Red Lobster Lunch Menu 2026 – Prices, Calories & Deals

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$10 Lunch Specials

Item	Price	Calories
Soup, Salad & Cheddar Bay Biscuits	$8.99	380
Garlic Shrimp Scampi	$9.99	520
Popcorn Shrimp	$9.99	430
Crispy Clam Strips	$9.99	580
Crispy Cod Sandwich	$9.99	550
Parrot Isle Jumbo Coconut Shrimp	$10.99	610

Seafood Classics

Item	Price	Calories
Walt's Favorite Shrimp	$13.99	690
Wild-Caught Flounder (Fried)	$13.99	610
Hand-Breaded Flounder	$10.99	430
Sailor's Platter	$15.99	880
Shrimp Linguini Alfredo	$14.99	870
Grilled Salmon (Lunch Portion)	$13.49	480
Salmon New Orleans (Half)	$20.49	740

Salads & Lighter Options

Item	Price	Calories
Caesar Salad with Grilled Chicken	$11.99	490
Caesar Salad with Grilled Shrimp	$12.49	460
House Salad + Soup Combo	$8.99	340
Classic Garden Salad	$6.99	180

Non-Seafood Lunch Options

Item	Price	Calories
Chicken Tenders	$9.99	620
Cheeseburger with Fries	$9.99	780

New Sandwiches

Item	Price	Calories
Nashville Hot Chicken Sandwich	$12.99	estimated 700
Wagyu Bacon Cheeseburger	$14.99	estimated 850

Power Bowls (Healthy Choices)

Item	Price	Calories
Baja Shrimp Bowl	$16.99	620
Sesame-Soy Salmon Bowl	$17.99	580
Kung Pao Noodles with Crispy Shrimp	$16.99	740

$15 Daily Deals

Item	Price	Calories
Linguini Alfredo	$14.99	870
Fish & Chips	$15.99	estimated 800
Lobster & Shrimp Scampi	$19.99	estimated 900
Crab Your Way	$24.99	estimated 1100
Steak & Lobster	$24.99	estimated 1000

Sides & Extras

Item	Price	Calories
Cheddar Bay Biscuits (6 pcs)	$3.99	260
Chesapeake Fries	$3.99	400
Coleslaw	$2.99	150
Broccoli (steamed)	$2.99	50
Hush Puppies	$3.49	300

Kids’ Lunch Menu

Item	Price	Calories
Kids’ Popcorn Shrimp	$6.49	400
Kids’ Chicken Tenders	$6.49	500
Kids’ Mac & Cheese	$5.99	600
Kids’ Grilled Cheese	$5.99	550

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.