


|  | Serving Size | Calories | Calories from Fat | Nutritional Information |                   |               |                    |                    |                  |             |                  |                   |            |             |
|---|--------------|----------|-------------------|-------------------------|-------------------|---------------|--------------------|--------------------|------------------|-------------|------------------|-------------------|------------|-------------|
|   |              |          |                   | Total fat (g)           | Saturated fat (g) | Trans fat (g) | Poly unsat fat (g) | Mono unsat fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Dietary fiber (g) | Sugars (g) | Protein (g) |
| 10 Pc Fish Family Meal (No Sides)   | 1 Meal       | 2270     | 1340              | 151                     | 79                | 11            |                    |                    | 490              | 6010        | 128              | 1                 | 1          | 103         |
| Clam Strips   | 1 Order      | 580      | 340               | 38                      | 13                | 1             |                    |                    | 35               | 960         | 49               | 3                 |            | 15          |
| Fish & Fries (No Sides)   | 1 Meal       | 450      | 270               | 30                      | 16                | 2             |                    |                    | 100              | 1200        | 26               |                   | 0          | 21          |
| Fish, Shrimp, & Fries (No Sides)  | 1 Meal       | 480      | 280               | 32                      | 14                | 2             |                    |                    | 120              | 690         | 27               |                   | 3          | 20          |
| Loaded Potato Soup - Large  | 1 Order      | 640      | 440               | 50                      | 23                | 0             |                    |                    | 115              | 2030        | 1                |                   | 4          | 16          |
| Loaded Potato Soup - Regular  | 1 Order      | 350      | 240               | 27                      | 13                | 0             |                    |                    | 65               | 1060        | 1                |                   | 2          | 10          |
| Oreo Cookies & Cream Cheesecake   | 1 Slice      | 530      | 290               | 33                      | 19                | 1             |                    |                    | 105              | 330         | 54               | 2                 | 38         | 6           |
| Shrimp & Fries (No Sides)   | 1 Meal       | 400      | 240               | 27                      | 10                | 1             |                    |                    | 115              | 135         | 23               |                   | 4          | 16          |
| Ultimate Seafood Platter (No Sides)   | 1 Meal       | 1280     | 740               | 84                      | 37                | 5             |                    |                    | 275              | 2420        | 89               | 1                 | 3          | 46          |

**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.**

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.**

|                                     | Serving Size | Egg | Fish | Milk | Peanuts | Shellfish | Soy | Tree nuts | Wheat |  | Corn | Gluten | Added MSG | Pepper (white and black) |
|-------------------------------------|--------------|-----|------|------|---------|-----------|-----|-----------|-------|--|------|--------|-----------|--------------------------|
|                                     |              |     |      |      |         |           |     |           |       |  |      |        |           |                          |
| 10 Pc Fish Family Meal (No Sides)   | 1 Meal       |     | X    |      |         |           |     |           | X     |  | X    | X      | X         | X                        |
| Clam Strips                         | 1 Order      |     |      | X    |         | X         | X   |           | X     |  | X    | X      | X         | X                        |
| Fish & Fries (No Sides)             | 1 Meal       |     | X    |      |         |           |     |           | X     |  | X    | X      | X         | X                        |
| Fish, Shrimp, & Fries (No Sides)    | 1 Meal       |     | X    | X    |         | X         | X   |           | X     |  | X    | X      | X         | X                        |
| Loaded Potato Soup - Large          | 1 Order      |     |      | X    |         |           | X   |           | X     |  | X    | X      | X         | X                        |
| Loaded Potato Soup - Regular        | 1 Order      |     |      | X    |         |           | X   |           | X     |  | X    | X      | X         | X                        |
| Oreo Cookies & Cream Cheesecake     | 1 Slice      | X   |      | X    |         |           | X   |           | X     |  | X    | X      |           |                          |
| Shrimp & Fries (No Sides)           | 1 Meal       |     |      | X    |         | X         | X   |           | X     |  | X    | X      | X         | X                        |
| Ultimate Seafood Platter (No Sides) | 1 Meal       | X   | X    | 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.

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.

