

### Captain D's - Core Menu Nutrition and Allergens

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.

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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)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>Fish (no sides or hushuppies)</b>															
Batter Dipped Fish	1 piece	230	130	15	8	1			50	570	0	11			10
Breaded Flounder	1 piece	240	130	15	7	1	0	0	50	430	260	10			15
Catfish Feast	3 pieces	780	490	56	25	3			185	1720	0	33			33
Country-Style Fish	1 piece	190	100	12	6	1			40	500	0	11			9
Southern-Style White Fish Fillet	1 fillet	560	330	37	20	2.5			80	1390	0	26			27
Southern-Style Fish Tenders	1 tender	110	70	8	4	0.5			15	240	0	4			5
<b>Family Meals (no sides or hushuppies)</b>															
14 Pc Chicken Family Meal	1 meal	2540	1400	158	69	9			385	6250		158	8	8	125
Fish & Chicken Tenders Family Meal	1 meal	2900	1670	189	90	12			435	6870	0	153	7	7	142
Seafood Feast	1 meal	3870	2320	262	125	16			805	7990	90	211	2	10	150
<b>Grilled Meals (no sides, rice or breadstick)</b>															
Blackened Tilapia	1 fillet	210	70	7	2		3	2	85	270	530	1			34
Grilled White Fish & Shrimp Skewer	1 order	280	100	11	4		2.5	1	140	850	0	3			37
Lemon Pepper White Fish	1 fillet	180	70	8	3		2.5	1	45	450		1			25
Shrimp Skewers	2 skewers	200	50	6	2				190	690	0	2			24
Wild Alaskan Salmon	1 fillet	230	90	10	1.5	0	4.5	2.5	80	600	510	2			31
<b>Kid's Meals (no sides)</b>															
Kid's Batter Dipped Fish	1 piece	230	130	15	8	1			50	570	0	11			10
Kid's Chicken Tenders	2 tenders	360	200	23	10	1.5			55	890		23	1	1	18
Kid's Grilled Fish Tenders	2 tenders	100	50	6	1.5		2.5	1	15	370	0	1			10
Kid's Popcorn Shrimp	1 order	240	120	14	7	1			65	410		24			8
Kid's Southern-style Fish Tenders	2 tenders	220	140	15	8	1			30	480	0	8			11
<b>Salads (no dressing or breadstick) and Sandwiches</b>															
Grilled Tilapia Salad	1 salad	310	120	13	5	0	3.5	2	100	570	1020	9	4	5	41
Skewer Shrimp Salad	1 salad	300	90	11	5	0	0		210	560	500	10	4	5	30
Southern Style Breaded Chicken Salad	1 salad	290	150	17	8	1	0		45	570	500	20	4	5	15
The Captain Sandwich	1 sandwich	1130	650	74	30	3.5			130	2250	20	82	3	4	30
The Giant Fish Sandwich	1 sandwich	1010	640	73	22	2	1		120	1940	30	59		9	25
Wild Alaskan Salmon Salad	1 salad	330	140	16	4.5	0	4.5	2.5	95	480	1010	10	4	5	38
<b>Variety Meals (no sides or hush puppies)</b>															
15 Pc Butterfly Shrimp	1 meal	900	570	64	26	2.5			230	105		58		10	23
2 Pc Fish & Chicken	1 meal	820	470	53	26	3.5			155	2040	0	45	1	1	38
4 Pc Chicken	1 meal	730	400	45	20	2.5			110	1790		45	2	2	36
Deluxe Seafood Platter	1 meal	1100	670	75	33	4			210	1880	60	67		4	36
Fish & Shrimp	1 meal	810	500	56	26	3			190	1180	0	45		4	30
Supreme Sampler	1 meal	1180	690	79	36	4.5			245	2080	0	68	1	6	47
White Fish, Shrimp & Crab	1 meal	940	570	64	30	3.5			150	1770	30	52		3	36

