Red Lobster Menu with Prices 2026

Typical 2026 Red Lobster prices and calories for every feast, crab and lobster dish, shrimp entree, pasta, steak, starter, bowl, sandwich, side, dessert and kids meal, plus Daily Deals and family meals. Last updated: November 2026.

Full guide: steelblue-giraffe-258408.hostingersite.com/red-lobster/menu-prices/

Daily Deals and Lunch

Deal	Price	When
Monday: Endless Shrimp	$24.99	Weekday Daily Deal
Tuesday: Snow Crab Legs	$24.99	Weekday Daily Deal
Wednesday: Steak and Lobster	$24.99	Weekday Daily Deal
Thursday: Lobster and Shrimp	$19.99	Weekday Daily Deal
Friday: Fish and Chips	$15.99	Weekday Daily Deal
Lunch: Soup, Salad and Biscuits	about $10.99	Weekdays 11 a.m. to 3 p.m.
Lunch: Cod Fish and Chips / Walt's Favorite Shrimp	about $11.99 / $12.99	Weekdays 11 a.m. to 3 p.m.

Feasts, Crab and Boils

Item	Price	Calories
Admiral's Feast	$26.99 to $34.79	1,670
Ultimate Feast	$43.99 to $55.19	1,280
Create Your Own Ultimate Feast	about $48.99	varies
Lobster Lover's Duo	$42.99 to $53.99	600
Surf and Turf: lobster tail and 7 oz sirloin	$36.99 to $46.79	740
Crab Your Way, 1 lb snow crab	$29.99 to $39.59	910 to 1,510
Crabfest Boil, snow crab / Bairdi crab	$43.99 / $48.99	1,890 to 2,370
Sailor's Seafood Boil	about $40.79	2,600 to 3,040
Seaside Shrimp Trio	about $28.79	1,100
Create Your Own Family Feast (serves 4)	about $69.99	Family meal

Shrimp, Fish and Pastas

Item	Price	Calories
Walt's Favorite Shrimp	$16.99 to $21.59	520
Garlic Shrimp Scampi	about $20.39	440
Grilled Shrimp	about $21.59	500
Parrot Isle Coconut Shrimp	about $22.79	940
Fish and Chips	$17.99 to $23.99	1,520
Wild caught Crunch Fried Flounder	about $22.79	1,170
Atlantic Salmon	about $29.99	510
Salmon Oscar	about $35.99	760
Classic or Cajun Chicken Linguini Alfredo	$19.99 to $23.99	1,010 to 1,060
Shrimp Linguini Alfredo	$20.99 to $25.19	930
Crab and Shrimp Linguini Alfredo	$21.99 to $27.59	1,030
Lobster and Shrimp Linguini	$26.99 to $32.39	1,240

Steaks, Chicken, Bowls and Sandwiches

Item	Price	Calories
7 oz Sirloin	about $25.19	320
Garlic Lover's 7 oz Sirloin	about $25.79	400
Steak Oscar, 7 oz Sirloin	about $31.19	580
6 oz Filet Mignon	about $35.99	260
Steak Oscar, 6 oz Filet	$32.99 to $41.99	520
Parmesan Crusted Chicken	about $23.99	650
Crispy Chicken Tenders	about $20.39	950
Cheeseburger	about $16.79	1,450
Crunch Fried Flounder Sandwich	$12.99 to $17.99	1,580
Chicken Caesar Bowl	$15.99 to $19.19	720
Sesame Soy Salmon Bowl	$19.99 to $25.19	1,120

Starters, Biscuits, Desserts and Kids

Item	Price	Calories
Mozzarella Cheesesticks	about $11.99	730
Crab Queso	$13.99 to $19.19	930
Lobster Flatbread	$16.99 to $21.59	800
Crispy Dragon Shrimp	about $16.79	1,010
Popcorn Shrimp	about $16.79	820
Classic Caesar Salad	about $13.19	560
Cheddar Bay Biscuits, 6 / 12	$4.99 to $5.99 / $7.49	970 for 6
Add Garlic Shrimp Scampi or Grilled Shrimp	$6.49	add on
Add 1/2 lb snow crab	$12.99	380

Item	Price	Calories
Crab Topped Asparagus	$7.99 to $13.19	260
Chocolate Wave	$8.99 to $11.99	1,110
Key Lime Pie, slice	about $11.99	580
Kids Grilled Shrimp	$7.99 to $9.59	80
Kids Mac and Cheese	about $8.39	310