

Captain D's Nutrition & Allergen Information

Nutrition Information

Our products may contain allergens, including fish, shellfish, wheat, soy, soy derivatives, milk, eggs, peanuts, tree nuts, gluten, MSG, and sesame seeds. Beef Tallow is used for frying our products. Our cooking procedures cannot guarantee the total absence of these allergens no matter what menu item you may order.

Menu Item	Cal	Cal Fat	Tot Fat (g)	Sat Fat (g)	Trans (g)	Poly (g)	Mono (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Add Sug (g)	Protein (g)
Core - Add Ons & Appetizers															
1 Pc Batter Dipped Fish	230	130	15	8	1.0	-	-	50	600	0.2	13	-	0	-	10
1 Pc Chicken Tender	190	90	10	5.0	0.5	-	-	45	670	180	16	-	0	-	11
2 Pc Chicken Tender	390	170	19	10	1.5	-	-	85	1350	360	31	-	0	-	22
5 Pc Butterfly Shrimp	250	150	17	6	1.0	-	-	70	85	-	15	-	2	-	10
American Cheese	60	45	5	3.5	-	-	-	15	310	20	1	-	-	-	4
Captain's Ultimate Appetizer	970	550	63	24	3.0	-	-	165	1470	85	80	2	4	1	25
Clam Strips	480	280	32	11	1.0	-	-	30	970	85	41	1	2	1	8
Clam Strips & Butterfly Shrimp	680	400	46	16	2.0	-	-	85	1040	85	53	1	4	1	16
Cocktail Sauce	50	-	-	-	-	-	-	-	520	160	11	-	10	10	1
Cracklins (1 oz)	70	35	4.0	2.0	0	-	-	4	380	0.1	9	-	0	-	1
D's Dippin' Sauce	140	130	14	2.5	-	-	-	10	320	-	3	-	2	-	-
Fat-Free Italian Dressing (1 oz pouch)	10	-	-	-	-	-	-	-	440	-	2	-	1	-	-
Grilled Shrimp	100	20	2.0	1.0	-	-	-	95	470	50	1	-	0	-	12
Honey Mustard Dressing (1 oz pouch)	160	140	16	2.5	-	-	-	15	130	-	4	-	4	-	-
Hushpuppies	80	35	4.0	2.0	0	-	-	10	200	10	9	-	1	-	1
Jalapeno Poppers	510	320	36	20	2.5	-	-	60	920	210	40	5	6	-	6
Ketchup (1 oz)	30	-	-	-	-	-	-	-	270	-	9	-	6	-	-
Mozzarella Sticks (6 pcs)	420	270	31	14	1.0	-	-	35	910	125	24	-	2	-	12
Popcorn Shrimp	490	240	27	13	2.0	-	-	135	830	-	48	2	-	-	15
Ranch Dressing (1 oz pouch)	110	110	12	2.0	-	-	-	10	190	-	1	-	1	-	1
Sweet and Sour Sauce	50	-	-	-	-	-	-	-	65	20	12	-	9	9	-
Tartar Sauce	100	90	11	2.0	-	-	-	5	135	15	1	-	1	1	-
Thousand Island Dressing (1 oz pouch)	120	100	11	1.5	-	-	-	10	320	-	5	-	5	-	-
Core - Captain's Classics (No Sides or Hush Puppies)															
2 Pc Fish & Chicken	840	440	50	25	3.5	-	-	185	2550	360	57	-	1	-	43
4 Pc Chicken	770	340	39	19	2.5	-	-	170	2700	720	62	-	1	-	44
Deluxe Seafood Platter	1030	620	70	30	4.0	-	-	205	2000	60	65	-	3	-	38
Fish (2 pc) & Butterfly Shrimp (6 pc)	530	310	36	15	2.0	-	-	135	700	0.2	30	-	3	-	22
Popcorn Shrimp & Fish Meal	700	390	44	22	3.0	-	-	165	1620	0.3	50	1	0	-	28
Supreme Sampler	1140	620	70	33	4.5	-	-	270	2650	360	74	-	4	-	54
Core - Combos (No Sides)															

