

	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)

**Limited Time Offers**

Double Dozen Shrimp	One Order	510	290	32	13	1.5			150	960	200	34	
Double Dozen Shrimp And Fish	One Order	1040	590	66	31	4			255	2460	200	64	
5 Pc Butterfly Shrimp	5 Shrimp	300	190	22	9	1			80	40		19	
Lobster Rolls	2 Rolls	460	200	22	6	1.5			35	750	55	51	2

**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 in the meals, and have been analyzed separately. Take into account all components of the dish to determine final allergen and sensitivity 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, as part of any meal. Instead, we analyzed those items separately. Please take into account all components of a meal to determine nutritional, allergen and sensitivity content of your complete meal.

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat		Corn	Gluten	Added MSG
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**Limited Time Offers**

New Double Dozen Shrimp					X			X		X	X	
New Double Dozen Shrimp And Fish		X			X			X		X	X	X
5 Pc Butterfly Shrimp			X		X	X		X		X	X	X
Lobster Rolls	X	X	X		X	X		X		X	X	X
Georgia Pecan Pie	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 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 salad dressing appears on the back of each salad dressing packet. We based the nutrient values for our beverages based on cups about filled with ice. Values may differ depending on the amount of ice in the beverage cup. Sodium values will vary depending on the amount 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 all 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.

Sugars (g)	Protein (g)
	21
	42
3	7
9	12

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Pepper (white and black)
X
X
X

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MenuTrinfo®, LLC has provided the following information to help give our guests with food allergies the tools to make an informed choice. We have derived all allergen data from the USDA Standard Reference Nutrient Database, along with manufacturer-supplied ingredient allergen statements. We cannot guarantee that cross-contact has not occurred because of shared cooking and preparation areas and equipment. Formulations may change or an ingredient or vendor substitution might occur that may not be immediately reflected in this chart.

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We have verified the gluten-free nature of the menu items identified above as gluten-free with the help of a 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. This 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 do not affect the gluten-free nature of the menu items.

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