

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)
Fish (no sides or hushuppies)															
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
Family Meals (no sides or hushuppies)															
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
Grilled Meals (no sides, rice or breadstick)															
Blackened Tilapia	1 fillet	210	70	7	2		3	2	85	270	530	1			34
Grilled White Fish & Shrimp Skewer	1 order	280	100	11	4		2.5	1	140	850	0	3			37
Lemon Pepper White Fish	1 fillet	180	70	8	3		2.5	1	45	450		1			25
Shrimp Skewers	2 skewers	200	50	6	2				190	690	0	2			24
Wild Alaskan Salmon	1 fillet	230	90	10	1.5	0	4.5	2.5	80	600	510	2			31
Kid's Meals (no sides)															
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	100	50	6	1.5		2.5	1	15	370	0	1			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
Salads (no dressing or breadstick) and Sandwiches															
Grilled Tilapia Salad	1 salad	310	120	13	5	0	3.5	2	100	570	1020	9	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	290	150	17	8	1	0		45	570	500	20	4	5	15
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	330	140	16	4.5	0	4.5	2.5	95	480	1010	10	4	5	38
Variety Meals (no sides or hush puppies)															
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			36
Fish & Shrimp	1 meal	810	500	56	26	3			190	1180	0	45			30
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



	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)
Drinks															
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	
Mountain Dew Code Red - Large	40 fl oz	550								180	25	155		155	
Mountain Dew Code Red - Medium	30 fl oz	410								130	20	116		116	
Mountain Dew Code Red - Small	20 fl oz	280								90	10	78		78	
Mug Root Beer - Kids	12 fl oz	150								20	15	39		39	
Mug Root Beer - Large	40 fl oz	500								75	50	130		130	
Mug Root Beer - Medium	30 fl oz	380								55	35	98		98	
Mug Root Beer - Small	20 fl oz	250								35	25	65		65	
Peach Smoothie	16 fl oz	360								45	0	90		90	
Pepsi - Kids	12 fl oz	150								30		42		42	
Pepsi - Large	40 fl oz	500								100		140		140	
Pepsi - Medium	30 fl oz	380								75		105		105	
Pepsi - Small	20 fl oz	250								50		70		70	
Strawberry Smoothie	16 fl oz	300								55	0	75		75	
Sweet Tea - Gallon	128 fl oz	1740								135	70	450		449	
Sweet Tea - Kids	12 fl oz	140								10	5	37		37	
Sweet Tea - Large	40 fl oz	480								35	20	124		123	
Sweet Tea - Medium	30 fl oz	360								25	15	93		92	
Sweet Tea - Small	20 fl oz	240								20	10	62		62	
Tropical Mango Smoothie	16 fl oz	330								30	0	82		82	
Unsweetened Tea - Gallon	128 fl oz	0								370					
Unsweetened Tea - Kids	12 fl oz	0								35					
Unsweetened Tea - Large	40 fl oz	0								115					
Unsweetened Tea - Medium	30 fl oz	0								85					
Unsweetened Tea - Small	20 fl oz	0								60					

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	Added MSG	Pepper (white & black)
Drinks												
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												
Family Meals (No Sides Or Hush Puppies)												
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
Fish (No Sides Or Hush Puppies)												
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
Grilled Meals (No Sides, Rice Or Breadstick)												
Blackened Tilapia		X	X			X			X			X
Grilled White Fish & Shrimp Skewer		X	X		X	X			X			X
Lemon Pepper White Fish		X	X			X			X			X
Shrimp Skewers			X		X				X			X
Wild Alaskan Salmon		X	X			X			X			X
Kid's Meals (No Sides)												
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
Kid's Popcorn Shrimp					X			X	X			X
Kid's Southern-style Fish Tenders		X						X	X	X	X	X
Salads And Sandwiches (No Sides/Dressing)												
Grilled Tilapia Salad		X	X			X			X			X
Skewer Shrimp Salad			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

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	Added MSG	Pepper (white & black)
Variety Meals (No Sides Or Hush Puppies)												
15 Pc Butterfly Shrimp			X		X	X		X	X	X		X
2 Pc Fish & Chicken		X	X					X	X	X		X
4 Pc Chicken			X					X	X	X		X
Deluxe Seafood Platter	X	X	X		X	X		X	X	X		X
Fish & Shrimp		X	X		X	X		X	X	X		X
Supreme Sampler		X	X		X	X		X	X	X		X
White Fish, Shrimp & Crab	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.

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.