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Menu Item	Cal	Cal Fat	Tot Fat (g)	Sat Fat (g)	Trans (g)	Poly (g)	Mono (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Add Sug (g)	Protein (g)
2 Pc Fish (No Fries)	450	270	30	16	2.0	-	-	100	1200	0.3	26	-	0	-	21
Big Chicken Sandwich Combo	1230	640	73	22	2.0	-	-	160	3030	610	103	2	13	9	42
Giant Fish Sandwich	940	490	56	20	2.0	-	-	110	2010	130	81	2	11	10	30
Core - Desserts															
Classic Cheesecake	500	250	28	17	0	-	-	125	390	140	56	2	41	29	7
Funnel Cake Stix	320	170	20	10	1.0	-	-	35	170	0.2	30	-	18	10	2
Strawberry Topping (1 fl oz)	50	-	-	-	-	-	-	-	5	-	13	1	11	-	-
Core - Drinks															
Diet Dr. Pepper - Kids	-	-	-	-	-	-	-	-	60	-	-	-	-	-	-
Diet Dr. Pepper - Large	-	-	-	-	-	-	-	-	200	-	-	-	-	-	-
Diet Dr. Pepper - Medium	-	-	-	-	-	-	-	-	150	-	-	-	-	-	-
Diet Dr. Pepper - Small	-	-	-	-	-	-	-	-	100	-	-	-	-	-	-
Diet Mountain Dew - Kids	-	-	-	-	-	-	-	-	60	65	-	-	-	-	-
Diet Mountain Dew - Large	-	-	-	-	-	-	-	-	200	220	-	-	-	-	-
Diet Mountain Dew - Medium	-	-	-	-	-	-	-	-	150	170	-	-	-	-	-
Diet Mountain Dew - Small	-	-	-	-	-	-	-	-	100	110	-	-	-	-	-
Diet Pepsi - Kids	-	-	-	-	-	-	-	-	40	55	-	-	-	-	-
Diet Pepsi - Large	0	-	-	-	-	-	-	-	125	180	-	-	-	-	-
Diet Pepsi - Medium	0	-	-	-	-	-	-	-	95	130	-	-	-	-	-
Diet Pepsi - Small	0	-	-	-	-	-	-	-	60	85	-	-	-	-	-
Dr. Pepper - Kids	150	-	-	-	-	-	-	-	60	-	40	-	38	38	-
Dr. Pepper - Large	500	-	-	-	-	-	-	-	200	-	132	-	128	128	-
Dr. Pepper - Medium	370	-	-	-	-	-	-	-	150	-	99	-	96	96	-
Dr. Pepper - Small	250	-	-	-	-	-	-	-	100	-	66	-	64	64	-
Lemonade - Kid's	160	-	-	-	-	-	-	-	95	20	38	-	38	38	-
Lemonade - Large	520	-	-	-	-	-	-	-	320	70	126	-	126	126	-
Lemonade - Medium	390	-	-	-	-	-	-	-	240	55	95	-	95	95	-
Lemonade - Small	260	-	-	-	-	-	-	-	160	35	63	-	63	63	-
Mist Twist - Kids	150	-	-	-	-	-	-	-	30	65	40	-	40	41	-
Mist Twist - Large	500	-	-	-	-	-	-	-	100	230	135	-	135	135	-
Mist Twist - Medium	380	-	-	-	-	-	-	-	75	170	101	-	101	101	-
Mist Twist - Small	250	-	-	-	-	-	-	-	50	110	67	-	67	67	-
Mountain Dew - Kids	170	-	-	-	-	-	-	-	55	7.5	44	-	44	43	-
Mountain Dew - Large	550	-	-	-	-	-	-	-	180	25	145	-	145	145	-
Mountain Dew - Medium	410	-	-	-	-	-	-	-	130	20	109	-	109	109	-
Mountain Dew - Small	270	-	-	-	-	-	-	-	85	10	72	-	72	72	-
Mountain Dew Code Red - Kids	170	-	-	-	-	-	-	-	55	7.5	47	-	47	-	-
Mountain Dew Code Red - Large	550	-	-	-	-	-	-	-	180	25	155	-	155	-	-

