Red Lobster Drink Menu 2026: Prices, Calories & Options

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Fountain Drinks

Item	Price	Calories
Pepsi®	$3.79	150
Pepsi® Zero Sugar	$3.79	—
Diet Pepsi®	$3.79	—
STARRY® Lemon-Lime	$3.79	150
Dr Pepper®	$3.79	140
MUG® Root Beer	$3.79	150
Mountain Dew®	$3.79	160
Unsweet Iced Tea	$3.79	—

Lemonades

Item	Price	Calories
Classic Lemonade	$4.39	140
Strawberry Lemonade	$4.39	240
Watermelon Lemonade	$4.39	260
Mango Lemonade	$4.39	210
Raspberry Lemonade	$4.39	240

Iced Teas

Item	Price	Calories
Boston Iced Tea – Raspberry	$4.39	100
Boston Iced Tea – Cranberry	$4.39	80
Boston Iced Tea – Mango	$4.39	110

Mocktails

Item	Price	Calories
Coastal Colada	$6.49	310
Strawberry Breeze	$6.49	180

Signature Cocktails

Item	Price	Calories
Lobsterita (Classic Margarita)	$8.50	250-350
Tito’s Twisted Strawberry Lemonade	$7.00	220
Bahama Mama	$8.50	280
Long Island Iced Tea	$9.00	300
Classic Mojito	$8.00	200

Margarita & Sangria Flights

Item	Price	Calories
Main Deck Margarita Flight	$16.00	500-600
Seaside Sangria Flight	$15.00	400-500

Beer Selection

Item	Price	Calories
Bud Light	$5.50	110-150
Coors Light	$5.50	110-150
Corona Extra	$6.50	150
Heineken	$6.50	150
Blue Moon	$6.50	180

Wine by the Glass

Item	Price	Calories
Chardonnay, Sutter Home	$6.99	120
Pinot Grigio, Ecco Domani	$8.79	120
Moscato, Jam Jar Sweet White	$7.99	130
Merlot (house red)	$7.00	125
Cabernet Sauvignon	$8.00	130

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.