

These details list the top allergens present in each menu item based on suppliers' ingredient statements. These ingredients may have also come into contact with, or are produced at, facilities that handle other allergens.

Captain D's Master Kitchen - Allergens and Sensitivities

	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Mustard	Sulfites
Canada - Add Ons												
Batter Dipped Fish (1 pc) (CA)		X							X	X		
Batter Dipped Fish (2 pc) (CA)		X							X	X		
Butterfly Shrimp (10 pc) (CA)			X			X	X		X	X		
Butterfly Shrimp (15 pc) (CA)			X			X	X		X	X		
Butterfly Shrimp (5 pc) (CA)			X			X	X		X	X		
Chicken Tenders (2 pc) (CA)			X						X	X		
Chicken Tenders (4 pc) (CA)			X						X	X		
Classic Cheese Cake (CA)	X		X				X		X	X		
Grilled Shrimp Skewer (CA)	X					X	X		X	X	X	X
Hushpuppies (10 pc) (CA)	X		X				X		X	X		
Hushpuppies (2 pc) (CA)	X		X				X		X	X		
Hushpuppies (5 pc) (CA)	X		X				X		X	X		
Jalapeno Poppers (8 pcs) (CA)	X		X				X		X	X		
Mozzarella Sticks (8 pcs) (CA)	X		X				X		X	X		
Oreo Cheesecake (CA)	X		X				X		X	X		
Oysters (12 pc) - no sauce (CA)				X	X	X	X		X	X		
Oysters (6 pc) - no sauce (CA)				X	X	X	X		X	X		
Stuffed Crab Shell (1 pc) (CA)	X	X				X	X		X	X		
Canada - Classics												
Batter Dipped Fish (2 pc) (CA)		X							X	X		
Batter Dipped Fish (3 pc) (CA)		X							X	X		
Batter Dipped Fish (4 pc) (CA)		X							X	X		
Butterfly Shrimp (15 pc) (CA)			X			X	X		X	X		
Butterfly Shrimp (20 pc) (CA)			X			X	X		X	X		
Deluxe Seafood Platter (CA)	X	X	X			X	X		X	X		
Fish (2 pc) & Shrimp (6 pc) (CA)		X	X			X	X		X	X		
Giant Fish Sandwich Combo (CA)	X	X							X	X	X	X
Nashville Hot Fish (2 pc) (CA)		X							X	X		
Canada - HB Chicken												
Big Chicken Sandwich Combo (CA)	X		X						X	X	X	
Big Chicken Sandwich Combo - Hot (CA)	X		X						X	X	X	
Chicken (2 pc) & Fish (2 pc) (CA)		X	X						X	X		
Chicken (2 pc) & Fish (2 pc) - Hot (CA)		X	X						X	X		
Chicken (2 pc) & Shrimp (6 pc) (CA)			X			X	X		X	X		
Chicken (2 pc) & Shrimp (6 pc) - Hot (CA)			X			X	X		X	X		
Chicken Torpedoes (CA)	X		X						X	X	X	
Chicken Torpedoes - Hot (CA)	X		X						X	X	X	
Hand Breaded Chicken Tenders (3 pc) (CA)			X						X	X		
Hand Breaded Chicken Tenders (3 pc) - Hot (CA)			X						X	X		
Hand Breaded Chicken Tenders (4 pc) (CA)			X						X	X		
Hand Breaded Chicken Tenders (4 pc) - Hot (CA)			X						X	X		
Supreme Sampler (CA)		X	X			X	X		X	X		
Supreme Sampler - Hot (CA)		X	X			X	X		X	X		
Canada - Meals												
Batter Dipped Fish (10 pc) (CA)		X							X	X		
Fish (6 pc) & Chicken (6 pc) (CA)		X	X						X	X		
Grilled Chicken (4 pc) - Blackened (CA)	X						X		X	X	X	X
Grilled Chicken (4 pc) - Classic (CA)	X						X		X	X	X	X
Grilled Chicken (4 pc) - Hot (CA)	X						X		X	X	X	X
Grilled Salmon - Blackened (CA)	X	X					X		X	X	X	X
Grilled Salmon - Classic (CA)	X	X					X		X	X	X	X
Grilled Salmon - Hot (CA)	X	X					X		X	X	X	X
Hand Breaded Chicken (12 pc) (CA)			X						X	X		
Kid's Batter Dipped Fish (CA)		X							X	X		
Kid's Chicken Tenders (CA)			X						X	X		