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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)	Dietary fiber (g)	Sugars (g)	Protein (g)
<b>Add 'Em On</b>															
1 Pc Batter Dipped Fish	1 piece	230	130	15	8	1			50	570	0	11			10
2 Pc Chicken	2 pieces	360	200	23	10	1.5			55	890		23	1	1	18
6 Pc Butterfly Shrimp	6 pieces	360	230	26	10	1			90	40		23		4	9
Baked Potato	1 potato	210	0	0	0		0			25	1200	48	5	3	6
Breadstick	1 stick	150	45	5	2	0.5			2	150		22	1	3	3
Broccoli	1 order	20	0	0			0			20	180	4	3	1	2
Chicken Tender	1 tender	180	100	11	5	0.5			30	450		11			9
Clam Strips & Butterfly Shrimp	1 order	820	490	56	20	2			95	990		65	3	3	21
Clam Strips	1 order	580	340	38	13	1			35	960		49	3		15
Cocktail Sauce	1 serving	25								220		4	1	4	
Coleslaw	1 order	180	110	13	1.5				15	350	160	15	2	11	1
Corn	1 cob	180	15	1.5								37	4	5	5
Cracklins	1 oz	70	35	4	2	0			4	360	0	7			1
D's Dippin' Sauce	1 serving	140	130	14	2.5				10	320		3		2	
Fat-free Italian Dressing	1 pouch	10								440		2			
French Fries	1 order	330	190	22	10	1			20	400		28	3		3
Green Beans	1 order	70	25	2.5	2				5	630		5	2	2	2
Grilled Shrimp Skewer	1 skewer	100	25	3	1				95	340	0	1			12
Honey Mustard Dressing	1 pouch	160	140	16	2.5				15	130		4		4	
Hush Puppy	1 piece	80	35	4	2	0			10	200	10	9			1
Jalapeno Poppers	1 order	510	320	36	20	2.5			60	920	210	40	5	6	6
Ketchup	1 oz	30								270		9		6	
Loaded Baked Potato	1 potato	400	130	15	8	0	0	2	50	440	1230	49	5	3	18
Mac & Cheese	1 order	170	70	8	4	0			20	570	35	18		3	6
Mozzarella Sticks	1 order	380	210	24	13	1			35	800		26		2	16
Okra	1 order	320	180	20	10	1.5			20	470	200	31	3	3	4
Ranch Dressing	1 pouch	110	110	12	2				10	190		1			1
Seasoned Rice	1 order	170	10	1.5	0		0	0		540	60	35			3
Side Salad (no dressing)	1 salad	20	0	0			0			10	250	4	2	2	1
Sweet And Sour Sauce	1 serving	35								65		10		8	
Tartar Sauce	1 serving	100	90	10	1.5				5	130		2		1	
Thousand Island Dressing	1 pouch	120	100	11	1.5				10	320		5		5	
<b>Desserts</b>															
Cheesecake	1 slice	410	240	27	14	0			80	320		36	1	24	6
Cheesecake with Strawberry Topping	1 slice	460	240	27	14	0			80	330		49	2	35	6
Chocolate Cake	1 slice	300	100	11	2.5	1			25	270		49	2	35	3
Funnel Cake Stix	1 order	320	170	20	10	1			35	170	0	30		18	2
Strawberry Topping	1 serving	50								5		13	1	11	

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<b>Drinks</b>															
Coke - Kids	12 fl oz	150								45		40		40	
Coke - Large	40 fl oz	500								150		135		135	
Coke - Medium	30 fl oz	370								115		101		101	
Coke - Small	20 fl oz	250								75		67		67	
Diet Coke - Kids	12 fl oz	0								40					
Diet Coke - Large	40 fl oz	0								140					
Diet Coke - Medium	30 fl oz	0								105					
Diet Coke - Small	20 fl oz	0								70					
Dr. Pepper - Kids	12 fl oz	150								60		40		38	
Dr. Pepper - Large	40 fl oz	500								200		132		128	
Dr. Pepper - Medium	30 fl oz	370								150		99		96	
Dr. Pepper - Small	20 fl oz	250								100		66		64	
Peach Smoothie	16 fl oz	360								45	0	90		90	
Sprite - Kids	12 fl oz	150								35	0	37		33	
Sprite - Large	40 fl oz	490								110	10	125		111	1
Sprite - Medium	30 fl oz	370								85	10	94		83	
Sprite - Small	20 fl oz	250								55	5	62		55	
Strawberry Smoothie	16 fl oz	300								55	0	75		75	
Sweet Tea - Gallon	128 fl oz	1740								135	70	450		449	
Sweet Tea - Kids	12 fl oz	140								10	5	37		37	
Sweet Tea - Large	40 fl oz	480								35	20	124		123	
Sweet Tea - Medium	30 fl oz	360								25	15	93		92	
Sweet Tea - Small	20 fl oz	240								20	10	62		62	
Tropical Mango Smoothie	16 fl oz	330								30	0	82		82	
Unsweetened Tea - Gallon	128 fl oz	0								370					
Unsweetened Tea - Kids	12 fl oz	0								35					
Unsweetened Tea - Large	40 fl oz	0								115					
Unsweetened Tea - Medium	30 fl oz	0								85					
Unsweetened Tea - Small	20 fl oz	0								60					