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Menu Item	Cal	Cal Fat	Tot Fat (g)	Sat Fat (g)	Trans (g)	Poly (g)	Mono (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Add Sug (g)	Protein (g)
Mountain Dew Code Red - Medium	410	-	-	-	-	-	-	-	130	20	116	-	116	-	-
Mountain Dew Code Red - Small	280	-	-	-	-	-	-	-	90	10	78	-	78	-	-
Mug Root Beer - Kids	150	-	-	-	-	-	-	-	20	15	39	-	39	-	-
Mug Root Beer - Large	500	-	-	-	-	-	-	-	75	50	130	-	130	-	-
Mug Root Beer - Medium	380	-	-	-	-	-	-	-	55	35	98	-	98	-	-
Mug Root Beer - Small	250	-	-	-	-	-	-	-	35	25	65	-	65	-	-
Peach Smoothie	360	-	-	-	-	-	-	-	45	2.7	90	-	90	-	-
Pepsi - Kids	150	-	-	-	-	-	-	-	30	-	42	-	42	42	-
Pepsi - Large	500	-	-	-	-	-	-	-	100	-	140	-	140	140	-
Pepsi - Medium	380	-	-	-	-	-	-	-	75	-	105	-	105	105	-
Pepsi - Small	250	-	-	-	-	-	-	-	50	-	70	-	70	70	-
Starry - Medium	360	-	-	-	-	-	-	-	85	-	97	-	97	97	-
Strawberry Smoothie	300	-	-	-	-	-	-	-	55	2.8	75	-	75	-	-
Sweet Tea - Gallon	1740	-	-	-	-	-	-	-	135	70	450	-	449	449	0
Sweet Tea - Kids	140	-	-	-	-	-	-	-	10	5.6	37	-	37	37	-
Sweet Tea - Large	480	-	-	-	-	-	-	-	35	20	124	-	123	123	-
Sweet Tea - Medium	360	-	-	-	-	-	-	-	25	15	93	-	92	92	-
Sweet Tea - Small	240	-	-	-	-	-	-	-	20	9.3	62	-	62	62	-
Tropical Mango Smoothie	330	-	-	-	-	-	-	-	30	2.8	82	-	82	-	-
Unsweetened Tea - Gallon	-	-	-	-	-	-	-	-	370	-	-	-	-	-	-
Unsweetened Tea - Kids	-	-	-	-	-	-	-	-	35	-	-	-	-	-	-
Unsweetened Tea - Large	-	-	-	-	-	-	-	-	115	-	-	-	-	-	-
Unsweetened Tea - Medium	-	-	-	-	-	-	-	-	85	-	-	-	-	-	-
Unsweetened Tea - Small	-	-	-	-	-	-	-	-	60	-	-	-	-	-	-
Core - Family Meals (No Sides or Hush Puppies)															
10 Pc Fish Family Meal	2270	1340	151	79	11	-	-	490	6010	1.6	128	1	1	-	103
Family Sampler (10pc Fish, 6pc Chicken, 12pc Shrimp)	4030	2210	250	123	17	-	-	920	10250	1080	256	3	8	-	192
Seafood Feast	3750	2220	252	120	16	-	-	795	8460	90	222	2	8	-	155
Core - Fish Favorites (No Sides or Hush Puppies)															
1 Pc Batter Dipped Fish	230	130	15	8	1.0	-	-	50	600	0.2	13	-	0	-	10
1 Pc Country-Style Fish	190	100	12	6	1.0	-	-	40	520	0.1	13	-	0	-	9
2 Pc Batter Dipped Fish	450	270	30	16	2.0	-	-	100	1200	0.3	26	-	0	-	21
3 Pc Batter Dipped Fish	680	400	45	24	3.5	-	-	145	1800	0.5	38	-	0	-	31
3 Pc Catfish Meal (no sides)	780	490	56	25	3.0	-	-	185	1770	0.2	36	-	0	-	33
3 Pc Country-Style Fish	580	310	35	18	2.5	-	-	125	1570	0.3	38	-	0	-	28
4 Pc Batter Dipped Fish	910	540	61	31	4.5	-	-	195	2400	0.6	51	-	1	-	41
Breaded Flounder	240	130	15	7	1.0	0	0	50	440	260	10	-	-	-	15

