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	-	-
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)															
2 Pc Fish (No Fries)	450	270	30	16	2.0	-	-	100	1200	0.3	26	-	0	-	21

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.

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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)
Big Chicken Sandwich	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	450	250	28	17	0	-	-	125	380	140	43	1	30	29	7
Funnel Cake Stix	320	160	19	8	1.0	-	-	35	210	10	37	-	19	19	2
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	-	-
Mountain Dew Code Red - Medium	410	-	-	-	-	-	-	-	130	20	116	-	116	-	-
Mountain Dew Code Red - Small	280	-	-	-	-	-	-	-	90	10	78	-	78	-	-

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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	-	-
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	-
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	-
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
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
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	240	50	6	3.5	-	-	-	140	1100	100	4	-	1	-	37

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Grilled White Fish (No Seasoning)	170	60	7	2.5	0	1.0	2.0	45	410	50	1	-	0	-	25
Grilled White Fish: Add Blackened Seasoning	0	0	0	-	-	-	-	-	180	15	1	-	-	-	0
Grilled White Fish: Add Lemon Pepper Seasoning	-	-	-	-	-	-	-	-	300	5.5	-	-	-	-	-
Grilled White Fish: Add Original Seasoning	0	0	0	-	-	-	-	-	250	1.1	1	-	0	-	-
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
LTO - 2026 Captain's Favorites Promo															
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
Classic Cheesecake	320	170	19	9	0.5	-	-	45	260	115	32	-	22	19	5
Classic Cheesecake (2)	640	330	38	18	1.0	-	-	85	520	230	64	1	44	38	10
Grilled White Fish & Shrimp (No Seasoning)	240	50	6	2.5	-	0.5	1.0	215	930	250	3	-	1	-	44
Grilled White Fish: Add Blackened Seasoning	0	0	0	-	-	-	-	-	180	15	1	-	-	-	0
Grilled White Fish: Add Lemon Pepper Seasoning	-	-	-	-	-	-	-	-	300	5.5	-	-	-	-	-
Grilled White Fish: Add Original Seasoning	0	0	0	-	-	-	-	-	250	1.1	1	-	0	-	-
Loaded Potato Soup - Large	470	260	29	13	0	-	-	55	1990	590	34	-	8	-	16
Loaded Potato Soup - Regular	260	150	17	8	0	-	-	35	1040	300	17	-	4	-	10
Old Bay Crispy White Fish (No Sides)	490	270	31	16	2.0	-	-	70	820	35	25	-	1	-	28
Oysters (12 pc) - no sauce	470	300	34	12	1.0	-	-	60	810	0.1	32	2	-	-	10

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Oysters (6 pc) - no sauce	240	150	17	6	0.5	-	-	30	400	-	16	-	-	-	5
The Sampler (No Sides)	570	310	35	16	2.0	-	-	135	1330	180	37	-	2	-	27
Ultimate Seafood Platter (No Sides)	1230	710	80	36	4.5	-	-	260	2400	60	86	1	3	-	44

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Allergen Information

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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
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	**Yes**	No	**Yes**	No	No	No	No	No	**Yes**	**Yes**	**Yes**	**Yes**	No
Giant Fish Sandwich	**Yes**	**Yes**	No	No	No	No	No	No	**Yes**	**Yes**	**Yes**	**Yes**	No

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Captain D's Nutrition & Allergen Information

Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	MSG	Mollusks
Core - Desserts													
Classic Cheesecake	**Yes**	No	**Yes**	No	No	No	**Yes**	No	**Yes**	No	**Yes**	No	No
Funnel Cake Stix	**Yes**	No	**Yes**	No	No	No	**Yes**	No	**Yes**	**Yes**	**Yes**	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
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

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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 - 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
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
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
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
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
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	**Yes**	**Yes**	No	No	No	**Yes**	**Yes**	No	**Yes**	**Yes**	**Yes**	**Yes**	No
Grilled White Fish (No Seasoning)	**Yes**	**Yes**	No	No	No	No	**Yes**	No	**Yes**	**Yes**	**Yes**	**Yes**	No
Grilled White Fish: Add Blackened Seasoning	No	No	No	No	No	No	No	No	No	No	No	**Yes**	No
Grilled White Fish: Add Lemon Pepper Seasoning	No	No	No	No	No	No	No	No	No	No	No	No	No

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Captain D's Nutrition & Allergen Information

Menu Item	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	MSG	Mollusks
Grilled White Fish: Add Original Seasoning	No	No	No	No	No	No	No	No	No	No	No	No	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
LTO - 2026 Captain's Favorites Promo													
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
Classic Cheesecake	**Yes**	No	**Yes**	No	No	No	**Yes**	No	**Yes**	**Yes**	**Yes**	No	No
Classic Cheesecake (2)	**Yes**	No	**Yes**	No	No	No	**Yes**	No	**Yes**	**Yes**	**Yes**	No	No
Grilled White Fish & Shrimp (No Seasoning)	**Yes**	**Yes**	No	No	No	**Yes**	**Yes**	No	**Yes**	**Yes**	**Yes**	**Yes**	No
Grilled White Fish: Add Blackened Seasoning	No	No	No	No	No	No	No	No	No	No	No	**Yes**	No
Grilled White Fish: Add Lemon Pepper Seasoning	No	No	No	No	No	No	No	No	No	No	No	No	No
Grilled White Fish: Add Original Seasoning	No	No	No	No	No	No	No	No	No	No	No	No	No
Loaded Potato Soup - Large	No	No	**Yes**	No	No	No	**Yes**	No	No	**Yes**	**Yes**	**Yes**	No
Loaded Potato Soup - Regular	No	No	**Yes**	No	No	No	**Yes**	No	No	**Yes**	**Yes**	**Yes**	No
Old Bay Crispy White Fish (No Sides)	No	**Yes**	No	No	No	No	No	No	**Yes**	**Yes**	**Yes**	**Yes**	No
Oysters (12 pc) - no sauce	No	No	No	**Yes**	**Yes**	No	**Yes**	No	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**
Oysters (6 pc) - no sauce	No	No	No	**Yes**	**Yes**	No	**Yes**	No	**Yes**	**Yes**	**Yes**	**Yes**	**Yes**
The Sampler (No Sides)	No	**Yes**	**Yes**	No	No	**Yes**	**Yes**	No	**Yes**	**Yes**	**Yes**	**Yes**	No
Ultimate Seafood Platter (No Sides)	**Yes**	**Yes**	**Yes**	No	No	**Yes**	**Yes**	No	**Yes**	**Yes**	**Yes**	**Yes**	No

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