

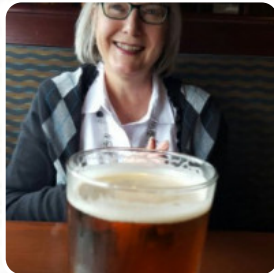


Red Lobster Menu

<https://menuweb.menu>

1410 Interstate Dr TN 385014123, Cookeville, United States

+19315208422 - <https://www.redlobster.com/seafood-restaurants/locations/tn/cookeville/1410-interstate-drive>



The **menu of Red Lobster** from Cookeville includes 303 dishes. On average the **dishes or drinks on [the menu](#)** cost approximately \$18.8. You can view the categories on the menu below. Red Lobster invites you to indulge in our PRIORITY SEATING option to minimize your wait time, allowing you to enjoy more of the things you love. While you wait, you can relax at our bar with a refreshing drink and a delectable Tasting Plate. We are proud to be the world's largest and most beloved seafood restaurant, serving high-quality, freshly-prepared seafood sourced in a traceable, sustainable, and responsible manner. Our menu includes lunch and dinner options with popular dishes like the Ultimate Feast, Garlic Shrimp Scampi, and Parrot Isle Jumbo Coconut Shrimp. Additionally, we offer seasonal flavors and dishes during events such as Lobsterfest, Crabfest, and Endless Shrimp. And don't forget to savor our famous warm and cheesy Cheddar Bay Biscuits. Want to discover more? Visit www.redlobster.com.

Red Lobster Menu



Non Alcoholic Drinks

ICED TEA

Pasta

LINGUINE

Burger

BACON MAC CHEESE

Salad

CAESAR

Sandwiches

BACON CHEESEBURGER \$14.0

Sauces

KETCHUP

Appetizer

POPCORN SHRIMP \$6.5

Fried Rice

LOBSTER MEAT

Nachos

SHRIMP NACHOS

Baked Potatoes

BAKED POTATO

Wine

KENDALL-JACKSON VINTNER'S
RESERVE CHARDONNAY

Cider

12 OZ. HARD CIDER

Signature Rolls

SWEET CHILI SHRIMP

American Food

MAC AND CHEESE

Happy Hour

SKINNY COCKTAILS

Fast Food

MOZZARELLA CHEESESTICKS \$9.0

Happy Hour - Frozen Cocktails

CLASSIC MARGARITA

Kalte Alkoholfreie Getränke

MUG ROOT BEER

Soups And Salads

CREAMY POTATO BACON

Hearty Meals

FARM-RAISED CATFISH

Red Wine

CABERNET SAUVIGNON, J. LOHR
ESTATES SEVEN OAKS, CALIFORNIA

Red Lobster Menu



Small Plates

CRAB FRITTERS

Land And Sea

CAJUN CHICKEN LINGUINI ALFREDO

Breakfast & Brunch

MANGO MAI TAI

Healthy Choices

GRILLED ATLANTIC SALMON* \$16.5

Pastas & Bowls

LOBSTER LINGUINI \$30.0

Rose

AVA GRACE, CALIFORNIA

Reds

MERLOT, BLACKSTONE, CALIFORNIA

Specialty

ANGRY ORCHARD

White Wines

CHARDONNAY, ROBERT MONDAVI
PRIVATE SELECTION, CALIFORNIA

Signature Martinis

CARAMEL APPLETONI

Bottles

TRULY WILD BERRY

Sparkling

SPARKLING BRUT, KORBEL,
CALIFORNIA

Featured Drink

GRAND PATRÓN MARGARITA

Pinot Grigio

ECCO DOMANI, ITALY

Featured Drinks

SUNSET PASSION COLADA

Cabernet Sauvignon

JOSH CELLARS, CALIFORNIA

Craft & Import

BLUE MOON BELGIAN WHITE

Craft

FAT TIRE AMBER ALE

Lobster

LIVE MAINE LOBSTER

Beer On Tap

SHOCK TOP BELGIAN WHITE

By The Glass

CHARDONNAY, KENDALL-JACKSON
VINTNER'S RESERVE, CALIFORNIA

Bottled Beers

BOSTON LAGER

Red Lobster Menu



Riesling

CHATEAU STE. MICHELLE,
WASHINGTON

Snacks & Sharing

HAND-BREADED CALAMARI \$12.3

Daily Deals

STEAK AND LOBSTER
WEDNESDAY \$25.0

Non Alcoholic

HANDCRAFTED FLAVORED LEMONADES

Entrées - Seafood

HAND-BATTERED FISH AND CHIPS

Seafood Delights

GARLIC LINGUINI ALFREDO

Lager

O'DOUL'S (NON ALCOHOLIC)

