

2024 Promo 5		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
2 Pc Southern-Style Flounder, HP - no sauce		680	400	46	23	3.0	0	0	115	1310	450	38		1		26
2 pc Fish & Fries, HP - no sauce		940	530	60	30	4.0			135	1990	0	72	3	1		25
2 pc Flounder Meal, HP - no sides or sauce		680	400	46	23	3.0	0	0	115	1310	450	38		1		26
Fish, Shrimp & Fries, HP - no sauce		1190	680	77	36	4.5			210	2080	0	86	3	4		35
Flounder Sandwich		1080	710	80	25	2.5	1.5	0	115	1720	460	57		9		28
Flounder Sandwich & Fries		1400	900	102	35	4.0	1.5	0	135	2120	460	85	3	9		31
Flounder, Shrimp & Fries, HP - no sauce		990	580	66	30	4.0	0	0	160	1340	240	70	3	4		27
Grilled White Fish Meal, Rice, Breadstick - no sides		500	110	13	5.0	1.0	1.0	2.0	45	1040	120	61	2	4		32
Loaded Potato Soup – Large		640	440	50	23	0			115	2030	0	1		4		16
Loaded Potato Soup - Regular		350	240	27	13	0			65	1060	0	1		2		10
Oysters (12 pc) - no sauce		470	300	34	12	1.0			60	810	0	32	2			10
Oysters (6 pc) - no sauce		240	150	17	6	0.5			30	400		16				5
Red Velvet Cheesecake		530	270	30	12	0			75	350	115	61	1	49	46	5

These details list the top allergens present in each menu item based on suppliers' ingredient statements. These ingredients may have also come into contact with, or are produced at, facilities that handle other allergens.

Captain D's Master Kitchen - Allergens and Sensitivities

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	MSG	Black/ White Pepper
2024 Promo 5													
2 Pc Southern-Style Flounder, HP - no sauce	X	X	X				X		X	X	X	X	X
2 pc Fish & Fries, HP - no sauce	X	X	X				X		X	X	X	X	X
2 pc Flounder Meal, HP - no sides or sauce	X	X	X				X		X	X	X	X	X
Fish, Shrimp & Fries, HP - no sauce	X	X	X			X	X		X	X	X	X	X
Flounder Sandwich	X	X			X		X		X	X	X	X	X
Flounder Sandwich & Fries	X	X			X		X		X	X	X	X	X
Flounder, Shrimp & Fries, HP - no sauce	X	X	X			X	X		X	X	X	X	X
Grilled White Fish Meal - no sides	X	X	X				X		X	X	X	X	X
Loaded Potato Soup (Large)			X				X		X	X	X	X	X
Loaded Potato Soup - Regular			X				X		X	X	X	X	X
Oysters (12 pc) - no sauce				X	X	X	X		X	X	X	X	X
Oysters (6 pc) - no sauce				X	X	X	X		X	X	X	X	X
Red Velvet Cheesecake	X		X				X		X	X	X		

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 hushuppies)															
Batter Dipped Fish	1 piece	230	130	15	8	1			50	600	0	13			10
Breaded Flounder	1 piece	240	130	15	7	1	0	0	50	440	260	10			15
Catfish Feast	3 pieces	780	490	56	25	3			185	1770	0	36			33
Country-Style Fish	1 piece	190	100	12	6	1			40	520	0	13			9
Southern-Style White Fish Fillet	1 fillet	560	330	37	20	2.5			80	1430	0	28			27
Southern-Style Fish Tenders	1 tender	110	70	8	4	0.5			15	250	0	5			5
Family Meals (no sides or hushuppies)															
14 Pc Chicken Family Meal	1 meal	2710	1190	135	68	9			605	9430	2510	217	3	2	154
Fish & Chicken Tenders Family Meal	1 meal	2530	1320	149	76	11			550	7650	1080	170	2	2	128
Seafood Feast	1 meal	3750	2220	252	120	16			795	8460	90	222	2	7	155
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		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
Kid's Meals (no sides)															
Kid's Batter Dipped Fish	1 piece	230	130	15	8	1			50	600	0	13			10
Kid's Chicken Tenders	2 tenders	390	170	19	10	1.5			85	1350	360	31		0	22
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	500	0	9			11
Mac & Cheese	1 order	170	70	8	4	0			20	570	35	18		3	6
Sandwiches															
The Captain Sandwich	1 sandwich	1130	650	74	30	3.5			130	2250	20	82	3	4	30
The Giant Fish Sandwich	1 sandwich	790	510	57	13	1	1		60	1450	220	50	2	12	15
Variety Meals (no sides or hush puppies)															

