

	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)
2 Pc Catfish	2 pieces	520	330	37	17	2.0			125	1180	0	24			22
2 Pc Spicy Batter Dipped Fish	2 pieces	640	390	44	22	3.0	0	0	105	1430	460	33			25
Catfish Sandwich	1 sandwich	1080	710	80	23	2.0	1.0		145	2150	45	62		10	26
Classic Southern Pecan Pie	1 slice	490	210	24	8				70	530	85	67		47	4
Fish & Popcom Shrimp	1 combo	470	250	29	15	2.0			115	1010	0	37			18
Flounder Sandwich	1 sandwich	1230	770	87	29	3.0	1.5	0	125	2620	460	78	1	10	30
Giant Spicy Fish Sandwich	1 sandwich	1190	770	87	29	3.0	1.5	0	125	2230	490	71	1	10	29
Seafood Gumbo (Large)	1 large order	400	100	12	3.0		0	0	150	2020	320	50	3	3	25
Seafood Gumbo (Regular)	1 regular order	200	50	6	1.5		0	0	75	1010	160	25	2	1	13

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.

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	Added MSG	Pepper (white and black)
Limited Time Offers												
2 Pc Catfish		X						X	X	X	X	X
2 Pc Spicy Batter Dipped Fish		X						X	X	X	X	X
Catfish Sandwich	X	X				X		X	X	X	X	X
Classic Southern Pecan Pie	X		X			X	X	X	X	X		
Fish & Popcom Shrimp		X			X			X	X	X	X	X
Flounder Sandwich	X	X				X		X	X	X	X	X
Giant Spicy Fish Sandwich	X	X				X		X	X	X	X	X
Seafood Gumbo (Large)	X		X		X	X		X	X	X	X	X
Seafood Gumbo (Regular)	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.

MenuTrinfo®, 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, 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.