

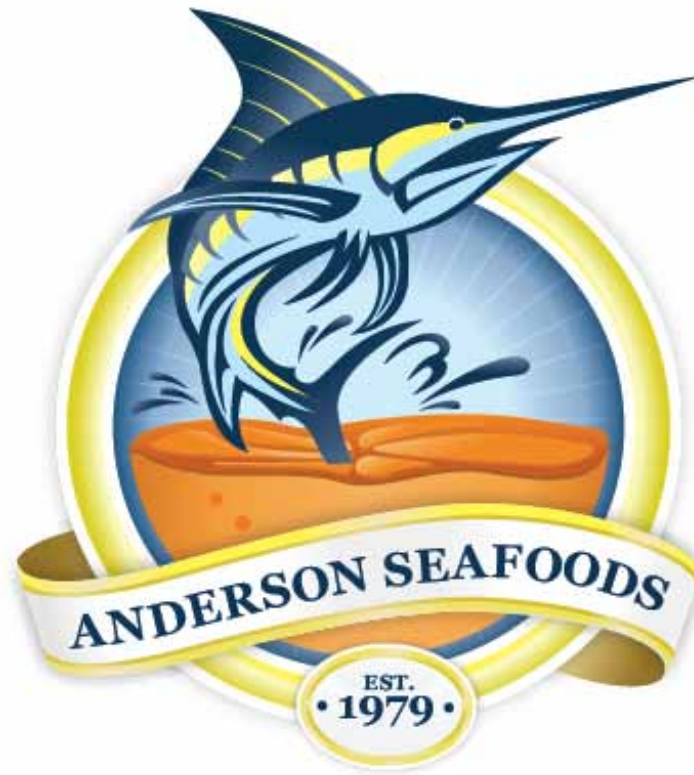
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Ahi Tuna (Yellowfin)

ORIGIN:	Fiji, Indonesia, Philippines, Vietnam, Marshall Islands
WILD/FARMED:	Wild
METHOD OF CATCH:	Long line, Hand line
FORM/SIZE SPEC:	Head off /60 lb. up / Loins Large
SEASON:	Year Round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Full loin, blood in, Skin On, Full color red meat
SUSTAINABLE:	Managed fishery

Cooking Tips

Baked , Broiled, Grilled, Sautéed, Poached, Seared, Smoked

Nutritional Information

Calories: 119	Sodium: 40
Protein: 25	Cholesterol: 49
Fat Grams: 1	Omega 3s: 0.75%
Saturated Fat	

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Albacore Tuna

ORIGIN:	Fiji, Tahiti, Hawaii, Tonga
WILD/FARMED:	Wild
METHOD OF CATCH:	Longline, hook & hand / line
FORM/SIZE SPEC:	H&G / Loin
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Full loin, blood in, Skin On, Red meat fading in color
SUSTAINABLE:	Managed fishery

Cooking Tips

Baked , Broiled, Grilled, Sautéed, Poached, Seared, Smoked

Nutritional Information

Calories: 150	Sodium: 86
Protein: 35	Cholesterol: 72
Fat Grams: 1	Omega 3s: 1.5 g

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Barramundi

ORIGIN:	Farmed –Indonesia, Vietnam, Wild – Australia, and USA
WILD/FARMED:	Farmed
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	1-2 lb. fillets, Skin On
SEASON:	Year Round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh & Frozen
PURCHASING SPECIFICATIONS:	Light pink to clear meat color. Full fillet, belly trimmed
SUSTAINABLE:	Yes

Cooking Tips

Baked, Broiled, Sautéed, Poached

Product Sold As

Calories: 115	Sodium
Protein: 26	Cholesterol
Fat Grams: 5gm	Omega 3s: 0.4

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Catfish

ORIGIN:	USA
WILD/FARMED:	Farmed
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	Fillet skin off 7/9 oz.
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Pink to orange flesh, Full fillet
SUSTAINABLE:	Yes

Cooking Tips

Baked, Broiled, Grilled, Sautéed, Poached

Nutritional Information

Calories: 95	Sodium: 84
Protein: 16	Cholesterol: 75
Fat Grams: 12	Omega 3's: 0.3
Saturated Fat: 3	

