


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															
Batter Dipped Fish	1 filet	230	130	15	8	1			50	570		11	0	0	10
Breaded Flounder	1 filet	240	130	15	7	1			50	430	260	10	0	0	15
Catfish	1 filet	260	160	19	8	1			60	570		11	0	0	11
Country Style Fish	1 filet	190	100	12	6	1			40	500		11	0	0	9
Southern Style Fish Tenders	1 tender	110	70	8	4	0.5			15	240		4	0	0	5
Southern Style White Fish Filet	1 filet	560	330	37	20	2.5			80	1390		26	0	0	27
Seafood															
Butterfly Shrimp	1 shrimp	60	40	4.5	1.5	0			15	5		4	0	0	2
Crab Cakes	1 cake	190	100	11	5	0.5			15	330	45	10	0	2	3
Popcorn Shrimp	1 large order	490	240	27	13	2			135	830		48	2	0	15
Popcorn Shrimp	1 small order	240	120	14	7	1			65	410		24			8
Stuffed Crab	1 piece	140	90	10	3.5	0			10	350	30	11	0	0	3
From The Grill															
Blackened Tilapia	1 filet	210	70	7	2	0	3	2	85	270	530	1	0	0	34
Grilled Salmon	1 filet	220	90	10	1.5	0	4.5	2.5	80	105	500	0	0	0	31
Shrimp Skewers	1 skewer	100	25	3	1	0			95	340		1	0	0	12
Grilled White Fish Filet	1 filet	180	70	8	3	0	2.5	1	45	510		2	0	0	25
Grilled White Fish Tender	1 tender	50	25	3	1	0	1	0	10	180		0	0	0	5
Lemon Pepper White Fish	1 filet	180	70	8	3	0	2.5	1	45	450		1	0	0	25
Salads (dressing not included) and Sandwiches															
Grilled Chicken Salad	1 salad	290	110	12	4	0	2.5	1	85	800	500	10	4	5	34
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
Wild Alaskan Salmon Salad	1 salad	330	140	16	4.5	0	4.5	2.5	95	480	1010	10	4	5	38
Great Little Fish Sandwich	1 sandwich	630	320	36	13	1.5			60	1480		57	1	6	18
The Captain Sandwich	1 sandwich	1130	650	74	30	3.5			130	2250	20	82	3	4	30
Add 'Em On															
Baked Potato	1 potato	210	0	0	0	0			0	25	1200	48	5	3	6
Breadstick	1 piece	150	45	5	2	0.5			2	150		22	1	3	3
Broccoli	1 order	20	0	0	0	0			0	20	180	4	3	1	2
Cocktail Sauce	1 serving	25	0	0	0	0			0	220		4	1	4	0
Coleslaw	1 order	180	110	13	1.5	0			15	350	160	15	2	11	1
Corn On The Cob	1 order	180	15	1.5	0	0			0			37	4	5	5
D's Dippin' Sauce	1 serving	140	130	14	2.5	0			10	320		3	0	2	0
French Fries	1 order	330	190	22	10	1			20	400		28	3	0	3
Green Beans	1 order	70	25	2.5	2	0			5	630		5	2	2	2
Honey Mustard	1 serving	120	110	12	2	0			10	100		3	0	3	0
Hushpuppy	1 piece	80	35	4	2	0			10	200	10	9	0	0	1
Loaded Baked Potato	1 potato	400	130	15	8	0		2	50	440	1230	49	5	3	18
Mac & Cheese	1 order	170	70	8	4	0			20	570	35	18	0	3	6
Okra	1 order	320	180	20	10	1.5			20	470	200	31	3	3	4
Seasoned Rice	1 order	170	10	1.5	0	0			0	540	60	35	0	0	3
Side Salad	1 order	20	0	0	0	0			0	10	250	4	2	2	1
Sweet and Sour Sauce	1 serving	35	0	0	0	0			0	65		10	0	8	0
Tartar Sauce	1 serving	100	90	10	1.5	0			5	130		2	0	1	0
Cheese Sticks	1 order	500	280	32	17	1.5			50	1070		35	0	3	21
Chicken Tender	1 tender	180	100	11	5	0.5			30	450		11	0	0	9
Clam Strips	1 order	580	340	38	13	1			35	960		49	3	0	15
Jalapeno Poppers	1 order	510	320	36	20	2.5			60	920	210	40	5	6	6
Desserts															
Cheesecake	1 slice	410	240	27	14	0			80	320		36	1	24	6
Cheesecake: Add Strawberry Topping	1 serving	50	0	0	0	0			0	5		13	1	11	0
Chocolate Cake	1 slice	300	100	11	2.5	1			25	270		49	2	35	3
Chocolate Chip Cookie	1 cookie	180	70	8	3.5	0			0	140	55	27	1	16	2
Funnel Cake Stix	1 order	320	170	20	10	1			35	170		30	0	18	2
Funnel Cake Stix: Add Caramel Sauce	1 order	90	0	0	0	0			2	50		21	0	16	0