Seltzer

12 OZ. HARD SELTZER

After Dinner Coffee Drinks Cognac & Brandies

BAILEYS AND COFFEE

Sweet Red

ROSCATO ROSSO, ITALY

Country Sides

ASPARAGUS (SEASONAL)

After Dinner

CHOCOLATE MARTINI

Premium Spirits

LIQUEURS/CORDIALS

Discover Even More Crab

CRAB LOVER'S DREAM

Frozen Favorites

BERRY MANGO DAIQUIRI

Bowls & Sandwiches

CRUNCH-FRIED FLOUNDER
SANDWICH \$13.0

Lobsterfest®

LOBSTER LOVER'S DREAM \$50.0

Sandwiches And Platters

CLAM STRIPS

Cold Beers

LAGUNITAS IPA

Honey B's Specials

FISH FRY FRIDAY \$14.0

Beer | Bottle

ANGRY ORCHARD CRISP APPLE CIDER

Red Lobster Menu



Flavored Coffee Beans

MUDSLIDE

Hot And Delicious

COFFEE NUDGE

Top Your Potato

LOBSTER-TOPPED

Boston Iced Teas

CLASSIC CRANBERRY

American White Wines

WHITE ZINFANDEL, BERINGER,
CALIFORNIA

Create Your Own Ultimate Feast Deserves - Ultimate Sides

LOBSTER-TOPPED POTATOES

Entrees And More

CHICKEN BREAST STRIPS

Various Entrees

LOBSTER SCAMPI LINGUINE

Lager Beers

SAM ADAMS BOSTON LAGER

Restaurant Category

DESSERT

Crepes Variations

CARAMEL CHEESECAKE

Diverse Cuisine

LOBSTER PIZZA

Seafood Platters And Bakes

BAR HARBOR LOBSTER BAKE \$34.5

Pasta And Noodle Dishes

SESAME-SOY SALMON* BOWL \$17.5

Soups

NEW ENGLAND CLAM CHOWDER

LOBSTER BISQUE

Fish Dishes

FISH CHIPS \$16.0

FISH AND CHIPS

Starters & Salads

POTATO CHIPS

FRENCH FRIES

Vegetarian Dishes

FRESH GARDEN SALAD

CARROT CAKE

Soft Drinks

PEPSI

DR. PEPPER

Red Lobster Menu



Kids

CRISPY CHICKEN TENDERS \$14.5

GARLIC-GRILLED SHRIMP

Main

MAINE LOBSTER TAIL DUO \$36.0

LOBSTER SHRIMP-TOPPED
SIRLOIN* \$37.0

Sweet Treats

WARM CHOCOLATE CHIP LAVA COOKIE

NEW YORK-STYLE CHEESECAKE WITH
STRAWBERRIES

Shrimp, Lobster, And Crab

WILD-CAUGHT SNOW CRAB LEGS

CRUNCHY POPCORN SHRIMP

Featured Items

SEAFARER'S FEAST \$36.5

WOOD-GRILLED LOBSTER, SHRIMP AND
SALMON

Popular Items

ALOTTA COLADA

CRAB LINGUINI ALFREDO

White

CHARDONNAY, SUTTER HOME,
CALIFORNIA

WHITE ZINFANDEL, SUTTER HOME,
CALIFORNIA

Chardonnay

KENDALL-JACKSON VINTNER'S
RESERVE, CALIFORNIA

SEA SUN, CAYMUS VINEYARDS,
CALIFORNIA

Dinner Entrées

FRESH TILAPIA

MAPLE-GLAZED CHICKEN

Add To Any Meal

GARLIC-GRILLED SHRIMP SKEWER

GARLIC-GRILLED SEA SCALLOPS

Draft Beers

SAM ADAMS SEASONAL

AMSTEL LIGHT

Surf & Turf

WALT'S FAVORITE SHRIMP 7 OZ.
SIRLOIN* \$25.8

MAINE LOBSTER TAIL 7 OZ.
SIRLOIN* \$33.0

Weekday Lunch Specials

SHRIMP LINGUINI ALFREDO \$16.5

ENDLESS CHOWDER, SALAD
CHEDDAR BAY BISCUITS \$10.0

Soups & Sides

CREAMY LOBSTER BAKED POTATO

CREAMY LOBSTER MASHED POTATOES

Red Lobster Menu



Seafood Bakes

CRAB AND ROASTED-GARLIC SEAFOOD
BAKE

ROASTED MAINE LOBSTER BAKE

Lunch - Available Every Day 11 A.m.-3 P.m.

