

### 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			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	



Thousand Island Dressing	X									X			X	
<b>Desserts</b>														
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			
<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														
Tropical Mango Smoothie											X			
Unsweetened Tea														
<b>Family Meals (No Sides Or Hush Puppies)</b>														
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
<b>Fish (No Sides Or Hush Puppies)</b>														
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
<b>Grilled Meals (No Sides, Rice Or Breadstick)</b>														
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	X
Wild Alaskan Salmon	X	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	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
Kid's Southern-style Fish Tenders		X						X			X	X	X	X
Mac & Cheese	X		X			X		X			X	X		
<b>Salads And Sandwiches (No Sides/Dressing)</b>														
Grilled Tilapia Salad	X	X	X			X		X			X	X	X	X
Skewer Shrimp Salad	X		X		X	X		X			X	X	X	X
Southern Style Breaded Chicken Salad			X					X			X	X	X	X
The Captain Sandwich	X	X						X			X	X	X	X
Wild Alaskan Salmon Salad	X	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	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	
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.

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.