

Captain D's Master Kitchen - Allergens and Sensitivities

	Egg	Fish	Milk	Peanuts	Sesame	Crustacean	Mollusk	Soy	Tree nuts	Wheat	Celery	Gluten	Mustard	Sulfites
UK - Appetizers														
Jalapeno Poppers - 8 pc (UK)			X							X		X		
Mozzarella Sticks - 8 pc (UK)			X					X		X		X		
UK - Batter Dipped Fish														
Batter Dipped Fish (2 pc) - Classic (UK)		X								X		X		
Batter Dipped Fish (2 pc) - Spicy (UK)		X								X		X		
Batter Dipped Fish (3 pc) - Classic (UK)		X								X		X		
Batter Dipped Fish (3 pc) - Spicy (UK)		X								X		X		
Batter Dipped Fish (4 pc) - Classic (UK)		X								X		X		
Batter Dipped Fish (4 pc) - Spicy (UK)		X								X		X		
UK - Burgers														
Big Chicken Burger (UK)	X		X							X		X	X	
Giant Fish Burger - Classic (UK)	X	X								X		X	X	X
Giant Fish Burger - Spicy (UK)	X	X								X		X	X	X
UK - Captain's Classics														
Fish & Chicken (UK)		X	X							X		X		
Fish & Shrimp (UK)		X				X				X		X		
Nashville Hot Fish (UK)		X								X		X		
Supreme Sampler (UK)		X	X			X				X		X		
UK - Crispy Butterfly Shrimp														
Butterfly Shrimp - 15 pc (UK)						X				X		X		
Butterfly Shrimp - 20 pc (UK)						X				X		X		
UK - Extras														
Batter Dipped Fish (1 pc) - Classic (UK)		X								X		X		
Batter Dipped Fish (1 pc) - Spicy (UK)		X								X		X		
Batter Dipped Fish (2 pc) - Classic (UK)		X								X		X		
Batter Dipped Fish (2 pc) - Spicy (UK)		X								X		X		
Butterfly Shrimp - 10 pc (UK)						X				X		X		
Butterfly Shrimp - 5 pc (UK)						X				X		X		
Chicken Tenders - 2 pc (UK)			X							X		X		
Chicken Tenders - 4 pc (UK)			X							X		X		
Classic Cheesecake (UK)	X		X					X		X		X		
UK - Family Deals														
6 pc Fish & 6 pc Chicken (UK)		X	X							X		X		
Batter Dipped Fish (10 pc) - Classic (UK)		X								X		X		
Batter Dipped Fish (10 pc) - Spicy (UK)		X								X		X		
Chicken Tenders - 12 pc (UK)			X							X		X		
UK - Grilled Seafood														
Add Blackened Seasoning (UK)														
Add Breadstick (UK)										X		X		
Add Lemon Pepper Seasoning (UK)														
Add Nashville Hot Seasoning (UK)														
Add Original Seasoning (UK)											X		X	
Salmon (UK)	X	X						X		X		X	X	X
Shrimp (UK)	X					X		X		X		X	X	X
White Fish & Shrimp (UK)	X	X				X		X		X		X	X	X
White Fish (UK)	X	X						X		X		X	X	X
UK - Grilled Chicken														
Add Blackened Seasoning (UK)														
Add Lemon Pepper Seasoning (UK)														
Add Nashville Hot Seasoning (UK)														
Add Original Seasoning (UK)											X		X	
Grilled Tenders - 2 (UK)	X							X		X		X	X	X
Grilled Tenders - 3 (UK)	X							X		X		X	X	X
Grilled Tenders - 4 (UK)	X							X		X		X	X	X
UK - Hand Breaded Chicken														
Chicken Tenders - 2 pc (UK)			X							X		X		
Chicken Tenders - 3 pc (UK)			X							X		X		
Chicken Tenders - 4 pc (UK)			X							X		X		
UK - Kids Meals														
Kid's Batter Dipped Fish (UK)		X								X		X		
Kid's Chicken Tenders (UK)			X							X		X		
Kid's Mac & Cheese (UK)			X							X		X	X	
UK - Sides														
Cheesy Fries (UK)			X					X						
Coleslaw (UK)	X										X		X	
Corn on the Cob (UK)														
French Fries (UK)														
Hushpuppies - 2 pc (UK)	X		X					X		X		X		
Mac & Cheese (UK)			X							X		X	X	
Mushy Peas (UK)														
Nashville Hot Fries (UK)														
Steamed Broccoli (UK)														