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Northern Halibut

ORIGIN:	Alaska, Canada.
WILD/FARMED:	Wild
METHOD OF CATCH:	Long Line
FORM/SIZE SPEC:	Head off, gutted 20/40, 40/60, 60UP
SEASON:	March 15th - November 15th
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh (in Season), Frozen Fletch
PURCHASING SPECIFICATIONS:	Skin Off Large Tail Trimmed Fillets, Clear Translucent meat, not chalky
SUSTAINABLE:	Yes

Cooking Tips

Baked, Broiled, Grilled, Sautéed, Poached, Smoked

Nutritional Information

Calories: 224	Sodium: 110
Protein: 42	Cholesterol: 65
Fat Grams: 5	Omega 3's: 0.5
Saturated Fat: 1	

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Mahi-Mahi

ORIGIN:	Mexico, Fiji, Costa Rica, Ecuador, Guatemala, Hawaii.
WILD/FARMED:	Wild
METHOD OF CATCH:	Hook and Line
FORM/SIZE SPEC:	Head off and gutted, fillet, Skin Off Fillet
SEASON:	Year round. Oct-Apr more plentiful
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Large Full Fillet, Trimmed, Skin Off, Clear Meat, Red Blood Line, 3Lb/Up
SUSTAINABLE:	Good Alternative.

Cooking Tips

Baked, Broiled, Grilled, Sautéed, Poached, Smoked

Nutritional Information

Calories: 118	Sodium:
Protein: 25.5	Cholesterol: 30
Fat Grams:	Omega 3's: 0.11
Saturated Fat	

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Ono (Wahoo)

ORIGIN:	Fiji, Hawaii, Ecuador, Costa Rica, Vietnam
WILD/FARMED:	Wild
METHOD OF CATCH:	Troller, Long Line
FORM/SIZE SPEC:	H&G, fillet skin on, skin off
SEASON:	May-October / Year Round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Full Fillet, Belly & Tail Trimmed, Clear to reddish-pink meat
SUSTAINABLE:	

Cooking Tips

Baked Broiled, Grilled, Poached, Sautéed, Barbecued

Nutritional Information

Calories: 114	Sodium:
Protein: 22	Cholesterol:
Fat Grams: 2	Omega 3's: 0.38
Saturated Fat:	

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Opah

ORIGIN:	Fiji, Hawaii, Mexico, USA
WILD/FARMED:	Wild
METHOD OF CATCH:	Troller, Long Line, Gilnet
FORM/SIZE SPEC:	H&G, fillet skin on, skin off
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Pink, orange to red flesh.
SUSTAINABLE:	

Cooking Tips

Broiled, Grilled, Poached, Sautéed

Nutritional Information

Calories: 130	Sodium: 80
Protein: 21	Cholesterol:
Fat Grams: 1	Omega 3's: 1.8 mg
Saturated Fat:	

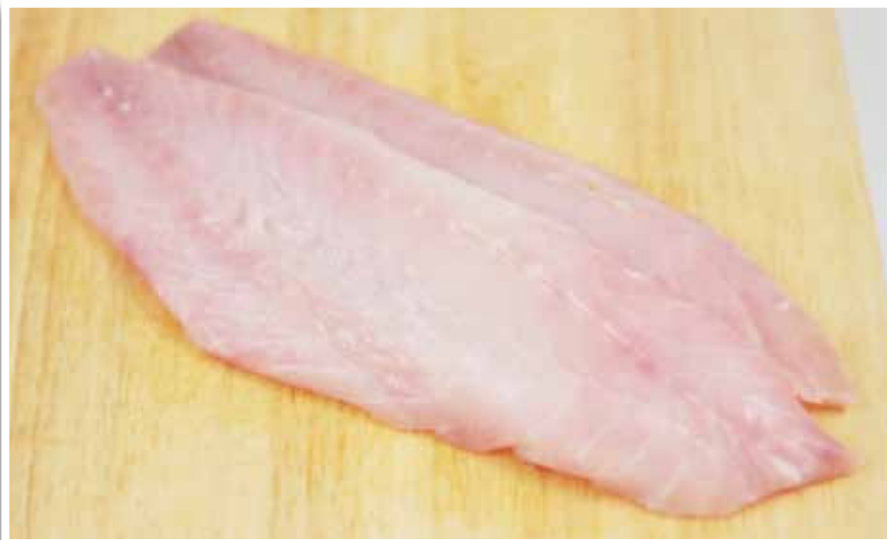
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Rockfish, Pacific