### 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) |
|---|--------------|----------|-------------------|---------------|-------------------|---------------|----------------------|----------------------|------------------|-------------|------------------|------------------|-------------------|------------|-------------|
|   |              |          |                   |               |                   |               |                      |                      |                  |             |                  |                  |                   |            |             |
| <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               | 400         | 580              | 2                |                   |            | 34          |
| Grilled White Fish & Shrimp Skewer  | 1 order      | 290      | 100               | 11            | 4                 |               | 2.5                  | 1                    | 140              | 1110        | 100              | 4                |                   |            | 37          |
| Lemon Pepper White Fish   | 1 fillet     | 180      | 70                | 8             | 3                 |               | 2.5                  | 1                    | 45               | 680         | 55               | 1                |                   |            | 25          |
| Shrimp Skewers  | 2 skewers    | 210      | 50                | 6             | 2                 |               |                      |                      | 190              | 820         | 50               | 3                |                   |            | 24          |
| Wild Alaskan Salmon   | 1 fillet     | 240      | 90                | 10            | 1.5               | 0             | 4.5                  | 2.5                  | 80               | 860         | 610              | 3                |                   |            | 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    | 110      | 50                | 6             | 1.5               |               | 2.5                  | 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           |
| <b>Salads (no dressing or breadstick) and Sandwiches</b>                          |              |          |                   |               |                   |               |                      |                      |                  |             |                  |                  |                   |            |             |
| Grilled Tilapia Salad   | 1 salad      | 320      | 120               | 13            | 5                 | 0             | 3.5                  | 2                    | 100              | 700         | 1070             | 10               | 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    | 470  | 250 | 28  | 13  | 1.5 | 0   |     | 70  | 1020 | 500  | 32 | 5 | 6  | 24 |  |
| 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    | 340  | 140 | 16  | 4.5 | 0   | 4.5 | 2.5 | 95  | 730  | 1100 | 11 | 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 |  |
| Lobster Rolls                                   | 1 meal     | 460  | 200 | 22  | 6   | 1.5 |     |     | 35  | 750  | 55   | 51 | 2 | 9  | 12 |  |
| 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 |  |
| <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  |  |
| 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   | 110  | 25  | 3   | 1   |     |     |     | 95  | 470  | 50   | 2  |   |    | 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  | 620  | 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 |
| 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  |   |
| <b>Drinks</b>                      |           |     |     |     |     |   |  |   |   |    |     |     |     |   |     |   |
| 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 |     | 132 |   | 128 |   |
| 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 | 135 |   | 135 |   |
| Mist Twist - Medium                | 30 fl oz  | 380 |     |     |     |   |  |   |   |    | 75  | 170 | 101 |   | 101 |   |
| 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  | 145 |   | 145 |   |
| Mountain Dew - Medium              | 30 fl oz  | 410 |     |     |     |   |  |   |   |    | 130 | 20  | 109 |   | 109 |   |
| 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  | 155 |   | 155 |   |
| Mountain Dew Code Red - Medium     | 30 fl oz  | 410 |     |     |     |   |  |   |   |    | 130 | 20  | 116 |   | 116 |   |
| 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 | 130 |  | 130 |
| 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 |    | 140 |  | 140 |
| Pepsi - Medium           | 30 fl oz  | 380  |  |  |  |  |  |  |  |  | 75  |    | 105 |  | 105 |
| 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 | 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  |    |     |  |     |

|                           | 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                      |
| Baked Potato              |     |      |      |         |           |     |           |       |  |      |        |           |                        |
| Breadstick                |     |      |      |         |           |     |           | X     |  | X    |        |           |                        |
| Broccoli                  |     |      |      |         |           |     |           |       |  |      |        |           |                        |
| Chicken Tender            |     |      | 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   |           | X     |  | X    | X      | X         | X                      |
| Honey Mustard Dressing    | X   |      |      |         |           |     |           |       |  | X    |        |           | X                      |