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Menu Item	Cal	Cal Fat	Tot Fat (g)	Sat Fat (g)	Trans (g)	Poly (g)	Mono (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Add Sug (g)	Protein (g)
Nashville Hot Fish	590	340	38	20	2.5	-	-	80	2250	10	34	2	1	-	28
Southern Style White Fish Fillet (1 piece)	560	330	37	20	2.5	-	-	80	1430	0.2	28	-	0	-	27
Southern-Style Fish Tenders (1 piece)	110	70	8	4.0	0.5	-	-	15	250	0.1	5	-	0	-	5
Core - Grilled Meals (No Sides, Rice or Breadstick)															
Breadstick	150	45	5	2.0	0.5	-	-	2	150	-	22	1	3	-	3
Grilled White Fish & Shrimp Skewer	240	50	6	3.5	-	-	-	140	1100	100	4	-	1	-	37
Grilled White Fish Fillet	140	30	3.5	2.5	-	-	-	45	630	50	2	-	0	-	25
Lemon Pepper White Fish	150	50	5	2.5	-	0.5	1.0	45	700	55	1	-	0	-	25
Wild Alaskan Salmon	200	50	6	1.0	0	2.0	1.5	80	860	610	3	-	1	-	31
Core - Kid's Meals (No Sides)															
Kid's Batter Dipped Fish	230	130	15	8	1.0	-	-	50	600	0.2	13	-	0	-	10
Kid's Chicken Tenders	390	170	19	10	1.5	-	-	85	1350	360	31	-	0	-	22
Kid's Popcorn Shrimp	240	120	14	7	1.0	-	-	65	410	-	24	-	-	-	8
Core - Sides															
Baked Potato	210	0	0	0	-	0	-	-	25	1200	48	5	3	-	6
Broccoli	20	0	0	-	-	0	-	-	20	180	4	3	1	-	2
Coleslaw	170	110	13	1.5	-	-	-	10	310	170	13	2	11	8	1
Corn	180	15	1.5	-	-	-	-	-	-	-	37	4	5	-	5
French Fries	330	190	22	10	1.0	-	-	20	400	-	28	3	-	-	3
Green Beans	70	25	2.5	2.0	-	-	-	5	630	-	5	2	2	-	2
Loaded Baked Potato	400	130	15	8	0	0	2.0	50	440	1230	49	5	3	-	18
Mac & Cheese	150	70	8	3.5	0	-	-	15	650	90	15	-	2	-	5
Okra	320	180	20	10	1.5	-	-	20	620	200	31	3	3	-	4
Core - What's New (No Sides)															
10 Pc Grilled Shrimp	90	15	1.5	0	-	0	0	150	800	190	2	-	0	-	16
12 Pc Butterfly Shrimp	600	360	41	15	2.0	-	-	175	200	-	35	-	6	-	23
36 Pc Butterfly Shrimp Platter	1790	1080	122	45	6	-	-	520	610	-	105	-	17	-	70
6 Pc Cajun Shrimp & 6 Pc Butterfly Shrimp	550	290	33	14	1.5	-	-	155	610	-	41	-	4	-	22
Fish & 8 Pc Cajun Shrimp	560	280	32	16	2.0	-	-	140	1280	0.2	44	1	1	-	24
Fish, Shrimp & Crab Shell	570	340	38	16	2.0	-	-	120	1020	30	35	-	2	-	21
Grilled Alaska Salmon Cake	270	200	23	3.5	-	0	0	30	630	25	7	-	3	-	8
Grilled Alaska Salmon Cakes	400	280	31	4.5	-	0	0.5	55	940	50	12	1	4	-	15
Oreo Cheesecake	530	290	33	19	1.0	-	-	105	330	180	54	2	38	35	6
The Sampler	760	390	45	21	3.0	-	-	180	2000	360	53	-	2	-	38
Two Pc Fish Meal	450	270	30	16	2.0	-	-	100	1200	0.3	26	-	0	-	21