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	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat	Gluten	Mustard	Sulfites
Seafood Feast (CA)	X	X	X			X	X		X	X		
Shrimp Skewers (2) - Blackened (CA)	X					X	X		X	X	X	X
Shrimp Skewers (2) - Classic (CA)	X					X	X		X	X	X	X
Shrimp Skewers (2) - Hot (CA)	X					X	X		X	X	X	X
White Fish & Shrimp (6pc) - Blackened (CA)	X	X	X			X	X		X	X	X	X
White Fish & Shrimp (6pc) - Classic (CA)	X	X	X			X	X		X	X	X	X
White Fish & Shrimp (6pc) - Hot (CA)	X	X	X			X	X		X	X	X	X
White Fish - Blackened (CA)	X	X					X		X	X	X	X
White Fish - Classic (CA)	X	X					X		X	X	X	X
White Fish - Hot (CA)	X	X					X		X	X	X	X
Canada - Sides												
Breadstick (CA)									X	X		
Coleslaw (CA)	X										X	
Corn (CA)												
French Fries (CA)												
Green Beans (CA)							X					
Ketchup (1 oz) (CA)												
Mac & Cheese (CA)	X		X				X		X	X		
Seasoned Rice (CA)			X				X					
Steamed Broccoli (CA)												

Canada - Add Ons															
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Batter Dipped Fish (1 pc) (CA)	230	130	15	8	1.0			50	600	0	13		0		10
Batter Dipped Fish (2 pc) (CA)	450	270	30	16	2.0			100	1200	0	26		0		21
Butterfly Shrimp (10 pc) (CA)	500	300	34	13	1.5			145	170		29		5		19
Butterfly Shrimp (15 pc) (CA)	740	450	51	19	2.5			215	250		44		7		29
Butterfly Shrimp (5 pc) (CA)	250	150	17	6	1.0			70	85		15		2		10
Chicken Tenders (2 pc) (CA)	390	170	19	10	1.5			85	1350	360	31		0		22
Chicken Tenders (4 pc) (CA)	770	340	39	19	2.5			170	2700	720	62		1		44
Classic Cheese Cake (CA)	450	250	28	17	0			125	380	140	43	1	30	29	7
Grilled Shrimp Skewer (CA)	100	20	2.0	1.0				95	470	0	1		0		12
Hushpuppies (10 pc) (CA)	780	370	41	20	3.0			105	1970	100	91	2	5		11
Hushpuppies (2 pc) (CA)	160	70	8	4.0	0.5			20	390	0	18		1		2
Hushpuppies (5 pc) (CA)	390	180	21	10	1.5			50	980	0	45	1	3		5
Jalapeno Poppers (8 pcs) (CA)	410	260	29	16	2.0			45	740	160	32	4	5		5
Mozzarella Sticks (8 pcs) (CA)	550	370	41	18	1.5			50	1210	170	32		3		16
Oreo Cheesecake (CA)	530	290	33	19	1.0			105	330	180	54	2	38	35	6
Oysters (12 pc) - no sauce (CA)	470	300	34	12	1.0			60	810	0	32	2			10
Oysters (6 pc) - no sauce (CA)	240	150	17	6	0.5			30	400		16				5
Stuffed Crab Shell (1 pc) (CA)	140	90	10	3.5	0			10	350	0	11				3

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Canada - Classics		Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Batter Dipped Fish (2 pc) (CA)		450	270	30	16	2.0			100	1200	0	26		0		21
Batter Dipped Fish (3 pc) (CA)		680	400	45	24	3.5			145	1800	0	38		0		31
Batter Dipped Fish (4 pc) (CA)		910	540	61	31	4.5			195	2400	0	51		1		41
Butterfly Shrimp (15 pc) (CA)		740	450	51	19	2.5			215	250		44		7		29
Butterfly Shrimp (20 pc) (CA)		990	600	68	25	3.0			290	340		58		10		39
Deluxe Seafood Platter (CA)		1030	620	70	30	4.0			205	2000	0	65		3		38
Fish (2 pc) & Shrimp (6 pc) (CA)		750	450	51	23	3.0			185	1300	0	43		3		32
Giant Fish Sandwich Combo (CA)		1460	870	99	34	3.5			145	2680	160	112	4	12	12	32
Nashville Hot Fish (2 pc) (CA)		550	330	38	17	2.0			125	1740	0	28	2	1		23

