

Red Lobster

Beverages <i>Original Weight Watchers Points only</i>	Calories	Total Fat (g)	Fiber (g)	Protein (g)	Carbs (g)	WW Points	Points Plus
After Dinner Drinks							
Baileys ☉ and Coffee	180	8			15	4	n/a
Baileys ☉ Irish Cream	270	4.5			6	6	n/a
Coffee Nudge	130	2			13	3	n/a
Disaronno Amaretto ☉	80	0			12	2	n/a
Frangelico ☉	70	0			12	1	n/a
Grand Marnier ☉	80	0			6	2	n/a
Irish Coffee	90	2			4	2	n/a
Kahlua ☉	90	0			15	2	n/a
Classic Cocktails							
Amaretto Sour	170	0			30	3	n/a
Biscayne Bay Breeze	240	0			46	5	n/a
Bloody Mary	140	0			16	3	n/a
Malibu Hurricane	200	0			35	4	n/a
Screwdriver	100	0			8	2	n/a
Tequila Sunrise	170	0			24	3	n/a
Top-Shelf Long Island Iced Tea	190	0			21	4	n/a
Beer							
Blue Moon	220	0			20	4	n/a
Bud Light	160	0			19	3	n/a
Fat Tire	210	0			20	4	n/a
Sam Adams	210	0			24	4	n/a
Shiner Bock	190	0			16	4	n/a
Yuengling	190	0			16	4	n/a
Fountain Drinks (non diet only listed)							
Coke ☉	100	0			27	2	n/a
Dr. Pepper ☉	150	0			27	3	n/a
Minute Maid ☉ Raspberry Lemonade	180	0			30	4	n/a
Sprite ☉	100	0			26	2	n/a
Specialties Drinks							
Alotta Colada	700	16			95	15	n/a
Bahama Mama	350	0			51	7	n/a
Berry Mango Daiquiri	350	0			62	7	n/a
Big Berry Daiquiri	350	0			65	7	n/a
Mango Mai Tai	190	0			34	4	n/a
Mudslide	520	21			52	12	n/a
Piña Colada	320	6			55	7	n/a
Red Passion Colada	310	4.5			55	7	n/a
Strawberry Daiquiri	250	0			46	5	n/a
Sunset Passion Colada	360	8			63	8	n/a
Triple Berry Sangria	200	0			35	4	n/a
Margaritas							
Classic Margarita - Frozen	470	0			96	9	n/a