



NUTRITIONAL FACTS

Get Started

	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Bucket of Shrimp, 12	220	3	1	0	251	1270	11	1	7	34
Bucket of Shrimp, 18	300	4	1	0	376	1705	11	1	7	51
Crazy Good Crab Dip	1010	61	35	0	233	3665	85	4	7	29
Clam Strips	1120	48	9	0	105	3030	129	6	9	40
Crab Stuffed Mushrooms	650	36	15	0	155	1655	46	3	5	38
Mozzarella Sticks	600	22	13	0	80	2490	70	1	2	25
Garlicky Mussels	1250	52	6	0	254	2955	75	2	2	115
Crab Nachos	1620	110	49	0	262	5110	119	10	11	46
Double Dip	900	47	27	0	156	3545	85	5	5	31
New England Clam Chowder - Cup	290	15	9	0	6	1005	23	2	1	11
New England Clam Chowder, Bowl	360	20	12	0	8	1290	27	3	1	14
Great Balls of Fire	1110	52	19	0	165	3265	120	8	9	41
Crispy Calamari	660	11	4	0	551	2200	87	3	9	51
Classic Sampler	1220	62	29	0	476	4005	113	6	12	55

Salads

	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Crab Cake Chipotle Caesar	730	45	7	0	105	2375	57	10	15	27
Dixie Chicken Salad	1290	76	23	0	210	4645	99	13	21	58
Caesar Salad	560	46	11	0	23	2025	23	6	7	16
Caesar Salad - Chicken	730	52	13	0	102	3325	23	6	7	46
Caesar Salad - Shrimp	650	47	11	0	148	2850	24	6	7	33
House Side Salad	80	4	2	0	7	145	8	2	2	3
Caesar Side Salad	270	23	6	0	11	660	9	2	2	8

Combos

	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Shrimp & Calamari	1470	31	6	0	701	5180	222	12	27	78
Fish & Chips	1400	48	8	0	198	3670	177	10	8	66
Fish & Shrimp	1420	47	9	0	297	4360	179	11	20	71
Fish & Clams	1990	67	12	0	206	5935	259	12	23	86

Big Plates	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Crispy Catch	1710	76	20	0	534	4930	181	11	18	80
Go Shrimpin'	2020	72	26	0	440	5955	269	19	39	81
Seaside Platter	1650	53	9	0	264	5235	224	12	21	70
East Coast Platter	1550	61	10	0	323	4920	182	10	24	71
Reel Big Catch	2550	89	29	0	477	6650	326	21	49	116

Main Catch	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Cedar Roasted Salmon	1510	119	13	0	179	1765	54	5	17	58
Simply Grilled Salmon	780	45	12	0	172	1435	39	5	5	55
Maui Mahi	520	6	1	0	141	2070	29	3	8	40
Redfish 'N Lobster	1130	58	14	0	218	2620	66	3	4	79
Crab Cake Dinner	950	49	9	0	217	3030	90	7	18	43
The Shore Grill	1190	78	20	0	362	3110	56	7	12	71
Maine Grill	1990	118	31	0	617	5425	63	2	2	148
Southern Style Catfish	1650	63	13	0	179	1765	54	5	17	58

Shrimp & Lots of It	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Grilled Malibu Shrimp	510	18	3	0	251	1305	47	2	9	37
Southern Stuffed Shrimp	1250	78	32	0	398	3290	74	3	10	58
Crab Stuffed Shrimp	630	35	6	0	313	2140	32	2	2	44
Popcorn Shrimp	1360	29	6	0	235	5185	227	12	23	52
Shrimp Pasta Alfredo	1620	84	35	0	381	2770	147	6	7	71
Jumbo Coconut Shrimp	1640	54	28	0	350	3355	231	19	49	62
Crispy Jumbo Shrimp	1330	30	6	0	345	4730	206	12	25	62

Buckets of Crab	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
*Snow Crab	710	8	1	0	312	3080	45	6	5	112
*Queen Crab	710	8	1	0	312	3080	45	6	5	112
*King Crab	630	5	1	0	214	4290	45	6	5	100
*Dungeness Crab	690	7	1	0	334	1700	49	6	5	105
*Antarctic King Crab	630	5	1	0	214	4290	45	6	5	100
*Lobster Daddy Feast	1080	9	1	0	602	4195	52	6	5	189
*Crab Daddy Feast	820	8	1	0	353	4690	45	6	5	137
Dipping Butter	450	44	32	0	126	350	0	0	0	0
Joe's Famous BBQ	1300	153	28	0	0	5810	9	1	2	2
Fire Grilled	5	0	0	0	0	225	0	0	0	0
Garlic Herb	500	46	31	0	125	610	9	1	2	2
Spicy Boil	20	2	0	0	0	1075	1	0	0	0

*Excluding side of butter (450 cal). Includes ear of corn and new potatoes. Option to replace corn and new potatoes with a side of French fries (470 cal) and hushpuppies (170 cal).