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Canada - HB Chicken															
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Big Chicken Sandwich Combo (CA)	1230	640	73	22	2.0			160	3030	610	103	2	13	9	42
Big Chicken Sandwich Combo - Hot (CA)	1240	650	73	22	2.0			160	3230	610	104	2	13	9	42
Chicken (2 pc) & Fish (2 pc) (CA)	840	440	50	25	3.5			185	2550	360	57		1		43
Chicken (2 pc) & Fish (2 pc) - Hot (CA)	870	450	50	25	3.5			185	3120	370	61	2	1		44
Chicken (2 pc) & Shrimp (6 pc) (CA)	680	350	40	17	2.5			175	1450	360	49		3		34
Chicken (2 pc) & Shrimp (6 pc) - Hot (CA)	690	350	40	17	2.5			175	1650	360	50		4		34
Chicken Torpedoes (CA)	1020	580	65	20	3.0			120	2180	360	79	2	9		28
Chicken Torpedoes - Hot (CA)	1020	580	65	20	3.0			120	2250	360	80	3	9		28
Hand Breaded Chicken Tenders (3 pc) (CA)	580	260	29	14	2.0			130	2020	540	47		0		33
Hand Breaded Chicken Tenders (3 pc) - Hot (CA)	590	260	29	15	2.0			130	2220	540	48	1	1		33
Hand Breaded Chicken Tenders (4 pc) (CA)	770	340	39	19	2.5			170	2700	720	62		1		44
Hand Breaded Chicken Tenders (4 pc) - Hot (CA)	790	340	39	19	2.5			170	2960	720	64	2	1		45
Supreme Sampler (CA)	1140	620	70	33	4.5			270	2650	360	74		4		54
Supreme Sampler - Hot (CA)	1190	630	71	33	4.5			270	3650	370	82	3	5		56

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Canada - Meals															
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Batter Dipped Fish (10 pc) (CA)	2270	1340	151	79	11			490	6010	0	128	1	1		103
Fish (6 pc) & Chicken (6 pc) (CA)	2530	1320	149	76	11			550	7650	1080	170	2	2		128
Grilled Chicken (4 pc) - Blackened (CA)	610	70	8	0		0	1.0	280	3770	250	8		2		113
Grilled Chicken (4 pc) - Classic (CA)	610	70	8	0		0	1.0	280	3480	200	6		2		113
Grilled Chicken (4 pc) - Hot (CA)	620	70	8	0		0	1.0	280	3530	210	8	1	2		113
Grilled Salmon - Blackened (CA)	200	50	6	1.0	0	2.0	1.5	80	770	600	3		0		32
Grilled Salmon - Classic (CA)	190	50	6	1.0	0	2.0	1.5	80	610	550	2		0		31
Grilled Salmon - Hot (CA)	200	50	6	1.0	0	2.0	1.5	80	530	560	3		1		32
Hand Breaded Chicken (12 pc) (CA)	2320	1020	116	58	8			515	8090	2150	186	2	2		132
Kid's Batter Dipped Fish (CA)	230	130	15	8	1.0			50	600	0	13		0		10
Kid's Chicken Tenders (CA)	390	170	19	10	1.5			85	1350	360	31		0		22
Seafood Feast (CA)	3750	2220	252	120	16			795	8460	0	222	2	8		155
Shrimp Skewers (2) - Blackened (CA)	200	40	4.5	2.0				190	1480	150	5		1		25
Shrimp Skewers (2) - Classic (CA)	200	40	4.5	2.0				190	1320	105	4		1		24
Shrimp Skewers (2) - Hot (CA)	210	40	4.5	2.0				190	1240	105	5	1	1		25
White Fish & Shrimp (6pc) - Blackened (CA)	480	250	28	10	1.0	1.0	2.0	130	1040	95	20		3		37
White Fish & Shrimp (6pc) - Classic (CA)	470	250	28	10	1.0	1.0	2.0	130	890	0	19		3		37
White Fish & Shrimp (6pc) - Hot (CA)	480	250	28	10	1.0	1.0	2.0	130	800	0	21		4		37
White Fish - Blackened (CA)	180	70	8	2.5	0	1.0	2.0	45	940	95	3		0		25
White Fish - Classic (CA)	170	70	7	2.5	0	1.0	2.0	45	790	0	2		0		25
White Fish - Hot (CA)	180	70	8	2.5	0	1.0	2.0	45	700	0	3		1		26

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Canada - Sides

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Breadstick (CA)	150	45	5	2.0	0.5			2	150		22	1	3		3
Coleslaw (CA)	170	110	13	1.5				10	310	170	13	2	11	8	1
Corn (CA)	180	15	1.5								37	4	5		5
French Fries (CA)	330	190	22	10	1.0			20	400		28	3			3
Green Beans (CA)	70	25	2.5	2.0				5	630		5	2	2		2
Ketchup (1 oz) (CA)	30								270		9		6		
Mac & Cheese (CA)	150	70	8	3.5	0			15	650	0	15		2		5
Seasoned Rice (CA)	160	0	0.5	0		0	0		450	0	35		0		4
Steamed Broccoli (CA)	20	0	0			0			20	180	4	3	1		2

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