams Steampot	1180	74	19	14	175	2400	72	7	6	54
Sunset Fire-Grilled Steampot	1260	75	19	14	285	10180	80	9	7	64
Sunset Fire-Grilled Steampot For 2*	1260	75	19	14	285	10180	80	9	7	64
The Diablo Steampot	1420	84	19	21	175	2900	96	9	11	69
The KJ Steampot	1330	85	19	25	120	2630	77	7	7	54
The Orleans	1310	65	16	14	730	3930	72	8	7	105

*Nutritionals for 1 serving

On the Bun

	<i>Calo (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Blackened Mahi Sandwich	850	53	12	8	205	1090	38	2	7	54
Chicken Club Sandwich - Blackened	990	71	22	14	135	1320	36	2	5	51
Chicken Club Sandwich - Grilled	790	49	17	7	135	1730	36	2	5	51
Chipotle Bacon Cheeseburger	1010	68	26	9	165	2440	47	3	13	53
Crab Cake Sandwich	810	61	12	10	135	1490	40	3	4	22
Surf 'n Turf Burger	1260	85	23	9	205	2500	67	4	8	54

Shrimp & Lots of It

	<i>Calo (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Coconut Shrimp	1230	72	20	0	90	1550	127	25	24	24
Crab Stuffed Shrimp	710	37	8	3.5	335	2750	48	5	4	43
Crispy Shrimp	1060	58	12	0	180	2650	100	7	16	36
Fish & Shrimp	1540	92	18	0	170	3050	111	7	18	71
Grilled Malibu Shrimp	540	19	4	0	290	2400	55	5	9	39
Popcorn Shrimp	990	54	10	0	120	2420	98	9	16	28

Surf Sides & Add On

	<i>Calo (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Add Coconut Shrimp	420	24	8	0	45	600	42	9	15	9
Add Fried Shrimp	330	17	3.5	0	90	1260	27	1	9	15
Add Snow Crab	260	23	5	7	35	520	0	0	0	12
Broccoli Florets	80	6	1	0	0	110	6	3	2	3
Cheesy New Potatoes	250	15	9	0.5	35	670	19	2	1	9
Coleslaw	110	7	1.5	0	0	90	13	2	10	2
Dirty Rice	170	2.5	1	0	20	600	30	1	1	5
Ear of Corn	60	1	0	0	0	170	14	2	2	2
French Fries	370	19	3.5	0	0	1350	47	5	0	5
Hush Puppies	700	34	6	0	0	1640	94	8	2	10
Onion Strings	470	23	4.5	0	0	410	61	6	4	5

Desserts

	<i>Calo (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Big Cheese Cheesecake	980	64	37	0	325	670	85	3	70	16
Chocolate Shack Attack	1530	63	29	0	120	1660	225	10	155	17
Crabby Apple Crumble	1400	51	30	0	115	600	227	4	161	11
Key Lime Wave	1230	55	38	0	525	460	162	2	135	23
Sea Turtle Sundae	1240	57	25	0	105	960	167	6	125	15

Beach Buddies Kid's Menu

	<i>Calo (kcal)</i>	<i>Fat (g)</i>	<i>SatFat (g)</i>	<i>TransFat (g)</i>	<i>Chol (mg)</i>	<i>Sod (mg)</i>	<i>Carb (g)</i>	<i>Fib (g)</i>	<i>Sugar (g)</i>	<i>Prot (g)</i>
Shrimply Grilled Shrimp	310	8	1.5	0	140	1500	40	3	1	21
Mini Beach Burgers	760	41	13	8	65	870	68	2	8	28
Mini Steampot	390	15	4.5	0	135	1060	35	3	3	29
Kid's Snow Crab	90	1	0	0	35	350	7	1	1	13
Captain's Catch	1060	70	15	0	90	1860	78	7	3	32
Cheesy Mac	260	9	3		20	910	35	1	8	11
Chicken Dippers	590	33	7	0	85	500	23	0	7	43
Pizza	450	15	6	0	30	480	61	4	4	21
Fish Fingers	600	46	8	0	60	990	23	2	3	23
Rockin Popcorn Shrimp	470	39	7	0	75	920	19	1	2	10
French Fries	300	15	3	0	0	440	38	4	0	4
Corn on the Cob	30	0	0	0	0	5	7	1	1	1
Apple Sauce	90	0	0	0	0	0	24	1	22	0
Celery & Ranch	150	13	2.5	0	0	350	6	2	3	2
Rice	200	4	1	0	0	110	36	1	0	4
Veggies	40	3	0.5	0	0	55	3	2	1	2

Strawberry Sundae	290	14	9	0	45	60	39	1	35	3
Chocolate Sundae	340	14	9	0	45	85	50	0	44	4
Paint a Crab	350	6	2	0	0	300	75	1	49	2

This nutrition information is derived from testing conducted by Healthy Dining. Variation in serving sizes, preparation techniques, as well as regional and seasonal differences may affect the nutrition values of each product. 7/11