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Menu Item	Cal	Cal Fat	Tot Fat (g)	Sat Fat (g)	Trans (g)	Poly (g)	Mono (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Add Sug (g)	Protein (g)
LTO - 2026 Promo 2															
1 Pc Fish & 5 Pc Butterfly Shrimp (No Sides)	480	280	32	14	2.0	-	-	120	690	0.2	27	-	3	-	20
2 Pc Fish (No Sides)	450	270	30	16	2.0	-	-	100	1200	0.3	26	-	0	-	21
Chocolate Cake	370	170	19	7	3.5	-	-	15	320	170	49	2	36	-	3
Chocolate Cake (Two)	750	340	39	13	7	-	-	30	650	340	98	3	72	-	6
Dozen Fried Oysters	470	300	34	12	1.0	-	-	60	810	0.1	32	2	-	-	10
Grilled White Fish - Blackened (No Rice, Bread, or Sides)	170	70	7	2.5	0	1.0	2.0	45	580	65	2	-	0	-	25
Grilled White Fish - Lemon Pepper (No Rice, Bread, or Sides)	170	60	7	2.5	0	1.0	2.0	45	710	55	1	-	0	-	25
Grilled White Fish - Original (No Rice, Bread, or Sides)	170	70	7	2.5	0	1.0	2.0	45	660	50	1	-	0	-	25
Half Dozen Fried Oysters	240	150	17	6	0.5	-	-	30	400	-	16	-	-	-	5
Seafood Gumbo - Large	390	120	13	6	-	0	0	160	1710	410	41	3	3	-	21
Seafood Gumbo - Regular	190	60	7	3.0	-	0	0	80	860	200	21	2	2	-	11
Southern-Style White Fish & Butterfly Shrimp (No Sides)	810	480	54	26	3.0	-	-	150	1510	0.2	43	-	3	-	37
Southern-Style White Fish (No Sides)	560	330	37	20	2.5	-	-	80	1430	0.2	28	-	0	-	27
Ultimate Seafood Platter (No Sides)	1230	710	80	36	4.5	-	-	260	2400	60	86	1	3	-	44
LTO - 2026 Promo 2 Test															
Celebration Cake	380	170	19	7	0	-	-	15	240	30	52	-	41	-	4
Celebration Cake (Two)	770	330	37	13	1.0	-	-	25	490	65	105	-	82	-	8
Fried Pickles w/ Ranch	480	320	37	12	1.0	-	-	25	1570	150	33	2	2	-	3
Grilled Shrimp - Blackened (No Rice, Bread, or Sides)	140	25	3.0	0	-	1.0	1.0	230	580	280	1	-	0	-	25
Grilled Shrimp - Lemon Pepper (No Rice, Bread, or Sides)	130	25	3.0	0	-	1.0	1.0	230	700	270	1	-	0	-	25
Grilled Shrimp - Original (No Rice, Bread, or Sides)	140	25	3.0	0	-	1.0	1.0	230	650	260	1	-	0	-	25
Red Beans & Rice - Large	250	15	2.0	0	0	-	0	4	930	560	47	8	3	-	11
Red Beans & Rice - Regular	340	30	3.0	1.0	0	-	-	5	1410	1050	59	16	6	-	19
Seafood Trio (No Sides)	520	310	35	15	2.0	-	-	105	1000	30	33	-	2	-	19
The Sampler (No Sides)	570	310	35	16	2.0	-	-	135	1330	180	37	-	2	-	27
Triple Treasure (No Sides)	560	300	34	16	2.0	-	-	105	1620	210	39	-	0	-	24

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Allergen Information

Our products may contain allergens, including fish, shellfish, wheat, soy, soy derivatives, milk, eggs, peanuts, tree nuts, gluten, MSG, and sesame seeds. Beef Tallow is used for frying our products. Our cooking procedures cannot guarantee the total absence of these allergens no matter what menu item you may order.

Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	MSG	Mollusks
Core - Add Ons & Appetizers													
1 Pc Batter Dipped Fish	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
1 Pc Chicken Tender	No	No	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes	No
2 Pc Chicken Tender	No	No	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes	No
5 Pc Butterfly Shrimp	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
American Cheese	No	No	Yes	No	No	No	Yes	No	No	No	No	No	No
Captain's Ultimate Appetizer	Yes	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Clam Strips	Yes	No	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes
Clam Strips & Butterfly Shrimp	Yes	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Cocktail Sauce	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No
Cracklins (1 oz)	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
D's Dippin' Sauce	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No
Fat-Free Italian Dressing (1 oz pouch)	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Grilled Shrimp	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Honey Mustard Dressing (1 oz pouch)	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No
Hushpuppies	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	No
Jalapeno Poppers	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	No
Ketchup (1 oz)	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mozzarella Sticks (6 pcs)	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	No
Popcorn Shrimp	No	No	No	No	No	Yes	No	No	Yes	Yes	Yes	Yes	No
Ranch Dressing (1 oz pouch)	Yes	No	Yes	No	No	No	No	No	No	Yes	No	Yes	No
Sweet and Sour Sauce	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Tartar Sauce	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No
Thousand Island Dressing (1 oz pouch)	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No
Core - Captain's Classics (No Sides or Hush Puppies)													
2 Pc Fish & Chicken	No	Yes	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes	No
4 Pc Chicken	No	No	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Deluxe Seafood Platter	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Fish (2 pc) & Butterfly Shrimp (6 pc)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Popcorn Shrimp & Fish Meal	No	Yes	No	No	No	Yes	No	No	Yes	Yes	Yes	Yes	No
Supreme Sampler	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Core - Combos (No Sides)													
2 Pc Fish (No Fries)	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Big Chicken Sandwich Combo	Yes	No	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes	No

