


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.

	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	210	130	15	8	1			50	600	0	23			10
Breaded Flounder	1 filet	230	130	15	7	1			50	440	260	13			14
Catfish	1 filet	250	160	19	8	1			60	590	0	17			11
Country Style Fish	1 filet	180	100	12	6	1			40	530	0	20			9
Southern Style Fish Tenders	1 tender	90	60	7	3.5	0			15	250	0	8			5
Southern Style White Fish Filet	1 filet	540	330	37	20	2.5			80	1430	0	40		1	26
Seafood															
Butterfly Shrimp	1 shrimp	60	35	4	1.5	0			10	40		4			1
Crab Cakes	1 cake	190	100	11	5	0.5			15	330	45	10		2	3
Popcorn Shrimp	1 order	490	240	27	13	2			135	830		48	2		15
Stuffed Crab	1 piece	140	90	10	3.5	0			10	350	30	11			3
From The Grill															
Blackened Tilapia	1 filet	210	70	7	2		3	2	85	270	530	1			34
Grilled Salmon	1 filet	220	90	10	1.5	0	4.5	2.5	80	105	500	1			31
Grilled Shrimp Skewers	1 skewer	100	25	3	1	0			95	340	0	1			12
Grilled Steak Tips	1 order	110	35	4	1				50	360		2			17
Grilled White Fish Filet	1 filet	180	70	8	3		2.5	1	45	510	0	2			25
Grilled White Fish Tender	1 tender	50	25	3	1		1	0	10	180	0	0			5
Lemon Pepper White Fish	1 filet	180	70	8	3		2.5	1	45	450		1			25
Shrimp Scampi	1 order	980	590	67	12	1.5	0	1	130	2130	150	70	5	5	28
Salads (dressing not included)															
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	210	80	9	4	0			110	470	500	10	4	5	18
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
Side Dishes															
Baked Potato	1 potato	210	0	0	0	0				550	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				20	180	4	3	1	2
Cocktail Sauce	1 serving	25								220		4	1	4	
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						37	4	5	5
D's Dippin' Sauce	1 serving	140	130	14	2.5	0			10	320		3		2	
French Fries	1 order	330	190	22	10	1			20	400		28	3		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				10	100		3		3	
Hushpuppy	1 piece	80	35	4	2	0			10	200	10	9			1
Loaded Baked Potato	1 potato	400	130	15	8	0		2	50	960	1230	49	5	3	18
Macaroni & Cheese	1 order	170	70	8	4	0			20	570	35	18		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				540	60	35			3

Side Dishes, Continued															
Side Salad	1 order	20	0	0	0	0				10	250	4	2	2	1
Sweet and Sour Sauce	1 serving	35								65		10		8	
Tartar Sauce	1 serving	100	90	10	1.5				5	130		2		1	
Other Favorites															
Cheese Sticks	1 order	500	280	32	17	1.5			50	1070		35		3	21
Chicken Tender	1 tender	180	100	11	5	0.5			30	450		11			9
Clam Strips	1 order	580	340	38	13	1			35	960		49	3		15
Great Little Fish Sandwich	1 sandwich	610	320	36	13	1.5			60	1530	0	79		7	17
Jalapeno Poppers	1 order	510	320	36	20	2.5			60	920	210	40	5	6	6
The Captain Sandwich	1 sandwich	1090	650	73	30	3.5			130	2330	15	115	2	6	28
Shrimp Po' Boy	1 sandwich	950	520	59	22	2.5			125	1520	150	87	4	6	20
Desserts															
Bananas Foster Bites	1 order	500	260	29	15	2			60	350		55	2	28	4
Cheesecake	1 slice	410	240	27	14	0			80	320		36	1	24	6
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				140	55	27	1	16	2
Funnel Cake Stix	1 order	320	170	20	10	1			35	170	0	30		18	2
Funnel Cake Stix: Caramel Sauce	1 order	90	0	0					2	50		21		16	
Strawberry Topping	1 serving	50	0	0	0	0				5		13	1	11	
Drinks															
Coke - Kids	12 fl oz	150								45		40		40	
Coke - Small	22 fl oz	250								75		67		67	
Coke - Medium	32 fl oz	370								115		101		101	
Coke - Large	42 fl oz	520								160		142		142	
Diet Coke - Kids	12 fl oz	0								40		0		0	
Diet Coke - Small	22 fl oz	0								70		0		0	
Diet Coke - Medium	32 fl oz	0								105		0		0	
Diet Coke - Large	42 fl oz	0								150		0		0	
Dr. Pepper - Kids	12 fl oz	150								60		40		38	
Dr. Pepper - Small	22 fl oz	250								100		66		64	
Dr. Pepper - Medium	32 fl oz	370								150		99		96	
Dr. Pepper - Large	42 fl oz	520								210		139		134	
Sprite - Kids	12 fl oz	150								35	0	37		33	
Sprite - Small	22 fl oz	250								55	5	62		55	
Sprite - Medium	32 fl oz	370								85	10	94		83	
Sprite - Large	42 fl oz	520								115	15	131		116	1
Sweet Tea - Kids	12 fl oz	140								10	5	37		37	
Sweet Tea - Small	22 fl oz	240								20	10	62		62	
Sweet Tea - Medium	32 fl oz	360								25	15	93		92	
Sweet Tea - Large	42 fl oz	500								40	20	130		130	
Sweet Tea - Gallon	128 fl oz	1740								135	70	450		449	
Unsweetened Tea - Kids	12 fl oz	0								35		0		0	
Unsweetened Tea - Small	22 fl oz	0								60		0		0	
Unsweetened Tea - Medium	32 fl oz	0								85		0		0	
Unsweetened Tea - Large	42 fl oz	0								120		0		0	
Unsweetened Tea - Gallon	128 fl oz	0								370		0		0	
Smoothie - Peach	16 fl oz	360								45		90		90	
Smoothie - Strawberry	16 fl oz	300								55		75		75	
Smoothie - Tropical Mango	16 fl oz	330								30		82		82	

