

	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>Limited Time Offers</b>															
Crab Cakes	2 pieces	380	190	22	11	1.5			30	660	90	21	2	4	7
Crispy Flounder	1 filet	410	230	27	13	2	0	0	55	1120	250	54		1	13
Fried Green Tomatoes with D's Dippin' Sauce	1 order	590	420	47	15	1.5			30	930		36	2	5	5

**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)
<b>Limited Time Offers</b>													
Crab Cakes	X	X	X		X	X		X		X	X		X
Crispy Flounder		X						X		X	X	X	X
Fried Green Tomatoes with D's Dippin' Sauce	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.

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.