

NEW

CAPTAIN'S D-LITES MENU

UNDER 500 CALORIES

ALL MEALS SERVED ON A BED OF RICE



D-LITES TILAPIA

**D-LITES SHRIMP
SKEWERS**



**D-LITES WILD
ALASKAN SALMON**



D-LITES GRILLED CHICKEN BREAST

D-LITES SURF & TURF

SERVED WITH BROCCOLI & GREEN BEANS

SUBSTITUTE SALAD W/FAT FREE ITALIAN DRESSING AS A SIDE FOR AN UPCHARGE.

IF A BREADSTICK IS INCLUDED WITH YOUR MEAL OR OTHER SIDES ARE CHOSEN, THE MEAL MAY NOT QUALIFY AS AN UNDER 500 CALORIE MEAL.

Prices may vary with choice of sides. © 2015 Captain D's, LLC. Limited time offer. CDP-DT-SB-1214