Captain D's Nutrition & Allergen Information

Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	MSG	Mollusks
Giant Fish Sandwich	Yes	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Core - Desserts													
Classic Cheesecake	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	No
Funnel Cake Stix	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	No
Strawberry Topping (1 fl oz)	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Core - Drinks													
Diet Dr. Pepper - Kids	No	No	No	No	No	No	No	No	No	No	No	No	No
Diet Dr. Pepper - Large	No	No	No	No	No	No	No	No	No	No	No	No	No
Diet Dr. Pepper - Medium	No	No	No	No	No	No	No	No	No	No	No	No	No
Diet Dr. Pepper - Small	No	No	No	No	No	No	No	No	No	No	No	No	No
Diet Mountain Dew - Kids	No	No	No	No	No	No	No	No	No	No	No	No	No
Diet Mountain Dew - Large	No	No	No	No	No	No	No	No	No	No	No	No	No
Diet Mountain Dew - Medium	No	No	No	No	No	No	No	No	No	No	No	No	No
Diet Mountain Dew - Small	No	No	No	No	No	No	No	No	No	No	No	No	No
Diet Pepsi - Kids	No	No	No	No	No	No	No	No	No	No	No	No	No
Diet Pepsi - Large	No	No	No	No	No	No	No	No	No	No	No	No	No
Diet Pepsi - Medium	No	No	No	No	No	No	No	No	No	No	No	No	No
Diet Pepsi - Small	No	No	No	No	No	No	No	No	No	No	No	No	No
Dr. Pepper - Kids	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Dr. Pepper - Large	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Dr. Pepper - Medium	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Dr. Pepper - Small	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Lemonade - Kid's	No	No	No	No	No	No	No	No	No	No	No	No	No
Lemonade - Large	No	No	No	No	No	No	No	No	No	No	No	No	No
Lemonade - Medium	No	No	No	No	No	No	No	No	No	No	No	No	No
Lemonade - Small	No	No	No	No	No	No	No	No	No	No	No	No	No
Mist Twist - Kids	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mist Twist - Large	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mist Twist - Medium	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mist Twist - Small	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mountain Dew - Kids	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mountain Dew - Large	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mountain Dew - Medium	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mountain Dew - Small	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mountain Dew Code Red - Kids	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mountain Dew Code Red - Large	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mountain Dew Code Red - Medium	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mountain Dew Code Red - Small	No	No	No	No	No	No	No	No	No	Yes	No	No	No

Captain D's Nutrition & Allergen Information

Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	MSG	Mollusks
Mug Root Beer - Kids	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mug Root Beer - Large	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mug Root Beer - Medium	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Mug Root Beer - Small	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Peach Smoothie	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Pepsi - Kids	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Pepsi - Large	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Pepsi - Medium	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Pepsi - Small	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Starry - Medium	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Strawberry Smoothie	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Sweet Tea - Gallon	No	No	No	No	No	No	No	No	No	No	No	No	No
Sweet Tea - Kids	No	No	No	No	No	No	No	No	No	No	No	No	No
Sweet Tea - Large	No	No	No	No	No	No	No	No	No	No	No	No	No
Sweet Tea - Medium	No	No	No	No	No	No	No	No	No	No	No	No	No
Sweet Tea - Small	No	No	No	No	No	No	No	No	No	No	No	No	No
Tropical Mango Smoothie	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Unsweetened Tea - Gallon	No	No	No	No	No	No	No	No	No	No	No	No	No
Unsweetened Tea - Kids	No	No	No	No	No	No	No	No	No	No	No	No	No
Unsweetened Tea - Large	No	No	No	No	No	No	No	No	No	No	No	No	No
Unsweetened Tea - Medium	No	No	No	No	No	No	No	No	No	No	No	No	No
Unsweetened Tea - Small	No	No	No	No	No	No	No	No	No	No	No	No	No
Core - Family Meals (No Sides or Hush Puppies)													
10 Pc Fish Family Meal	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Family Sampler (10pc Fish, 6pc Chicken, 12pc Shrimp)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Seafood Feast	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Core - Fish Favorites (No Sides or Hush Puppies)													
1 Pc Batter Dipped Fish	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
1 Pc Country-Style Fish	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
2 Pc Batter Dipped Fish	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
3 Pc Batter Dipped Fish	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
3 Pc Catfish Meal (no sides)	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
3 Pc Country-Style Fish	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
4 Pc Batter Dipped Fish	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Breaded Flounder	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Nashville Hot Fish	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Southern Style White Fish Fillet (1 piece)	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Southern-Style Fish Tenders (1 piece)	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No

