

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.

*The FDA does not require information for polyunsaturated fat, monounsaturated fat and potassium. Blank cells for those nutrients indicate that the information was not provided by our manufacturers and could not be declared.



	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)
Fish (no sides or hushpuppies)															
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			##	###	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	3			80	###	0	26			27
Southern-Style Fish Tenders	1 tender	110	70	8	4	1			15	240	0	4			5
Family Meals (no sides or hushpuppies)															
14 Pc Chicken Family Meal	1 meal	###	###	##	69	9			##	###		##	8	8	##
Fish & Chicken Tenders Family Meal	1 meal	###	###	##	90	12			##	###	0	##	7	7	##
Seafood Feast	1 meal	###	###	##	##	16			##	###	90	##	2	10	##
Grilled Meals (no sides, rice or breadstick)															
Blackened Tilapia	1 fillet	210	70	7	2		3	2	85	400	580	2			34
Grilled White Fish & Shrimp Skewer	1 order	290	100	11	4		3	1	##	###	100	4			37
Lemon Pepper White Fish	1 fillet	180	70	8	3		3	1	45	680	55	1			25
Shrimp Skewers	2 skewer	210	50	6	2				##	820	50	3			24
Wild Alaskan Salmon	1 fillet	240	90	10	2	0	5	3	80	860	610	3			31
Kid's Meals (no sides)															
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	2			55	890		23	1	1	18
Kid's Grilled Fish Tenders	2 tenders	110	50	6	2		3	1	15	620	100	2			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

Mac & Cheese	1 order	170	70	8	4	0			20	570	35	18		3	6
Salads (no dressing or breadstick) and Sandwiches															
Grilled Tilapia Salad	1 salad	320	120	13	5	0	4	2	##	700	###	10	4	5	41
Skewer Shrimp Salad	1 salad	300	90	11	5	0	0		##	560	500	10	4	5	30
Southern Style Breaded Chicken Salad	1 salad	470	250	28	13	2	0		70	###	500	32	5	6	24
The Captain Sandwich	1 sandwich	###	650	74	30	4			##	###	20	82	3	4	30
The Giant Fish Sandwich	1 sandwich	###	640	73	22	2	1		##	###	30	59		9	25
Wild Alaskan Salmon Salad	1 salad	340	140	16	5	0	5	3	95	730	###	11	4	5	38
Variety Meals (no sides or hush puppies)															
15 Pc Butterfly Shrimp	1 meal	900	570	64	26	3			##	105		58		10	23
2 Pc Fish & Chicken	1 meal	820	470	53	26	4			##	###	0	45	1	1	38
4 Pc Chicken	1 meal	730	400	45	20	3			##	###		45	2	2	36
Deluxe Seafood Platter	1 meal	###	670	75	33	4			##	###	60	67		4	36
Fish & Shrimp	1 meal	810	500	56	26	3			##	###	0	45		4	30
Lobster Rolls	1 meal	460	200	22	6	2			35	750	55	51	2	9	12
Supreme Sampler	1 meal	###	690	79	36	5			##	###	0	68	1	6	47
White Fish, Shrimp & Crab	1 meal	940	570	64	30	4			##	###	30	52		3	36
Add 'Em On															
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	2			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	###	48	5	3	6
Breadstick	1 stick	150	45	5	2	1			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	1			30	450		11			9
Cocktail Sauce	1 serving	25								220		4	1	4	
Coleslaw	1 order	180	110	13	2				15	350	160	15	2	11	1
Corn	1 cob	180	15	2								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	3				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	3	2				5	630		5	2	2	2
Grilled Shrimp Skewer	1 skewer	110	25	3	1				95	470	50	2			12

Honey Mustard Dressing	1 pouch	160	140	16	3				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	3			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	###	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	2			20	620	200	31	3	3	4
Ranch Dressing	1 pouch	110	110	12	2				10	190		1			1
Seasoned Rice	1 order	170	10	2	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	2				5	130		2		1	
Thousand Island Dressing	1 pouch	120	100	11	2				10	320		5		5	

Desserts

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
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	

Drinks

Diet Dr. Pepper - Kids	12 fl oz	0								60		0	0
Diet Dr. Pepper - Large	40 fl oz	0								200		0	0
Diet Dr. Pepper - Medium	30 fl oz	0								150		0	0
Diet Dr. Pepper - Small	20 fl oz	0								100		0	0
Diet Mountain Dew - Kids	12 fl oz	0								60	65	0	0
Diet Mountain Dew - Large	40 fl oz	0								200	220	0	0
Diet Mountain Dew - Medium	30 fl oz	0								150	170	0	0
Diet Mountain Dew - Small	20 fl oz	0								100	110	0	0
Diet Pepsi - Kids	12 fl oz	0								40	55	0	0
Diet Pepsi - Large	40 fl oz	0								125	180	0	0
Diet Pepsi - Medium	30 fl oz	0								95	130	0	0
Diet Pepsi - Small	20 fl oz	0								60	85	0	0
Dr. Pepper - Kids	12 fl oz	150								60		40	38
Dr. Pepper - Large	40 fl oz	500								200		##	##

