Nutritional Guide

	Serving Size	Weight (g)	Calories	Calories From Fat	Protein (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Fat	Saturated Fat	Trans Fat	Cholesterol (mg)	Sodium (mg)	Allergens									
														Peanut	Tree Nuts	Egg	Milk	Wheat	Soybean	Shellfish	Gluten	MSG (Monosodium glutamate)	
Fish																							
Batter-Dipped Fish	1 piece	65	182	112	9	8	1	0	12	6	1	36	454					X			X	X	
Country Style Fish	1 piece	89	195	85	14	14	1	0	10	5	1	67	584					X	X		X		
Fried Flounder	1 piece	81	213	120	14	12	0	0	13	6	1	46	473				X	X	X		X		
Catfish	1 piece	47	105	52	7	6	0	0	6	2	0	24	233										
Wild Alaskan Salmon	1 piece	171	140	10	33	1	0	1	1	0	0	65	410						X				
Seasoned Tilapia Dinner	1 piece	154	130	30	24	1	0	0	3	2	0	60	520						X				
Shrimp																							
Bite Size Shrimp	1 order	170	460	190	16	51	2	6	21	9	2	110	840			X	X	X	X	X	X		
Premium Shrimp	3 pieces	57	154	56	8	0	0	0	6	3	0	45	323							X			
Scampi Shrimp	4 shrimp	31	28	0	4	0	0	0	0	0	0	32	120				X		X	X			
Shrimp Skewers	6 shrimp	63	100	0	220	0	0	0	0	0	0	200	780						X	X			
Coconut Shrimp	3 shrimp	112	321	169	11	27	1	3	19	10	1	62	638		X	X	X	X	X	X	X		
Other Selections																							
Stuffed Crab Shell	1 crab shell	57	100	45	5	9	0	1	5	2	0	20	220			X	X	X	X	X	X	X	X
Oysters	1 order	155	320	160	10	31	1	0	18	8	2	65	710				X	X	X	X	X		
1/2 LB Clams	1 order	228	770	420	22	64	6	2	47	8	2	35	1450				X	X	X	X	X		
Crab Cake	1 piece	71	174	97	7	12	1	2	11	5	1	46	467			X		X	X	X	X		
Chicken Tender	1 piece	58	170	90	9	11	0	0	10	4	0	25	430			X		X			X		
Sandwiches																							
Chicken Ranch Sandwich	1 Sandwich	232	680	292	27	69	2	4	33	11	1	58	1488			X	X	X	X		X		
Great Little Fish Sandwich	1 Sandwich	129	642	347	17	56	2	5	38	15	1	60	1456					X	X		X	X	
Classic Fish Sandwich	1 Sandwich	246	714	344	27	63	4	4	38	14	2	82	1453					X	X		X	X	
Wild Alaskan Salmon Sandwich	1 Sandwich	287	490	130	42	48	2	5	15	2	0	75	955					X	X		X		
Salads																							
Wild Alaskan Salmon Salad	1 Salad	403	177	10	35	8	3	6	1	0	0	65	427						X				
Bite Size Shrimp Salad	1 Salad	317	267	95	10	33	4	8	10	4	1	55	437			X	X	X	X	X	X		
Fried Chicken Salad	1 Salad	290	207	90	11	18	3	5	10	4	0	25	447			X	X	X	X		X		
Sides																							
Baked Potato-plain	1 each	255	240	0	6	54	6	3	0	0	0	0	25										
Side Salad	1 order	232	19	0	1	3	2	3	0	0	0	0	9										
Roasted Red Potatoes	1 order	124	170	60	3	25	3	1	7	4	0	10	1200										
French Fries	1 order	99	310	140	3	38	4	0	15	7	2	15	450										
Cole Slaw	1 order	109	170	100	1	13	2	10	12	2	0	10	310			X			X		X		
Macaroni & Cheese	1 order	113	160	60	6	17	0	2	7	2	0	10	570				X	X	X		X		
Hush Puppies (2)	2 pups	50	200	120	2	18	1	2	13	6	1	15	330			X	X	X	X		X		
Cracklins	1 oz	28	160	116	1	11	0	0	12	6	0	14	557					X			X	X	
Corn on the Cob	1 each	163	190	20	5	37	4	5	2	0	0	0	10										
Green Beans	1 order	113	60	15	1	10	3	2	2	0	0	5	400								X		
Broccoli	1 order	100	40	10	2	5	2	1	1	0	0	0	30										
Breadstick	1 piece	43	150	50	3	21	1	3	6	2	1	3	150					X	X		X		
Fried Okra	1 order	113	230	130	3	23	2	2	14	6	1	15	410			X	X	X	X		X		
Seasoned Rice	1 order	113	160	3	4	35	1	1	1	0	0	0	670				X	X			X	X	
Sauces																							
Ginger Teriyaki Sauce	2 fl oz	68	60	0	2	13	0	9	0	0	0	0	1300						X				
Scampi Butter Sauce	2 fl oz	57	120	90	2	5	0	1	10	6	1	25	360				X		X				
Sweet Chili Sauce	2 fl oz	68	100	0	0	25	0	23	0	0	0	0	960						X				
Tartar Sauce	3/4 oz	21	100	90	0	1	0	1	10	2	0	10	75			X			X				
Cocktail Sacue	3/4 oz	21	25	0	0	6	0	4	0	0	0	0	250				X						
Ranch Dressing	1 packet	28	120	108	0	1	0	1	12	2	0	10	210			X	X		X				
Blue Cheese Dressing	1 packet	43	230	220	2	2	0	2	24	4	0	25	440			X	X		X				
Fat Free Italian Dressing	1 packet	28	10	0	0	2	0	1	0	0	0	0	440						X		X		
Honey Mustard Dressing	1 packet	28	160	144	0	5	0	3	16	2	0	15	125			X			X				
Desserts																							
Chocolate Cake	1 slice	85	300	100	3	49	2	35	11	2	1	25	270			X	X	X	X		X		
Pineapple Cream Cheese Pie	1 slice	106	320	130	6	43	0	33	14	6	2	20	300				X		X		X		
Cheesecake	1 slice	113	410	240	6	35	1	24	27	14	1	80	300			X	X	X	X		X		
Cheesecake with Strawberries	1 slice	142	430	230	6	45	1	27	26	9	5	70	220			X	X	X	X		X		
Pecan Pie	1 slice	113	470	230	5	56	2	25	26	4	4	70	270		X	X			X		X		

The nutritional values used in our calculations come from The Food Processor, Version 8.7 (ESHA Research), food manufacturers, and laboratory analysis. We based the values on a standard recipe guide. The information displayed may vary from the actual values because of rounding and slight differences in the preparation of products at each restaurant. 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 cups 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. This 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.

Our products may contain one or more allergens, including fish, shellfish, wheat, soy, soy derivatives, milk and eggs. Our products generally do not contain peanuts or tree nuts but may come from manufacturing equipment used in common with those nuts. In addition, we prepare our products in and on common restaurant equipment and, therefore, our products may contain allergens not specific to the products being ordered.