WOOD-GRILLED TACOS

CRUNCH-FRIED FISH SANDWICH

Main Courses

STEAKS

7 OZ. SIRLOIN*

SEA-SALTED FRIES

Fish

PARMESAN-CRUSTED FRESH TILAPIA

SEA BASS

WILD-CAUGHT FLOUNDER

Spirits

MARTINI

BOURBON/WHISKEY

SCOTCH

Main Course

JUMBO COCONUT AND SPICY
PINEAPPLE-GRILLED SHRIMP

SHRIMP-AND-SCALLOPS ALFREDO WITH
FRESH TOMATOES

WOOD-GRILLED FRESH TILAPIA

Margaritas

PERFECT 1800 MARGARITA

TOP-SHELF MARGARITA

LOBSTERITA

Alkoholische Cocktails

STRAWBERRY MOJITO

COSMOPOLITAN

STRAWBERRY DAIQUIRI

Hot Drinks

TEA

COFFEE

IRISH COFFEE

Red

MERLOT, SUTTER HOME, CALIFORNIA

PINOT NOIR, MIRASSOU, CALIFORNIA

CABERNET SAUVIGNON, BERINGER
FOUNDERS' ESTATE, CALIFORNIA

Signature Cocktails

MALIBU HURRICANE

GREY GOOSE CAPE CODDER

TRIPLE BERRY SANGRIA

Sea

SALMON NEW ORLEANS

PERFECTLY GRILLED FISH

LOBSTER-TOPPED STUFFED
FLOUNDER \$20.5

Add To Any Entree

MAINE LOBSTER TAIL \$14.0

GRILLED SHRIMP SKEWER \$6.5

GRILLED SEA SCALLOPS \$10.0

Red Lobster Menu



Create The Ultimate Seafood Experience

SEAFOOD-STUFFED MUSHROOMS \$11.0

CRAB-STUFFED SHRIMP RANGOON \$12.3

LOBSTER-ARTICHOKE-AND-SEAFOOD DIP

Non-Alcoholic Beverages

FROZEN SPECIALTY DRINKS

FRUIT SMOOTHIES

BOSTON ICED TEAS

Create Your Own Lunch

LIGHTLY BREADED CLAM STRIPS

CRUNCH-FRIED FISH

BROILED OR FRIED BAY SCALLOPS

Mains

SAILOR'S PLATTER \$16.0

COASTAL SOUP AND GRILLED SHRIMP SALAD

SHRIMP AND WOOD-GRILLED CHICKEN

WOOD-GRILLED SHRIMP SKEWERS

Appetizers

COCONUT SHRIMP

CRISPY CALAMARI AND VEGETABLES

SEASIDE SAMPLER

WHITE WINE AND ROASTED-GARLIC MUSSELS

Signature Feasts

SEASIDE SHRIMP TRIO \$24.0

CARIBBEAN ROCK LOBSTER SHRIMP \$36.0

GRILLED LOBSTER, SHRIMP SALMON \$35.5

ADMIRAL'S FEAST \$24.0

From The Sea

GARLIC-GRILLED SHRIMP SKEWERS \$17.0

WALT'S FAVORITE SHRIMP \$16.5

WILD-CAUGHT CRUNCH-FRIED FLOUNDER \$16.0

SALMON NEW ORLEANS

HAND-BREADED SHRIMP

White Wine

RIESLING, CHATEAU STE MICHELLE, WASHINGTON

MOSCATO, SUTTER HOME, CALIFORNIA

PINOT GRIGIO, ECCO DOMANI, ITALY

SAUVIGNON BLANC, BV COASTAL ESTATES, CALIFORNIA

CUPCAKE SAUVIGNON BLANC

Create Your Own Combination

BAY SCALLOPS

CRISPY CLAM STRIPS

SEAFOOD-STUFFED FLOUNDER

WOOD-GRILLED FRESH SALMON

7 OZ. PEPPERCORN-GRILLED SIRLOIN*

From The Land & Sea

NY STRIP* AND ROCK LOBSTER TAIL

WOOD-GRILLED PEPPERCORN SIRLOIN*

Red Lobster Menu



WOOD-GRILLED PEPPERCORN SIRLOIN*
AND SHRIMP

CENTER-CUT NY STRIP STEAK*

PARMESAN-CRUSTED CHICKEN
ALFREDO

Crab And Seafood Delights

ALASKA BAIRDI CRAB LEGS DINNER