ORIGIN:	USA, Canada
WILD/FARMED:	Wild
METHOD OF CATCH:	Long line, Seine
FORM/SIZE SPEC:	1-4 lb whole, fillets
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Skin Off Fillet, 6 oz Up, Translucent to pink flesh
SUSTAINABLE:	Yes

Cooking Tips

Baked, Broiled, Grilled, Sautéed

Nutritional Information

Calories: 218	Sodium: 139
Protein: 45	Cholesterol: 81
Fat Grams: 3	Omega 3's: 0.32
Saturated Fat: 1	

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Sablefish

ORIGIN:	Alaska / Canada
WILD/FARMED:	Wild & Farmed
METHOD OF CATCH:	Long line, trap caught
FORM/SIZE SPEC:	Whole, Head off, gutted, Skin On Fillet
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh/Frozen
PURCHASING SPECIFICATIONS:	Full fillet, Skin On, White/Clear meat
SUSTAINABLE:	Yes

Cooking Tips

Baked, Broiled, Grilled, Sautéed, Poached

Nutritional Information

Calories: 189	Sodium: 125
Protein: 41	Cholesterol: 99
Fat Grams: 2	Omega 3s: 0.3
Saturated Fat:	

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Salmon, North Atlantic

ORIGIN:	British Columbia, Canada, Chile, Scotland, Ireland
WILD/FARMED:	Farmed
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	Whole 8 lb up, fillet
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Full fillet, tail and belly trimmed, no white belly membrane
SUSTAINABLE:	

Cooking Tips

Baked, Broiled, Grilled, Sautéed, Poached, Smoked

Nutritional Information

Calories: 198	Sodium: 44
Protein: 20	Cholesterol: 55
Fat Grams: 22	Omega 3's: 1.73
Saturated Fat: 4	
This food is low in Sodium. It is also a good source of Thiamin, Niacin, Vitamin B6 and Phosphorus, & a very good source of Protein, Vitamin B12 & Selnium.	

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Salmon, Scottish

ORIGIN:	Scotland
WILD/FARMED:	Farmed
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	Whole 8/Up lb Fillet 3/Up lbs each
SEASON:	Year round, Oct-Apr more plentiful
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Full fillet, tail and belly trimmed, no white belly membrane
SUSTAINABLE:	

Cooking Tips

Baked, Broiled, Grilled, Sautéed, Poached, Smoked

Nutritional Information

Calories: 199	Sodium: 8.0 mg
Protein: 20.7 g	Cholesterol: 55
Fat Grams: 12.9 g	Omega 3's: 1.73
Saturated Fat: 3.5 g	

This food is low in Sodium. It is also a good source of Thiamin, Niacin, Vitamin B6 and Phosphorus, & a very good source of Protein, Vitamin B12 & Selnium.

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Salmon, King (Farmed) - Chinook

ORIGIN:	British Columbia Canada, New Zealand
WILD/FARMED:	Farmed
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	Whole 8/Up lb Fillet 3/Up lbs each, H&G
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Full fillet, tail and belly trimmed, no white belly membrane
SUSTAINABLE:	Yes.

Cooking Tips

Baked, Broiled, Grilled, Sautéed, Poached, Smoked

Nutritional Information

Calories: 180	Sodium: 47
Protein: 20.1	Cholesterol: 66
Fat grams: 10.4	Omega 3's: 2.0
Saturated Fat: 2.5	

This food is low in Sodium. It is also a good source of Thiamin, Niacin, Vitamin B6 and Phosphorus, & a very good source of Protein, Vitamin B12 & Selnium.