Drinks															
Coke - Kids	12 fl oz	150	0	0	0	0			0	45		40	0	40	0
Coke - Small	20 fl oz	250	0	0	0	0			0	75		67	0	67	0
Coke - Medium	30 fl oz	370	0	0	0	0			0	115		101	0	101	0
Coke - Large	40 fl oz	500								150		135		135	
Diet Coke - Kids	12 fl oz	0	0	0	0	0			0	40		0	0	0	0
Diet Coke - Small	20 fl oz	0	0	0	0	0			0	70		0	0	0	0
Diet Coke - Medium	30 fl oz	0	0	0	0	0			0	105		0	0	0	0
Diet Coke - Large	40 fl oz									140					
Dr. Pepper - Kids	12 fl oz	150	0	0	0	0			0	60		40	0	38	0
Dr. Pepper - Small	20 fl oz	250	0	0	0	0			0	100		66	0	64	0
Dr. Pepper - Medium	30 fl oz	370	0	0	0	0			0	150		99	0	96	0
Dr. Pepper - Large	40 fl oz	500								200		132		128	
Sprite - Kids	12 fl oz	150	0	0	0	0			0	35		37	0	33	0
Sprite - Small	20 fl oz	250	0	0	0	0			0	55	5	62	0	55	0
Sprite - Medium	30 fl oz	370	0	0	0	0			0	85	10	94	0	83	0
Sprite - Large	40 fl oz	490	0	0						110	10	125		111	1
Sweet Tea - Kids	12 fl oz	140	0	0	0	0			0	10	5	37	0	37	0
Sweet Tea - Small	20 fl oz	240	0	0	0	0			0	20	10	62	0	62	0
Sweet Tea - Medium	30 fl oz	360	0	0	0	0			0	25	15	93	0	92	0
Sweet Tea - Large	40 fl oz	480								35	20	124		123	
Sweet Tea - Gallon	128 fl oz	1740	0	0	0	0			0	135	70	450	0	449	0
Unsweetened Tea - Kids	12 fl oz	0	0	0	0	0			0	35		0	0	0	0
Unsweetened Tea - Small	20 fl oz	0	0	0	0	0			0	60		0	0	0	0
Unsweetened Tea - Medium	30 fl oz	0	0	0	0	0			0	85		0	0	0	0
Unsweetened Tea - Large	40 fl oz	0								115					
Unsweetened Tea - Gallon	128 fl oz	0	0	0	0	0			0	370		0	0	0	0
Peach Smoothie	16 fl oz	360	0	0	0	0			0	45		90	0	90	0
Strawberry Smoothie	16 fl oz	300	0	0	0	0			0	55		75	0	75	0
Tropical Mango Smoothie	16 fl oz	330	0	0	0	0			0	30		82	0	82	0

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat		Corn	Gluten	Added MSG	Pepper (white & black)
Fish													
Batter Dipped Fish		X						X		X	X	X	X
Breaded Flounder		X	X			X		X		X	X	X	X
Catfish		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.