We analyzed all of the items in these charts 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. 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, and cross contamination may occur. Please take into account all components of a meal to determine the final nutrition, allergen and sensitivity content of your complete meal.

Captain D's Nutrition & Allergen Information

Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	MSG	Mollusks
Core - Grilled Meals (No Sides, Rice or Breadstick)													
Breadstick	No	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No
Grilled White Fish & Shrimp Skewer	Yes	Yes	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Grilled White Fish Fillet	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No
Lemon Pepper White Fish	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No
Wild Alaskan Salmon	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No
Core - Kid's Meals (No Sides)													
Kid's Batter Dipped Fish	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Kid's Chicken Tenders	No	No	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Kid's Popcorn Shrimp	No	No	No	No	No	Yes	No	No	Yes	Yes	Yes	Yes	No
Core - Sides													
Baked Potato	No	No	No	No	No	No	No	No	No	No	No	No	No
Broccoli	No	No	No	No	No	No	No	No	No	No	No	No	No
Coleslaw	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No
Corn	No	No	No	No	No	No	No	No	No	Yes	No	No	No
French Fries	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Green Beans	No	No	No	No	No	No	Yes	No	No	No	No	No	No
Loaded Baked Potato	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Mac & Cheese	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No
Okra	Yes	No	Yes	No	No	No	No	No	Yes	Yes	Yes	No	No
Core - What's New (No Sides)													
10 Pc Grilled Shrimp	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
12 Pc Butterfly Shrimp	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
36 Pc Butterfly Shrimp Platter	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
6 Pc Cajun Shrimp & 6 Pc Butterfly Shrimp	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Fish & 8 Pc Cajun Shrimp	No	Yes	No	No	No	Yes	No	No	Yes	Yes	Yes	Yes	No
Fish, Shrimp & Crab Shell	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Grilled Alaska Salmon Cake	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No
Grilled Alaska Salmon Cakes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No
Oreo Cheesecake	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	No
The Sampler	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Two Pc Fish Meal	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
LTO - 2026 Promo 2													
1 Pc Fish & 5 Pc Butterfly Shrimp (No Sides)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
2 Pc Fish (No Sides)	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Chocolate Cake	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	No
Chocolate Cake (Two)	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	No

Captain D's Nutrition & Allergen Information

Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	MSG	Mollusks
Dozen Fried Oysters	No	No	No	Yes	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Yes
Grilled White Fish - Blackened (No Rice, Bread, or Sides)	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No
Grilled White Fish - Lemon Pepper (No Rice, Bread, or Sides)	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No
Grilled White Fish - Original (No Rice, Bread, or Sides)	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No
Half Dozen Fried Oysters	No	No	No	Yes	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Yes
Seafood Gumbo - Large	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Seafood Gumbo - Regular	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Southern-Style White Fish & Butterfly Shrimp (No Sides)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Southern-Style White Fish (No Sides)	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Ultimate Seafood Platter (No Sides)	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
LTO - 2026 Promo 2 Test													
Celebration Cake	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	No
Celebration Cake (Two)	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	No
Fried Pickles w/ Ranch	Yes	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
Grilled Shrimp - Blackened (No Rice, Bread, or Sides)	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Grilled Shrimp - Lemon Pepper (No Rice, Bread, or Sides)	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Grilled Shrimp - Original (No Rice, Bread, or Sides)	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Red Beans & Rice - Large	No	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No
Red Beans & Rice - Regular	No	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No
Seafood Trio (No Sides)	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
The Sampler (No Sides)	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No
Triple Treasure (No Sides)	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No