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My Red Lobster: [METAIRIE](#)

LIGHTHOUSE™ MENU



Naturally good for you, seafood is the perfect choice when eating right. LightHouse SelectionsSM are our healthiest items and dishes. Most selections have less than 500 calories, no more than 10 grams of fat and are very low in carbs.

Nutritional content does not include accompaniments, sides or dipping sauces.

SIGNATURE SHELLFISH



Chilled Jumbo Shrimp Cocktail Appetizer
138 cal, 1 carb, 2g fat



Live Maine Lobster (1 1/4 pound)
145 cal, 2 carbs, 1g fat



Garlic-Grilled Jumbo Shrimp
142 cal, 1 carb, 3g fat



Snow Crab Legs
262 cal 0 carbs, 4.5g fat



North Pacific King Crab Legs
490 cal, 0 carbs, 9g fat

ACCOMPANIMENTS

Garden Salad

52 cal, 9 carbs, 2g fiber, 2g fat
with red wine vinaigrette dressing
add 50 cal, 5 carbs, 3g fat
with petite shrimp topping
add 30 cal, 1 carb, 1g fat

Cheddar Bay Biscuits™

160 cal, 17 carbs, 9g fat (each)

SIDES

Seasoned Broccoli

56 cal, 10 carbs, 4g fiber, 0g fat

Wild Rice Pilaf

204 cal, 36 carbs, 2g fiber, 5g fat

Baked Potato

(without topping)
179 cal, 36 carbs, 4g fiber, 2g fat

Baked Potato

(with pico de gallo topping)
185 cal, 37 carbs, 4.5g fiber, 2g fat

DIPPING SAUCES

Large Cocktail Sauce

87 cal, 17 carbs, 2g fiber, 2g fat

100% Pure Melted Butter

(1 fluid ounce)
189 cal, 0 carbs, 21g fat

Lemon Wedge

2 cal, 1 carb, 1g fiber, 0g fat

FRESH FISH

We offer a variety of fresh fish daily. Selections may vary.

Tilapia (grilled or broiled)

Half Portion 186 cal, 0 carbs, 6g fat • Full Portion 346 cal, 0 carbs, 10g fat

Salmon (grilled or broiled)

Half Portion 258 cal, 0 carbs, 12g fat • Full Portion 578 cal, 0 carbs, 33g fat

Rainbow Trout (grilled or broiled)

Half Portion 273 cal, 2 carbs, 14g fat • Full Portion 512 cal, 6 carbs, 25g fat

OTHER SPECIALTIES



Broiled Flounder

240 cal, 0 carbs, 5g fat



Grilled Chicken Breast

314 cal, 0 carbs, 8g fat

Due to the handcrafted nature of our menu items and the inherent size variations of seafood, nutritional content may vary. Guests who have special food sensitivities or dietary needs should not rely solely on this information.

Seafood also can be part of healthy diet. [Learn more in Seafood & Health.](#)

Allergy Information: Your health and safety are top priorities for Red Lobster. [Find out more.](#)

Availability and Pricing of Some Menu Items May Vary



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