	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)
UK - Appetizers															
Jalapeno Poppers - 8 pc (UK)	830	520	59	28	2.0			35	1150		56	3	10	10	17
Mozzarella Sticks - 8 pc (UK)	1020	660	74	33	2.5			40	1170		50	10	5	5	34
UK - Batter Dipped Fish															
Batter Dipped Fish (2 pc) - Classic (UK)	420	270	30	16	2.0			100	930	0.2	18		0	0	20
Batter Dipped Fish (2 pc) - Spicy (UK)	420	270	30	16	2.0			100	890	0.2	17		0	0	21
Batter Dipped Fish (3 pc) - Classic (UK)	630	400	45	24	3.5			145	1390	0.3	27		0	0	30
Batter Dipped Fish (3 pc) - Spicy (UK)	630	400	46	24	3.5			145	1340	0.3	25	1	0	0	31
Batter Dipped Fish (4 pc) - Classic (UK)	840	530	60	32	4.5			195	1860	0.4	36		0	0	40
Batter Dipped Fish (4 pc) - Spicy (UK)	840	540	61	32	4.5			195	1790	0.4	34	1	0	0	41
UK - Burgers															
Big Chicken Burger (UK)	1080	620	70	21	1.5	0		120	1500	90	74	2	13	9	36
Giant Fish Burger - Classic (UK)	900	490	56	20	2.0			110	1700	130	72	2	11	11	30
Giant Fish Burger - Spicy (UK)	900	490	55	20	2.0			110	1740	130	73	2	11	11	29
UK - Captain's Classics															
Fish & Chicken (UK)	970	730	82	42	5	0		270	1910	40	54	2	1	0	73
Fish & Shrimp (UK)	690	410	46	24	3.0			115	1190	0.2	43		2	0	25
Nashville Hot Fish (UK)	590	340	39	20	2.5			80	2050	10	31	3	1	0	29
Supreme Sampler (UK)	1270	560	64	33	4.5			170	1520	15	55		3	0	43
UK - Crispy Butterfly Shrimp															
Butterfly Shrimp - 15 pc (UK)	670	360	41	21	2.5			40	650		64		6		12
Butterfly Shrimp - 20 pc (UK)	890	480	54	28	3.5			50	870		85		7		16
UK - Extras															
Batter Dipped Fish (1 pc) - Classic (UK)	210	130	15	8	1.0			50	460	0.1	9		0	0	10
Batter Dipped Fish (1 pc) - Spicy (UK)	210	130	15	8	1.0			50	450	0.1	8		0	0	10
Batter Dipped Fish (2 pc) - Classic (UK)	420	270	30	16	2.0			100	930	0.2	18		0	0	20
Batter Dipped Fish (2 pc) - Spicy (UK)	420	270	30	16	2.0			100	890	0.2	17		0	0	21
Butterfly Shrimp - 10 pc (UK)	440	240	27	14	1.5			25	440		42		4		8
Butterfly Shrimp - 5 pc (UK)	220	120	14	7	1.0			15	220		21		2		4
Chicken Tenders - 2 pc (UK)	280	150	17	9	1.0			55	330	15	12		0	0	18
Chicken Tenders - 4 pc (UK)	570	310	35	18	2.0	0		115	660	25	24		0	0	36
Classic Cheesecake (UK)	440	260	29	16					360		35		22	22	6
UK - Family Deals															
6 pc Fish & 6 pc Chicken (UK)	2110	1260	143	74	10	0		465	3770	40	89	3	1	1	114
Batter Dipped Fish (10 pc) - Classic (UK)	2110	1330	151	79	11			490	4650	1.0	89	2	1	1	100
Batter Dipped Fish (10 pc) - Spicy (UK)	2110	1340	152	79	11			490	4460	1.0	84	3	1	1	103
Chicken Tenders - 12 pc (UK)	1700	920	104	53	7	0	0	340	1970	75	72	3	1	1	107
UK - Grilled Seafood															
Add Blackened Seasoning (UK)	10	0	0						490		1		0	0	0
Add Breadstick (UK)	150	45	5	2.0	0.5			2	150		22	1	3		3
Add Lemon Pepper Seasoning (UK)									900	15					
Add Nashville Hot Seasoning (UK)	10	0	0						840		1		0	0	0
Add Original Seasoning (UK)	15	0	0	0					430		2		1		0
Salmon (UK)	190	50	6	1.0	0	2.0	1.5	80	230	550	1		0		31
Shrimp (UK)	200	35	4.0	0.5	0	1.5	1.5	345	600	390	1		0		37
White Fish & Shrimp (UK)	240	50	6	2.5		0.5	1.0	215	680	250	2		1		44
White Fish (UK)	140	30	3.5	2.5				45	380	50	2		0		25
UK - Grilled Chicken															
Add Blackened Seasoning (UK)	10	0	0						490		1		0	0	0
Add Lemon Pepper Seasoning (UK)									900	15					
Add Nashville Hot Seasoning (UK)	10	0	0						840		1		0	0	0
Add Original Seasoning (UK)	15	0	0	0					430		2		1		0
Grilled Tenders - 2 (UK)	180	35	4.0	1.0		1.0	1.5	85	330	360	2		1		31
Grilled Tenders - 3 (UK)	270	50	6	1.5		1.5	2.5	130	500	540	2		1		47
Grilled Tenders - 4 (UK)	360	70	8	2.0		2.0	3.0	170	670	710	3		1		63

	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)
UK - Hand Breaded Chicken															
Chicken Tenders - 2 pc (UK)	280	150	17	9	1.0			55	330	15	12		0	0	18
Chicken Tenders - 3 pc (UK)	420	230	26	13	1.5	0		85	490	20	18		0	0	27
Chicken Tenders - 4 pc (UK)	570	310	35	18	2.0	0		115	660	25	24		0	0	36
UK - Kids Meals															
Kid's Batter Dipped Fish (UK)	210	130	15	8	1.0			50	460	0.1	9		0	0	10
Kid's Chicken Tenders (UK)	280	150	17	9	1.0			55	330	15	12		0	0	18
Kid's Mac & Cheese (UK)	270	140	16	10					240		23		1	1	8
UK - Sides															
Cheesy Fries (UK)	310	170	19	9	1.0			15	370		27	4	2	1	4
Coleslaw (UK)	170	110	13	1.5				10	310	170	13	2	11	8	1
Corn on the Cob (UK)	180	15	1.5								37	4	5		5
French Fries (UK)	260	150	17	8	1.0			15	180		23	4	0		2
Hushpuppies - 2 pc (UK)	160	70	8	4.0	0.5			20	390	20	18		1		2
Mac & Cheese (UK)	270	140	16	10					240		23		1	1	8
Mushy Peas (UK)	90								250		14	4	2	2	5
Nashville Hot Fries (UK)	270	150	17	8	1.0			15	510		23	4	1	0	2
Steamed Broccoli (UK)	20	0	0			0			20	180	4	3	1		2