

	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)
Limited Time Offers															
Coconut Cake	1 piece	490	240	27	14				85	260		58	1	43	5
Crab Topped Tilapia	1 order	320	120	14	3	0	4	4	100	670	520	11		2	37
Grilled Shrimp	10 pieces	130	50	6	1		2.5	1	150	670	140	2			16
Home-Style Shrimp	6 pieces	230	130	15	7	1			55	620	100	16		1	7
Seafood Gumbo	Regular	200	50	6	1.5		0	0	75	1010	160	25	2	1	13
Seafood Gumbo	Large	400	100	12	3		0	0	150	2020	320	50	3	3	25
Steamed Shrimp - Lemon Pepper	12 pieces	240	140	15	3		9	3	180	1370	170	5			20
Steamed Shrimp - Lemon Pepper	24 pieces	490	270	31	6		17	6	365	2750	340	10			40

Common Allergens and Sensitivities

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												
Coconut Cake	X		X	X		X	X	X	X	X		
Crab Topped Tilapia	X	X	X		X	X		X	X	X	X	X
Grilled Shrimp			X		X	X			X			X
Home-Style Shrimp	X		X		X	X		X	X	X		X
Seafood Gumbo	X		X		X	X		X	X	X	X	X
Steamed Shrimp - Lemon Pepper					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 bak 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.

We prepared the above allergen information with the help of our third-party consultant, MenuTrinfo®, LLC, to help give our guests the tools to make an informed food decision. We obtained all ingredient statements from manufacturer-generated specification sheets. Some formulations may change or a manufacturer or ingredient substitution may occur that we cannot reflect immediately on the above 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.