Steampots*	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Ragin' Cajun	1260	77	9	0	416	7145	52	6	5	115
Arctic Bay Steampot	1810	102	41	0	793	5420	57	6	5	176
Samuel Adams Steampot	2100	108	43	0	897	5510	73	6	5	208
The Orleans	960	37	10	0	929	3085	50	6	5	132
The KJ Steampot	1340	62	3	0	368	4640	68	6	6	146
Bean Town Bake	2850	112	42	0	1388	7440	87	6	5	369
Joe's Classic Steampot	1070	57	10	0	433	4270	52	6	5	111
Joe's Classic Steampot For 2	2140	114	19	0	865	8540	104	12	10	222
Sunset Fire Grilled Steampot	830	32	10	0	433	2880	50	6	5	111
Sunset Fire Grilled Steampot For 2	1660	63	19	0	865	5755	99	11	10	221

*All steampot nutritionals include a fresh ear of corn and new potatoes. Option to replace corn and new potatoes with a side of French fries (470 cal) and hushpuppies (170 cal).

On the Bun	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Chicken Club Sandwich - Blackened	1110	83	14	0	136	2000	40	3	3	50
Chicken Club Sandwich - Grilled	910	61	14	0	136	1690	40	3	3	50
Chipotle Bacon Cheeseburger	1380	101	32	0	215	2315	59	3	18	54
Crab Cake Sandwich	840	29	3	0	104	1625	68	4	12	28
Blackened Mahi Tacos	1020	51	5	0	153	2400	92	9	7	52
Joe's Surf 'N Turf Burger	1330	74	20	0	247	3050	104	6	17	60

Out of Water	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
12oz. Ribeye	1310	106	39	0	274	1850	18	2	1	67
Joe's Steak Deal	860	27	9	0	190	6215	45	4	0	105
Steak & Malibu Shrimp	980	32	9	0	316	2095	44	2	7	121
Homestyle Chicken Tenders	1600	63	12	0	200	6055	187	10	24	73
Cheesy Chicken	1090	58	23	0	218	3340	100	5	9	55

Desserts	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Campfire S'mores	1250	43	20	0	62	945	173	6	121	13
Crabby Apple Crumble	1190	49	28	0	104	550	178	3	121	6
Chocolate Shack Attack	1320	57	27	0	103	1605	192	8	127	15
Key Lime Wave	1160	57	38	0	403	445	148	0	124	22
Sea Turtle Sundae	1280	75	28	0	116	945	141	6	91	16

Lunch	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Lunch Coconut Shrimp	1010	42	22	0	255	1550	152	14	35	45
Lunch Fish & Chips	960	44	7	0	110	2420	108	6	8	35
Lunch Dixie Chicken	1270	76	23	0	210	3945	96	13	18	58

Sides & Add On	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Coconut Shrimp	570	17	14	0	186	585	73	6	23	29
Fried Shrimp	360	3	1	0	183	1445	51	2	9	29
Popcorn Shrimp	420	3	1	0	136	1860	72	2	11	25
Grilled Shrimp	320	7	1	0	125	975	42	1	0	20
Add Snow Crab	180	2	0	0	109	1070	0	0	0	37
Add Queen Crab	210	3	0	0	125	1225	0	0	0	42
Add Dungeness Crab	200	2	0	0	134	670	2	0	0	39
Broccoli	70	6	1	0	0	105	5	0	0	3
Cheesy New Potatoes	290	22	8	0	42	630	17	2	1	7
Coleslaw	160	12	2	0	9	275	13	2	8	1
Dirty Rice	290	6	2	0	38	805	48	1	1	8
Ear of Corn	200	13	0	0	0	305	22	3	4	4
French Fries	470	15	3	0	0	1650	79	6	1	7
Hushpuppies (8 each)	500	4	1	0	87	2190	103	5	26	13
Oven Roasted Vegetables	120	8	1	0	0	345	10	3	5	2
Onion Strings	320	1	1	0	2	1210	68	4	13	9

Kids	Cals (kcal)	Fat (g)	SatFat (g)	Trans- Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Shrimply Grilled Shrimp	320	6	1	0	125	970	42	1	0	21
Mini Beach Burgers	660	44	8	0	60	640	40	2	5	24
Mini Steampot	510	16	5	0	204	1535	35	4	3	55
Kid's Snow Crab	280	4	1	0	109	1085	22	3	4	41
Captain's Catch	1030	40	9	0	161	2675	127	5	4	42
Cheesy Mac	350	11	6	0	26	1275	43	3	11	15
Chicken Dippers	670	36	6	0	102	2225	55	1	13	33
Pizza	500	22	11	0	18	830	58	4	5	19
Fish Fingers	480	25	4	0	73	995	45	1	1	21
Rockin' Popcorn Shrimp	560	21	4	0	146	1685	67	2	7	25
French Fries	260	8	2	0	0	586	44	3	0	4
Corn on the Cob	50	1	0	0	0	10	11	2	2	2
Apple Sauce	40	0	0	0	0	5	10	1	9	0
Celery & Ranch	130	12	2	0	6	280	3	1	2	1
Rice	50	5	1	0	0	150	41	1	0	4
Strawberry Sundae	260	18	10	0	60	60	23	0	17	4
Chocolate Sundae	260	18	10	0	60	60	23	0	17	4
Paint a Crab	360	9	2	0	2	245	66	0	21	2