|  |   |   |   |  |   |   |   |   |   |   |   |
|--|---|---|---|--|---|---|---|---|---|---|---|
| Hush Puppies                                   | X |   | X |  | X | X | X | X | X |   |   |
| Jalapeno Poppers                               | X |   | X |  | X | X | X | X | X | X | X |
| Ketchup  |   |   |   |  |   |   |   |   | X |   | X |
| Loaded Baked Potato                            |   |   | X |  |   |   |   |   | X |   |   |
| Mac & Cheese                                   | X |   | X |  | X | X | X | X | X | X |   |
| Mozzarella Sticks                              | X |   | X |  | X | X | X | X | X | X | X |
| Okra   | X |   | X |  |   |   |   | X | X | X | X |
| Ranch Dressing                                 | X |   | X |  |   |   |   |   | X |   | X |
| Seasoned Rice                                  |   |   | X |  | X |   |   |   | X |   | X |
| Side Salad                                     |   |   |   |  |   |   |   |   |   |   |   |
| Thousand Island Dressing                       | X |   |   |  |   |   |   |   | X |   | X |
| <b>Desserts</b>                                |   |   |   |  |   |   |   |   |   |   |   |
| Cheesecake                                     | X |   | X |  | X | X | X | X | X | X |   |
| Cheesecake with Strawberry Topping             | X |   | X |  | X | X | X | X | X | X |   |
| Funnel Cake Stix                               | X |   | X |  | X | X | X | X | X | X |   |
| Strawberry Topping                             |   |   |   |  |   |   |   |   | X |   |   |
| <b>Drinks</b>                                  |   |   |   |  |   |   |   |   |   |   |   |
| 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                                      |   |   |   |  |   |   |   |   | X |   |   |
| Tropical Mango Smoothie                        |   |   |   |  |   |   |   |   | X |   |   |
| Unsweetened Tea                                |   |   |   |  |   |   |   |   | X |   |   |
| <b>Family Meals (No Sides Or Hush Puppies)</b> |   |   |   |  |   |   |   |   |   |   |   |
| 14 Pc Chicken Family Meal                      |   |   | X |  |   |   |   | X | X | X | X |
| Fish & Chicken Tenders Family Meal             |   | X | X |  |   |   |   | X | X | X | X |
| Seafood Feast                                  | X | X | X |  | X | X |   | X | X | X | X |
| <b>Fish (No Sides Or Hush Puppies)</b>         |   |   |   |  |   |   |   |   |   |   |   |
| Batter Dipped Fish                             |   | X |   |  |   |   |   | X | X | X | X |
| Breaded Flounder                               |   | X | X |  |   | X |   | X | X | X | X |
| Catfish Feast                                  |   | X |   |  |   |   |   | X | X | X | X |
| Country-style Fish                             |   | X |   |  |   |   |   | X | X | X | X |
| Southern Style White Fish Fillet               |   | X |   |  |   |   |   | X | X | X | X |
| Southern-style Fish Tenders                    |   | X |   |  |   |   |   | X | X | X | X |
| <b>Grilled Meals (No Sides, Rice Or</b>        |   |   |   |  |   |   |   |   |   |   |   |
| Blackened Tilapia                              | X | X | X |  |   | X |   | X | X | X | X |
| Grilled White Fish & Shrimp Skewer             | X | X | X |  | X | X |   | X | X | X | X |
| Lemon Pepper White Fish                        | X | X | X |  |   | X |   | X | X | X | X |
| Shrimp Skewers                                 | X |   | X |  | X | X |   | X | X | X | X |
| Wild Alaskan Salmon                            | X | X | X |  |   | X |   | X | X | X | X |
| <b>Kid's Meals (No Sides)</b>                  |   |   |   |  |   |   |   |   |   |   |   |
| Kid's Batter Dipped Fish                       |   | X |   |  |   |   |   | X | X | X | X |
| Kid's Chicken Tenders                          |   |   | X |  |   |   |   | X | X | X | X |
| Kid's Grilled Fish Tenders                     | X | X | X |  |   | X |   | X | X | X | X |
| Kid's Popcorn Shrimp                           |   |   |   |  | X |   |   | X | X |   | X |
| Kid's Southern-style Fish Tenders              |   | X |   |  |   |   |   | X | X | X | X |
| Mac & Cheese                                   | X |   | X |  |   | X |   | X | X |   |   |
| <b>Salads And Sandwiches (No</b>               |   |   |   |  |   |   |   |   |   |   |   |

|   |   |   |   |  |  |   |   |   |  |   |   |   |   |
|---|---|---|---|--|--|---|---|---|--|---|---|---|---|
| Grilled Tilapia Salad                           | X | X | X |  |  | X |   | X |  | X | X | X | X |
| Skewer Shrimp Salad                             | X |   | X |  |  | X | X |   |  | X | X | X | X |
| Southern Style Breaded Chicken Salad            |   |   | X |  |  |   |   |   |  | X | X | X | X |
| The Captain Sandwich                            | X | X |   |  |  |   |   |   |  | X | X | X | X |
| Wild Alaskan Salmon Salad                       | X | X | X |  |  |   | X |   |  | X | X | X | X |
| <b>Variety Meals (No Sides Or Hush Puppies)</b> |   |   |   |  |  |   |   |   |  |   |   |   |   |
| 15 Pc Butterfly Shrimp                          |   |   | X |  |  | X | X |   |  | X | X |   | X |
| 2 Pc Fish & Chicken                             |   | X | X |  |  |   |   |   |  | X | X | X | X |
| 4 Pc Chicken                                    |   |   | X |  |  |   |   |   |  | X | X | X | X |
| Deluxe Seafood Platter                          | X | X | X |  |  | X | X |   |  | X | X | X | X |
| Fish & Shrimp                                   |   | X | X |  |  | X | X |   |  | X | X | X | X |
| Lobster Rolls                                   | X | X | X |  |  | X | X |   |  | X | X | X |   |
| Supreme Sampler                                 |   | X | X |  |  | X | X |   |  | X | X | X | X |
| White Fish, Shrimp & Crab                       | 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.

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 other dietary concern.



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.