	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
Country Style Fish		X						X	X	X	X	X
Southern Style Fish Tenders		X			X			X	X	X	X	X
Southern Style White Fish Fillet		X			X			X	X	X	X	X
Seafood												
Butterfly Shrimp			X		X	X		X	X			X
Crab Cakes	X	X	X		X	X		X	X			X
Popcorn Shrimp					X			X	X			X
Stuffed Crab	X	X			X	X		X	X	X	X	X
From The Grill												
Grilled Salmon		X	X			X			X			X
Grilled Shrimp Skewers			X		X	X			X			X
Grilled Steak Tips			X			X		X	X	X		X
Grilled White Fish Fillet		X	X		X	X			X			X
Grilled White Fish Tender		X	X		X	X			X			X
Seasoned Tilapia		X	X			X			X			X
Shrimp Scampi			X		X	X		X	X			X
Salads												
Grilled Chicken Salad			X			X			X			X
Skewer Shrimp Salad			X		X	X			X			X
Southern Style Breaded Chicken Salad			X					X	X	X		X
Wild Alaskan Salmon Salad		X	X			X			X			X
Side Dishes												
Baked Potato												
Breadstick								X	X			
Broccoli												
Cocktail Sauce			X			X		X	X			X
Coleslaw	X								X			X
Corn On The Cob									X			
D's Dippin' Sauce	X								X			X
French Fries									X	X		
Green Beans						X						X
Honey Mustard	X								X			X
Hushpuppy	X		X			X		X	X			
Loaded Baked Potato			X						X			
Macaroni & Cheese	X		X			X		X	X	X		
Okra	X		X					X	X	X		X
Seasoned Rice			X			X			X			X
Side Salad												
Sweet and Sour Sauce									X			X
Tartar Sauce	X								X			X
Other Favorites												
Cheese Sticks	X		X			X		X	X	X		X
Chicken Tender			X					X	X	X		X
Clam Strips			X		X	X		X	X	X		X

Great Little Fish Sandwich	X	X	X			X		X		X	X	X	X
Jalapeno Poppers	X		X			X		X		X	X		X
The Captain Sandwich	X	X								X	X	X	X
Shrimp Po' Boy	X					X				X	X	X	X
Desserts													
Bananas Foster Bites	X		X			X		X		X	X		
Cheesecake	X		X	X		X	X	X		X	X		
Chocolate Cake	X		X			X		X		X	X		
Chocolate Chip Cookie	X		X	X		X	X	X		X	X		
Pecan Pie	X		X			X	X	X		X	X		
Strawberry Topping										X			
Drinks													
Coke										X			
Diet Coke										X			
Dr. Pepper										X			
Sprite										X			
Sweet Tea										X			
Unsweetened Tea													
Smoothie - Peach										X			
Smoothie - Strawberry										X			
Smoothie - Tropical Mango										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.

This information has been provided by MenuTrinfo®, LLC to help give our guests with food allergies the tools to make an informed food decision. All allergen data have been derived from the USDA Standard Reference Nutrient Database along with manufacturer-supplied ingredient lists and allergen statements. Although efforts are made to avoid cross-contact of allergens, we cannot guarantee that cross-contact has not occurred due to shared cooking and preparation areas and utensils. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart. Please inform your server before ordering if you or someone in your party has a food allergy.



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.