



# Lobster



Whether you want a great lobster dinner without the hassle of cooking it yourself, or you want to do all the work yourself and eat in; check out one of these local lobster pounds. Most are casual dining with outdoor seating. Lobster dinners can be a messy experience; plastic bibs and handi-wipes are the norm.

Call for hours as they may fluctuate.

## **Abel's Lobster Pound**

13 Abel's Lane, Mount Desert  
Open Mid-June to October  
207-276-5827

## **Beal's Lobster Pound**

182 Clark Point Road  
Southwest Harbor  
Lobster Pound Open Year Round  
207-244-3202

## **Downeast Lobster Pound**

1192 Bar Harbor Rd, Trenton  
Open seasonally  
207-667-8589

## **Parsons**

64 Eagle Lake Rd, Bar Harbor  
Open Seasonally  
207-288-4736

## **The Traveling Lobster**

1569 ME-102  
Bar Harbor  
Open Seasonally  
207-288-8028

## **MDI Lobster & BBQ**

126 Clark Point Road  
Southwest Harbor, ME  
207-266-9419

## **Thurston's Lobster Pound**

9 Thurston Rd, Bernard  
Open Memorial Day to September  
207-244-7600

## **Trenton Bridge**

1237 Bar Harbor Road, Trenton  
Open June to September  
207-667-2977

## **Hodgdon Seafood**

1065 Tremont Road  
Seal Cove  
Open Seasonally  
207-669-2343

## **Ground Tender Lobster**

6 Gotts Lane  
Southwest Harbor  
Open daily 3 – 6:30pm  
207-460-5751 (text preferred)

## **Charlotte's Legendary Lobster**

465 Seawall Road  
Southwest Harbor  
207-244-8021



# How To Cook Lobster

Fill your lobster pot with 2 inches of water. Salt if you desire. Wait until the water has reached a hard boil and lots of steam is coming off. Place lobsters in the pot. Cook 15-20 minutes till the lobsters turn bright red!



## How To Eat A Lobster

Bend back claws and flippers, break off where attached to body. Use cracker and pick to remove meat in claws and knuckles. Suck meat from flippers. Bend back tail and break off from body. Tail flippers can also be broken back and the meat pushed out, or you can cut the membrane. In the body are the green tomalley (liver) and the red coral of the females (roe). Some consider tomalley and red coral as delicacies.