



	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)	Protein (g)
Limited Time Offer Items															
Buffalo Butterfly Shrimp	8 pieces	330	130	15	7	1			85	1220	5	33		1	15
Captain's Seaside Fillet	1 fillet	260	110	13	6	1	0	0	75	260	330	16			19
Crab Cakes	1 piece	150	90	10	4	0			20	380		12		2	4
Key Lime Pie	1 slice	360	140	16	11				30	150	240	49		39	5
Lemon Pepper Steamed Shrimp	12 shrimp	130	45	5	1		2.5	1	180	2850	220				19
North Atlantic Lobster Rolls	2 rolls	460	200	22	6	1.5			35	750	55	51	2	9	12
Limited Time Offer Meals															
Captain's Seaside Fillet & Butterfly Shrimp	1 meal	500	260	30	13	1.5	0	0	135	280	330	31		3	25
Fish & Buffalo Shrimp	1 meal	550	270	30	15	2			135	1790	5	44	1	1	25
Fish, Shrimp & Crab Cake	1 meal	620	370	42	19	2			135	980	0	38		5	20
Nashville Hot Fish & Popcorn Shrimp	1 meal	850	460	53	27	3.5			145	3150	15	59	4	2	37
The Sampler	1 meal	770	450	51	23	3			150	1480	0	45	1	3	33
Tilapia & Shrimp Skewer On Rice	1 meal	690	170	19	6		6	4	265	1560	1090	38			84

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 as part of the meals, and have been analyzed separately. **Take into account all components of the dish to determine final allergen and sensitivity content of the complete meal.**

All items on this chart have been analyzed on an individual basis. Breadsticks, hush puppies and other sides have not been included as part of the meals, and have been analyzed separately. Take into account all components of the dish to determine final allergen and 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 other 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 Offer Items												
8 Pc. Buffalo Butterfly Shrimp			X		X			X	X	X	X	X
Captain's Seaside Fillet		X						X	X	X	X	X
Crab Cakes	X	X	X		X	X		X	X	X	X	X
Key Lime Pie	X		X			X	X	X	X	X		
Lemon Pepper Steamed Shrimp					X	X			X		X	X
North Atlantic Lobster Rolls	X	X	X		X	X		X	X	X	X	X
Limited Time Offer Meals												
Captain's Seaside Fillet & Butterfly Shrimp		X	X		X	X		X	X	X	X	X
Fish & Buffalo Shrimp		X	X		X			X	X	X	X	X
Fish, Shrimp & Crab Cake	X	X	X		X	X		X	X	X	X	X
Nashville Hot Fish & Popcorn Shrimp		X			X			X	X	X	X	X
The Sampler		X	X		X	X		X	X	X	X	X
Tilapia & Shrimp Skewer On Rice		X	X		X	X		X		X	X	X

We prepared the above nutritional information with the help of our third-party consultant, MenuTrinco®, 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 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. 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.

MenuTrinco®, 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.

This information has been provided by MenuTrinco®, LLC to help give our guests with food allergies the tools to make an informed food decision. All allergen data have been derived from the USDA Standard Reference Nutrient Database along with manufacturer-supplied ingredient lists and allergen statements. Although efforts are made to avoid cross-contact of allergens, we cannot guarantee that cross-contact has not occurred due to shared cooking and preparation areas and utensils. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart. Please inform your server before ordering if you or someone in your party has a food allergy.



We have verified the gluten-free nature of the menu items identified above as gluten-free with the help of our third-party consultant, MenuTrinco®, LLC. However, we or our manufacturers may change the ingredients of certain menu 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 being ordered. 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 gluten-free nature of the menu items.