15 Pc Butterfly Shrimp	1 meal	740	450	51	19	2.5			215	250		44		7	29
2 Pc Fish & Chicken	1 meal	840	440	50	25	3.5			185	2550	360	57		1	43
4 Pc Chicken	1 meal	770	340	39	19	2.5			170	2700	720	62		1	44
Deluxe Seafood Platter	1 meal	1030	620	70	30	4			205	2000	60	65		3	38
Fish & Shrimp	1 meal	750	450	51	23	3			185	1300	0	43		3	32
Lobster Rolls	1 meal	460	200	22	6	1.5			35	750	55	51	2	9	12
Supreme Sampler	1 meal	1140	620	70	33	4.5			270	2650	360	74		4	54
White Fish, Shrimp & Crab	1 meal	900	540	61	28	3.5			150	1850	30	51		2	38
Chick-N-Ds (no sides or hush puppies)															
1 Pc HB Chicken Tender	1 tender	190	90	10	5	0.5			45	670	180	16		0	11
6pc Nugget Add On	6 pieces	350	160	18	9	1.5			75	1200	310	25		0	23
8pc Nugget Combo	1 meal	470	210	24	12	1.5			100	1600	410	33		0	31
12 Pc Nugget Add On	12 pieces	710	310	35	18	2.5			150	2410	620	49		1	46
24 Pc Nugget Add On	24 pieces	1420	630	71	37	5			300	4810	1240	99	2	1	93
2 pc Hand Breaded Tenders Combo	1 meal	390	170	19	10	1.5			85	1350	360	31		0	22
3 pc Hand Breaded Tenders Combo	1 meal	580	260	29	14	2.0			130	2020	540	47		0	33
Hand-Breaded Chicken Sammie	1 sandwich	1010	580	65	20	3.0			120	2530	360	78	2	9	28
Hand-Breaded Chicken Tender, Fish, & Fries	1 meal	420	220	25	13	2.0			90	1270	180	28		0	21
Add 'Em On															
1 Pc Batter Dipped Fish	1 piece	230	130	15	8	1			50	600	0	13			10
2 Pc HB Chicken Tenders	2 pieces	390	170	19	10	1.5			85	1350	360	31		0	22
6 Pc Butterfly Shrimp	6 pieces	300	180	20	8	1			85	100		17		3	12
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
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	380	0	9			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	160	0	0.5	0		0	0		450	65	35			4
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

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		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)
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	X
Baked Potato														
Breadstick								X			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		
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
Chick-N Ds (No Sides or Hushpuppies)													
1 Pc HB Chicken Tender			X				X			X	X	X	X
6pc Nugget Add On			X				X			X	X	X	X
8pc Nugget Combo			X				X			X	X	X	X

12 Pc Nugget Add On			X				X			X	X	X	X
24 Pc Nugget Add On			X				X			X	X	X	X
2 pc Hand Breaded Tenders Combo			X				X			X	X	X	X
3 pc Hand Breaded Tenders Combo			X				X			X	X	X	X
Hand-Breaded Chicken Sammie	X		X				X			X	X	X	X
Hand-Breaded Chicken Tender, Fish, & Fries		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	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 Sides)													
Giant Fish Sandwich	X	X			X		X			X	X	X	X
The Captain Sandwich	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	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	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.

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.