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	Added MSG	Pepper (white & black)
<b>Add 'em On</b>												
1 Pc Batter Dipped Fish		X						X	X	X	X	X
2 Pc Chicken			X					X	X	X	X	X
6 Pc Butterfly Shrimp			X		X	X		X	X	X		X
Baked Potato												
Breadstick								X	X	X		
Broccoli												
Chicken Tender			X					X	X	X	X	X
Clam Strips & Butterfly Shrimp			X		X	X		X	X	X		X
Clam Strips (1 Order)			X		X	X		X	X	X		X
Coleslaw	X								X			X
Corn									X			
Fat-Free Italian Dressing									X			X
French Fries									X	X		
Green Beans						X						X
Grilled Shrimp Skewer			X		X				X			X
Honey Mustard Dressing	X								X			X
Hush Puppies	X		X			X		X	X	X		
Jalapeno Poppers	X		X			X		X	X	X		X
Ketchup									X			X
Loaded Baked Potato			X						X			
Mac & Cheese	X		X			X		X	X	X		
Mozzarella Sticks	X		X			X		X	X	X		X
Okra	X		X					X	X	X		X
Ranch Dressing	X		X						X		X	X
Seasoned Rice			X			X			X		X	X
Side Salad												
Thousand Island Dressing	X								X			X
<b>Desserts</b>												
Cheesecake	X		X			X		X	X	X		
Cheesecake with Strawberry Topping	X		X			X		X	X	X		
Chocolate Cake	X		X			X		X	X	X		
Funnel Cake Stix	X		X			X		X	X	X		
Strawberry Topping									X			

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat		Corn	Gluten	Added MSG	Pepper (white & black)
<b>Drinks</b>													
Coke - Kids										X			
Coke - Large										X			
Coke - Medium										X			
Coke - Small										X			
Diet Coke - Kids										X			
Diet Coke - Large										X			
Diet Coke - Medium										X			
Diet Coke - Small										X			
Dr. Pepper - Kids										X			
Dr. Pepper - Large										X			
Dr. Pepper - Medium										X			
Dr. Pepper - Small										X			
Peach Smoothie										X			
Sprite - Kids										X			
Sprite - Large										X			
Sprite - Medium										X			
Sprite - Small										X			
Strawberry Smoothie										X			
Sweet Tea - Gallon													
Sweet Tea - Kids													
Sweet Tea - Large													
Sweet Tea - Medium													
Sweet Tea - Small													
Tropical Mango Smoothie										X			
Unsweetened Tea - Gallon													
Unsweetened Tea - Kids													
Unsweetened Tea - Large													
Unsweetened Tea - Medium													
Unsweetened Tea - Small													
<b>Family Meals (No Sides Or Hush Puppies)</b>													
14 Pc Chicken Family Meal			X					X		X	X	X	X
Fish & Chicken Tenders Family Meal		X	X					X		X	X	X	X
Seafood Feast	X	X	X		X	X		X		X	X	X	X

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	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	Added MSG	Pepper (white & black)
<b>Fish (No Sides Or Hush Puppies)</b>												
Batter Dipped Fish		X						X	X	X	X	X
Breaded Flounder		X	X			X		X	X	X	X	X
Catfish Feast		X						X	X	X	X	X
Country-style Fish		X						X	X	X	X	X
Southern Style White Fish Fillet		X						X	X	X	X	X
Southern-style Fish Tenders		X						X	X	X	X	X
<b>Grilled Meals (No Sides, Rice Or Breadstick)</b>												
Blackened Tilapia		X	X			X			X			X
Grilled White Fish & Shrimp Skewer		X	X		X	X			X			X
Lemon Pepper White Fish		X	X			X			X			X
Shrimp Skewers			X		X				X			X
Wild Alaskan Salmon		X	X			X			X			X
<b>Kid's Meals (No Sides)</b>												
Kid's Batter Dipped Fish		X						X	X	X	X	X
Kid's Chicken Tenders			X					X	X	X	X	X
Kid's Grilled Fish Tenders		X	X			X			X			X
Kid's Popcorn Shrimp					X			X	X			X
Kid's Southern-style Fish Tenders		X						X	X	X	X	X
<b>Salads And Sandwiches (No Sides/Dressing)</b>												
Grilled Tilapia Salad		X	X			X			X			X
Skewer Shrimp Salad			X		X				X			X
Southern Style Breaded Chicken Salad			X					X	X	X	X	X
The Captain Sandwich	X	X						X	X	X	X	X
Wild Alaskan Salmon Salad		X	X			X			X			X
<b>Variety Meals (No Sides Or Hush Puppies)</b>												
15 Pc Butterfly Shrimp			X		X	X		X	X	X		X
2 Pc Fish & Chicken		X	X					X	X	X	X	X
4 Pc Chicken			X					X	X	X	X	X
Deluxe Seafood Platter	X	X	X		X	X		X	X	X	X	X
Fish & Shrimp		X	X		X	X		X	X	X	X	X
Supreme Sampler		X	X		X	X		X	X	X	X	X
White Fish, Shrimp & Crab	X	X	X		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 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.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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 third-party consultant, MenuTrinfo®, 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.