Boston Lobster Feast Vegetarian / Vegan

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish, wheat or sesame seeds. While we do our best to identify allergen items, ingredients are subject to change. For questions, ask the Kitchen Manager.

If you have a SOYBEAN allergy, please consult with the Kitchen Manager before eating any fried food as cooking oils can vary.

Cold Bar

	Lacto-Ovo Vegetarian	Vegan
Romaine Lettuce	x	x
Ranch / Blue Cheese / Honey Mustard	x	
Balsamic Dressing	x	x
Tomato Cuke Salad	x	x
Fruit Salad	x	x
Peaches	x	x
Dinner Rolls	x	

Hot Bar

	Lacto-Ovo Vegetarian	Vegan
Macaroni and Cheese	x	
Linguini	x	x
Marinara Sauce	x	x

Sides

	Lacto-Ovo Vegetarian	Vegan
Mashed Potatoes	x	
Corn on the Cob	x	x (without butter)
Green Beans	x	x (without butter)
Steamed Vegetables	x	x (without butter)
Yellow Rice	x	x
Hush Puppies	x	
French Fries	x	x
**Note: all fried foods cooked in same oil and may be subject to cross contamination*		

Desserts

	Lacto-Ovo Vegetarian	Vegan
Ice Creams	x	
Cheesecake	x	
Brownie	x	
Carrot Cake	x	
Key Lime	x	
Flan	x	
Cookies	x	
Fresh Fruit / Oranges	x	x

Boston Lobster Feast "Big 8" Allergens - January 2024

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Cold Bar

	Milk	Eggs	Fish	Crustacean	Wheat	Soybeans	Sesame
Cole Slaw		x					
Krab Salad		x		x			
Shrimp Salad		x		x	x		
Tomato Cuke Salad							
Sushi	x (crm chs)		x	x			x
Soy Sauce						x	
Octopus Salad							
Caesar Salad		x			x		
Fruit Salad							
Peaches							
Peel & Eat Shrimp				x			
Smoked Salmon			x				
Gravlox Salmon			x				
Oysters - raw				x			
Clams - raw				x			

Hot Bar

	Milk	Eggs	Fish	Crustacean	Wheat	Soybeans	Sesame
Mussels - black				x			
Little Necks / Top Necks				x			
Blue Crab				x			
SW Mussels				x			
Oysters Rockefeller	x			x			
Crawfish				x			
Clam Chowder	x			x			
Lobster Bisque	x			x	x		
Seafood Chowder	x		x	x			
Cajun Boil		x	x	x			
Gumbo			x	x			
Cod with Ritz Topping	x	x	x		x		
Salmon - blackened			x				
Teriyaki Tuna			x			x	x
Mahi Mahi - Lemon	x		x				
Fried Chicken	x						
Smoked Chicken							
Chicken Wings							
BBQ Pork Ribs							
Pulled Pork							
Seafood au Gratin	x				x		

	Milk	Eggs	Fish	Crustacean	Wheat	Soybeans	Sesame
Shrimp Scampi	x			x			
Prime Rib							
London Broil						x	
Marinara							
Meatballs	x	x			x		
Sausage & Peppers							
Linguini					x		
Lobster Mac N Cheese	x				x		
Manager Special - ask							
Fried Cod			x				
Fried Calamari				x			
Fried Chicken							
Fried Scallops				x			
Clam Strips				x			
Fried Shrimp				x			
**Note: all fried foods cooked in same oil and may be subject to cross contamination*							
**** Fryer oil may contain Soybean; please ask Kitchen Manager*							

Sides

	Milk	Eggs	Fish	Crustacean	Wheat	Soybeans	Sesame
Mashed Potatoes	x						
Corn on the Cob	x (with butter)						
Green Beans	x (with butter)						
Steamed Vegetables	x (with butter)						
Yellow Rice	x (with butter)						
Brown Gravy					x		
Mac N Cheese	x				x		
Hush Puppies					x		
French Fries							
**Note: all fried foods cooked in same oil and may be subject to cross contamination*							

Desserts

	Milk	Eggs	Fish	Crustacean	Wheat	Soybeans	Sesame
Ice Creams	x						
Cheesecake	x	x			x		
Brownie	x	x			x		
Carrot Cake	x	x			x		
Key Lime	x	x			x		
Flan	x	x					
Cookies	x	x			x		
Fresh Fruit / Oranges							
Baker's Special - please inquire - might include nuts or peanuts							