

	Serving Size	Calories	Calories from Fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)
Limited Time Offers														
Fried Oysters	1 order	240	150	17	6	0.5			30	400		16		
Grilled Flounder	1 filet	70	15	1.5	0		0	0	30	410	220	1		
Southern Style Flounder	1 filet	330	200	22	11	1.5	0	0	50	880	220	18		
Southern-style Fish Tenders with D's Dippin Sauce	1 order	650	460	52	20	2			80	1450	0	20		3

Common Allergens and Sensitivities

All items on this chart have been analyzed on an individual basis. Breadsticks, hush puppies and other sides have not been included part of the meals, and have been analyzed separately. Take into account all components of the dish to determine final allergen & sensitivity content of the complete meal.

We analyzed all of the items on this chart on an individual basis. We did not include breadsticks, hush puppies, dipping sauces, and sides as part of any meal. Instead, we analyzed those items separately. Please take into account all components of a meal to determine the final nutritional, allergen and sensitivity content of your complete meal.

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat		Corn	Gluten	Added MSG	Pepper (white and black)
Limited Time Offers													
Fried Oysters				X	X	X		X		X	X	X	X
Grilled Flounder		X	X			X				X			X
Southern Style Flounder		X						X		X	X	X	X
Southern Style Fish Tenders with D's Dippin' Sauce	X	X						X		X	X	X	X

We prepared the above nutritional information with the help of our third-party consultant, MenuTrinfo®, LLC, based on the use of standard serving sizes, standard product formulations, and approved ingredients. We obtained nutritional data from representative values published in the USDA Nutrient Database for Standard Reference and from information provided by our product manufacturers. Nutritional information for specific salad dressing appears on the back of each salad dressing packet. We based the nutrient values for our beverages based on about one-third filled with ice. Values may differ depending on the amount of ice in the beverage cup. Sodium values will vary depending on the amount of sodium in the water supply for each restaurant. The information displayed may vary from the actual values because of rounding, differences in the preparation of products at each restaurant, and seasonal influences and/or sources of our ingredients. The above information applies to our company-owned Captain D's restaurants. Some of our franchised Captain D's restaurants may use different ingredients in the preparation of some of their menu items. Those differences may affect the nutritional values.

Protein (g)
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MenuTrinfo®, LLC has provided the following information to help give our guests with food allergies the tools to make an informed food decision. We have derived all allergen data from the USDA Standard Reference Nutrient Database, along with manufacturer-supplied ingredient lists and allergen statements. We cannot guarantee that cross-contact has not occurred because of shared cooking and preparation areas and utensils. Formulations may change or an ingredient or vendor substitution might occur that may not be immediately reflected in this chart.



We have verified the gluten-free nature of the menu items identified above as gluten-free with the help of our party consultant, MenuTrinfo®, LLC. However, we or our manufacturers may change the ingredients of certain items from time to time to ingredients that contain gluten. In addition, we prepare our products in and on common restaurant equipment and, therefore, any of our menu items may contain some gluten not specific to the item ordered. The above information applies to our company-owned Captain D's restaurants. Some of our franchisee Captain D's restaurants may use different ingredients in the preparation of some of their menu items. Those differences may affect the gluten-free nature of the menu items.

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	Serving Size	Calories	Calories from Fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)

Limited Time Offers

Fried Oysters	1 order	240	150	17	6	0.5			30	400		16
Grilled Flounder	1 filet	70	15	1.5	0		0	0	30	410	220	1
Southern Style Flounder	1 filet	330	200	22	11	1.5	0	0	50	880	220	18
Southern-style Fish Tenders with D's Dippin Sauce	1 order	650	460	52	20	2			80	1450	0	20

Common Allergens and Sensitivities

All items on this chart have been analyzed on an individual basis. Breadsticks, hush puppies and other sides have part of the meals, and have been analyzed separately. Take into account all components of the dish to determine sensitivity content of the complete meal.

We analyzed all of the items on this chart on an individual basis. We did not include breadsticks, hush puppies, dippin sides as part of any meal. Instead, we analyzed those items separately. Please take into account all components of the final nutritional, allergen and sensitivity content of your complete meal.

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat		Corn	Gluten
Limited Time Offers											
Fried Oysters				X	X	X		X		X	X
Grilled Flounder		X	X			X				X	
Southern Style Flounder		X						X		X	X
Southern Style Fish Tenders with D's Dippin' Sauce	X	X						X		X	X

We prepared the above nutritional information with the help of our third-party consultant, MenuTrinfo®, LLC, based on serving sizes, standard product formulations, and approved ingredients. We obtained nutritional data from representat the USDA Nutrient Database for Standard Reference and from information provided by our product manufacturers. Nut specific salad dressing appears on the back of each salad dressing packet. We based the nutrient values for our bev about one-third filled with ice. Values may differ depending on the amount of ice in the beverage cup. Sodium values v the amount of sodium in the water supply for each restaurant. The information displayed may vary from the actual val rounding, differences in the preparation of products at each restaurant, and seasonal influences and/or sources of ou above information applies to our company-owned Captain D's restaurants. Some of our franchised Captain D's restaur ingredients in the preparation of some of their menu items. Those differences may affect the nutritional values.

MenuTrinfo®, LLC has provided the following information to help give our guests with food allergies the tools to make :

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Dietary fiber (g)	Sugars (g)	Protein (g)
		5
		11
		13
	3	21

*not been included as
final allergen and*

*ing sauces, and other
f a meal to determine*

Added MSG	Pepper (white and black)
X	X
	X
X	X
X	X

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ive values published in
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will vary depending on
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Manufacturer-supplied
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the help of our third-
party vendors of certain menu
items in and on common
equipment specific to the item being
prepared at our franchised
restaurants. Those