Dr. Pepper - Medium	30 fl oz	370							150		99	96
Dr. Pepper - Small	20 fl oz	250							100		66	64
Mist Twist - Kids	12 fl oz	150							30	65	40	40
Mist Twist - Large	40 fl oz	500							100	230	##	##
Mist Twist - Medium	30 fl oz	380							75	170	##	##
Mist Twist - Small	20 fl oz	250							50	110	67	67
Mountain Dew - Kids	12 fl oz	170							55	5	44	44
Mountain Dew - Large	40 fl oz	550							180	25	##	##
Mountain Dew - Medium	30 fl oz	410							130	20	##	##
Mountain Dew - Small	20 fl oz	270							85	10	72	72
Mountain Dew Code Red - Kids	12 fl oz	170							55	5	47	47
Mountain Dew Code Red - Large	40 fl oz	550							180	25	##	##
Mountain Dew Code Red - Medium	30 fl oz	410							130	20	##	##
Mountain Dew Code Red - Small	20 fl oz	280							90	10	78	78
Mug Root Beer - Kids	12 fl oz	150							20	15	39	39
Mug Root Beer - Large	40 fl oz	500							75	50	##	##
Mug Root Beer - Medium	30 fl oz	380							55	35	98	98
Mug Root Beer - Small	20 fl oz	250							35	25	65	65
Peach Smoothie	16 fl oz	360							45	0	90	90
Pepsi - Kids	12 fl oz	150							30		42	42
Pepsi - Large	40 fl oz	500							100		##	##
Pepsi - Medium	30 fl oz	380							75		##	##
Pepsi - Small	20 fl oz	250							50		70	70
Strawberry Smoothie	16 fl oz	300							55	0	75	75
Sweet Tea - Gallon	128 fl oz	###							135	70	##	##
Sweet Tea - Kids	12 fl oz	140							10	5	37	37
Sweet Tea - Large	40 fl oz	480							35	20	##	##
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

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat			Corn	Gluten	Added MSG	Pepper (white & black)
Add 'em On														
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
Coleslaw	X										X			X
Com											X			
Fat-Free Italian Dressing											X			X
French Fries											X	X		
Green Beans						X								X
Grilled Shrimp Skewer	X		X		X	X		X			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
Desserts														
Cheesecake	X		X			X		X			X	X		
Cheesecake with Strawberry Topping	X		X			X		X			X	X		
Funnel Cake Stix	X		X			X		X			X	X		
Strawberry Topping											X			
Drinks														
Diet Dr. Pepper											X			
Diet Mountain Dew											X			
Diet Pepsi											X			
Dr. Pepper											X			

Mist Twist										X			
Mountain Dew										X			
Mountain Dew Code Red										X			
Mug Root Beer										X			
Peach Smoothie										X			
Pepsi										X			
Strawberry Smoothie										X			
Sweet Tea													
Tropical Mango Smoothie										X			
Unsweetened Tea													
Family Meals (No Sides Or Hush Puppies)													
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
Fish (No Sides Or Hush Puppies)													
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
Grilled Meals (No Sides, Rice Or													
Blackened Tilapia	X	X	X			X	X			X	X	X	X
Grilled White Fish & Shrimp Skewer	X	X	X		X	X	X			X	X	X	X
Lemon Pepper White Fish	X	X	X			X	X			X	X	X	X
Shrimp Skewers	X		X		X	X	X			X	X	X	X
Wild Alaskan Salmon	X	X	X			X	X			X	X	X	X
Kid's Meals (No Sides)													
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			X	X	X	X
Kid's Popcorn Shrimp					X		X			X	X		X
Kid's Southern-style Fish Tenders		X					X			X	X	X	X
Mac & Cheese	X		X			X	X			X	X		
Salads And Sandwiches (No													
Grilled Tilapia Salad	X	X	X			X	X			X	X	X	X
Skewer Shrimp Salad	X		X		X	X	X			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			X	X	X	X
Variety Meals (No Sides Or Hush Puppies)													
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
Lobster Rolls	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. This allergen information has been provided by MenuTrinfo® to help give our guests the tools to make an informed food decision. All ingredient statements were found on manufacturer-generated spec sheets. According to the U.S. Food and Drug Administration, highly refined soybean oil is not considered one of the major food allergens and therefore is not listed here. 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 know that we practice caution and proper procedures when preparing allergen-free items, however, all allergens may be present in all of our kitchens. Be aware that there may still be a chance for cross-contact on shared surfaces, including fryers. Guests are advised to consider this information as it relates to their individual dietary needs. Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity, or

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