CRAB CAKES CRAB-OSCAR SALMON

CRABFEST ULTIMATE SURF TURF

GRILLED CORN WITH CHEESE
CILANTRO-LIME BUTTER

HOMEMADE BERRY SHORE-CAKE

Salads

COLESLAW

HOUSE OR CAESAR SIDE SALAD

BLUE CHEESE SALAD

CAESAR SALAD

FRESH CAESAR SALAD

CLASSIC CAESAR SALAD \$10.0

Alcoholic Drinks

CORONA EXTRA

VODKA

RUM

COGNAC

TEQUILA

GIN

Entrées

CRISPY GREEN BEANS \$5.0

FRIED SHRIMP

STUFFED MUSHROOMS

CRISPY SHRIMP LETTUCE WRAPS

LOBSTER-CRAB-AND-SEAFOOD
STUFFED MUSHROOMS

SNOW CRAB LEGS

Side Dishes

MASHED POTATOES

ORZO RICE

FRESH BROCCOLI

BAKED POTATO

PETITE GREEN BEANS

WILD RICE PILAF

Dessert

CHOCOLATE WAVE \$8.0

VANILLA BEAN CHEESECAKE \$7.5

BROWNIE OVERBOARD \$8.5

TRIPLE-CHOCOLATE BROWNIE A LA
MODE

WARM APPLE CROSTADA

KEY LIME PIE

Beer

BUD LIGHT

STELLA ARTOIS

MICHELOB ULTRA

HEINEKEN

BUDWEISER

COORS LIGHT

Lunch Specials

CUP OF SOUP AND GRILLED SHRIMP
SALAD

Red Lobster Menu



BACON CHEDDAR CHICKEN CLUB
SANDWICH

WOOD-GRILLED BURGER

WOOD-GRILLED CHICKEN TACOS

WOOD-GRILLED FRESH TILAPIA TACOS

WOOD-GRILLED SHRIMP TACOS

These Types Of Dishes Are Being Served

LOBSTER

FISH

CHICKEN

PASTA

SALAD

ICE CREAM

APPETIZER

Seafood

GARLIC SHRIMP SCAMPI \$6.5

ULTIMATE FEAST \$40.0

ATLANTIC SALMON

LOBSTER SHRIMP TACOS \$18.0

SHRIMP SCAMPI

CRAB CAKE DINNER

LOBSTER TAIL

SHRIMP YOUR WAY

Starters

LOBSTER LANGOSTINO PIZZA \$14.3

PARROT ISLE JUMBO COCONUT
SHRIMP \$11.8

NORWAY LANGOSTINO LOBSTER
DIP \$12.8

WHITE WINE SAUTÉED-GARLIC
MUSSELS \$12.8

CRISPY BRUSSELS SPROUTS

SIGNATURE SHRIMP COCKTAIL

STEAMED SNOW CRAB LEGS

ROCK LOBSTER TAIL

Cocktails

MARGARITAS

TOP-SHELF LONG ISLAND ICED TEA

BAHAMA MAMA

LOBSTER PUNCH

TITO'S STRAWBERRY LEMONADE

MOJITO

BLOODY MARY

PINA COLADA

Beverages

ORGANIC HOT TEA

PERRIER SPARKLING WATER

CLASSIC LEMONADE

DIET PEPSI

SIERRA MIST

TROPICANA FRUIT PUNCH

CORONA LIGHT

BOTTLED BEVERAGES

Drinks



STRAWBERRY LEMONADE

MTN DEW

CLASSIC LOBSTERITA

PASSION FRUIT LOBSTERITA

BERRY SUNSET LOBSTERITA

Red Lobster Menu



SAM ADAMS

COFFEE AND TEA

FOUNTAIN BEVERAGES

DRINKS

PEPSI ZERO SUGAR

Ingredients Used

RASPBERRY

CHEESE

BUTTER

SHRIMP

SEAFOOD

GRILLED SHRIMP

POTATOES

CHEDDAR

COCONUT

BACON

BROCCOLI

BRUSSEL SPROUTS

BRUSSELS SPROUTS

SHRIMP

SHRIMPS

Red Lobster

1410 Interstate DrTN 385014123,
Cookeville, United States

Opening Hours:
Monday 11:00 -21:00
Tuesday 11:00 -21:00
Wednesday 11:00 -21:00
Thursday 11:00 -21:00
Friday 11:00 -22:00
Saturday 11:00 -22:00
Sunday 11:00 -21:00

Made with [Menu](#)

