

## Captain D's - Common Allergens and Sensitivities

All items on this chart have been analyzed on an *individual* basis. Breadsticks, hush puppies and other sides have *not* been included as part of the meals, and have been analyzed separately. **Take into account all components of the dish to determine final allergen and sensitivity content of the complete meal.**

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	Added MSG
<b>Fish</b>											
Batter Dipped Fish		X						X	X	X	X
Breaded Flounder		X	X			X		X	X	X	X
Catfish		X						X	X	X	X
Country Style Fish		X						X	X	X	X
Southern Style Fish Tenders		X			X			X	X	X	X
Southern Style White Fish Fillet		X			X			X	X	X	X
<b>Seafood</b>											
Butterfly Shrimp			X		X	X		X	X	X	
Crab Cakes	X	X	X		X	X		X	X	X	X
Popcorn Shrimp					X			X	X	X	
Stuffed Crab	X	X			X	X		X	X	X	X
<b>From The Grill</b>											
Beef Kabobs			X			X			X	X	
Grilled Chicken			X			X			X		
Grilled Salmon		X	X			X			X		
Grilled Shrimp			X		X	X			X		
Grilled Shrimp Skewers			X		X	X			X		
Grilled White Fish Fillet		X	X		X	X			X		
Grilled White Fish Tender		X	X		X	X			X		
Seasoned Tilapia		X	X			X			X		
Shrimp Scampi			X		X	X		X	X	X	
<b>Salads</b>											
Grilled Chicken Salad			X			X			X		
Skewer Shrimp Salad			X		X	X			X		
Southern Style Breaded Chicken Sala			X					X	X	X	X
Wild Alaskan Salmon Salad		X	X			X			X		
<b>Side Dishes</b>											
Baked Potato											
Breadstick								X	X	X	
Broccoli											
Cocktail Sauce			X						X		
Coleslaw	X								X		
Corn On The Cob									X		
D's Dippin' Sauce	X								X		
French Fries								X	X	X	
Green Beans						X					
Hushpuppy	X		X			X		X	X	X	
Loaded Baked Potato			X						X		
Macaroni & Cheese			X			X		X	X	X	
Okra	X		X					X	X	X	
Seasoned Rice			X			X			X		
Side Salad											
Tartar Sauce	X								X		

	Egg	Fish	Milk	Peanuts	Shellfish	Soy	Tree nuts	Wheat	Corn	Gluten	Added MSG
<b>Other Favorites</b>											
Cheese Sticks	X		X			X		X	X	X	
Chicken Tender			X					X	X	X	X
Great Little Fish Sandwich	X	X	X			X		X	X	X	X
Jalapeno Poppers	X		X			X		X	X	X	
The Captain Sandwich	X	X						X	X	X	X
<b>Desserts</b>											
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	
Strawberry Topping									X		
<b>Drinks</b>											
Coke									X		
Diet Coke									X		
Dr. Pepper									X		
Sprite									X		
Sweet Tea									X		
Unsweetened Tea											

MenuTrinfo, LLC provides allergen information reported that is always our very best efforts, based upon an extended version of the FDA-accepted USDA Nutrient Database SR-25. We strive for 100% complete accuracy; however, there is in fact always the remote possibility of cross contact or an error in the commercial kitchen environment. Variances may occur due to the inherent nature of scratch cooking and possible variations in ingredients from local suppliers. Please keep this in mind when asking for allergen information in that we can share ingredient information from our recipes, but not what a manufacturer may have added prior to it coming to our restaurant. It is our intent to provide this information as a service to you that will assist you in making your food choices easier.



These Gluten-Free menu items are offered only as a "guideline" of suggested menu items (s) for those diners who request a gluten-free diet. Ingredients can change at any time and we make our best efforts to review on an ongoing basis. Always consult with the Kitchen Manager, Owner or Chef before ordering. Please know that we practice caution and proper procedures when preparing our Gluten-Free items and do our very best to ensure a final gluten-free product. Captain D's is NOT a gluten free environment. In consuming our Gluten Free products, be aware that there still may be a chance of cross-contact or cross-contamination. Guests are advised to consider this information as it relates to their individual dietary needs and requirements.