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Salmon, King (Wild) - Chinook

ORIGIN:	California, Oregon, Washington Canada, Alaska
WILD/FARMED:	Wild
METHOD OF CATCH:	Gilnet, Hook, Seine
FORM/SIZE SPEC:	Whole 11/Up, Fillet Sk On & Off, H&G
SEASON:	May - August.
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh, Frozen, Defrosted
PURCHASING SPECIFICATIONS:	Full fillet, tail and belly trimmed, no white belly membrane
SUSTAINABLE:	Yes.

Cooking Tips

Baked, Broiled, Grilled, Sautéed, Poached, Smoked

Nutritional Information

Calories: 200	Sodium: 55
Protein: 22	Cholesterol: 75
Fat Grams: 11.5	Omega 3's: 2.041
Saturated Fat: 3	
This food is low in Sodium. It is also a good source of Thiamin, Niacin, Vitamin B6 and Phosphorus, & a very good source of Protein, Vitamin B12 & Selnium.	

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Salmon, Sockeye

ORIGIN:	Alaska and British Columbia
WILD/FARMED:	Wild
METHOD OF CATCH:	Gilnet, Hook, Seine
FORM/SIZE SPEC:	Whole 2/Up Fillet 1/Up lbs each , H&G
SEASON:	June / July
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	
SUSTAINABLE:	Yes
Cooking Tips	
Baked, Broiled, Grilled, Sautéed, Poached, Smoked	
Nutritional Information	
Calories: 190	Sodium: 55
Protein: 24	Cholesterol: 70
Fat Grams: 10	Omega 3's: 1.26
Saturated Fat: 1.5	
This food is low in Sodium. It is also a good source of Thiamin, Niacin, Vitamin B6 and Phosphorus, & a very good source of Protein, Vitamin B12 & Selnium.	

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Seabass, Baqueta

ORIGIN:	Sea of Cortez, Mexico
WILD/FARMED:	Wild
METHOD OF CATCH:	Long Line
FORM/SIZE SPEC:	Gutted, Fillet / 8-25 lb
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Fillet Skin On, Off, Whole, Translucent to pink flesh, belly trimmed.
SUSTAINABLE:	

Cooking Tips

Baked, Fried, Braised, Seared, Grilled

Nutritional Information

Calories: 125	Sodium: 88
Protein: 24	Cholesterol: 53
Fat Grams: 3	Omega 3's: 0.8
Saturated Fat: 1	
This food is a good source of Magnesium and Phosphorus, and a very good source of Protein, Vitamin B6 and Selenium.	

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Seabass, Chilean

ORIGIN:	Chile, Peru, Argentina
WILD/FARMED:	Wild
METHOD OF CATCH:	Hook and Line caught
FORM/SIZE SPEC:	H&G 30-40 lb up, Fillet Skin Off
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh, Defrosted, Frozen
PURCHASING SPECIFICATIONS:	Skin Off, Belly and Tail trimmed firm flesh not gelatinous
SUSTAINABLE:	

Cooking Tips

Baked, Broiled, Grilled, Sautéed, Smoked

Nutritional Information

Calories: 97	Sodium: 56
Protein: 18	Cholesterol: 49
Fat Grams: 2	Omega 3's: 0.59
Saturated Fat: 0.45	

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Seabass, Pacific, White

ORIGIN:	Mexico, South America, California
WILD/FARMED:	Wild
METHOD OF CATCH:	Long line, Gil Net
FORM/SIZE SPEC:	Whole 8 lb Up, Fillet, Skin Off
SEASON:	Year round / CA May-Sept
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Skin Off Fillet, / Belly-Tail Trimmed, Translucent flesh
SUSTAINABLE:	Good Alternative.

Cooking Tips

Nutritional Information

Calories: 125	Sodium: 88
Protein: 24	Cholesterol: 53
Fat Grams: 3	Omega 3's: 0.60
Saturated Fat: 1	

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Sole, Petrale

ORIGIN:	Oregon, Washington, Canada
WILD/FARMED:	Wild
METHOD OF CATCH:	Trawl
FORM/SIZE SPEC:	Fillet skin off, 3/6 oz. 10 lb. box
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Skin Off Fillet, Translucent white in color
SUSTAINABLE:	Good Alternative

Cooking Tips

Broiled, Grilled, Sautéed, Poached

Nutritional Information

Calories: 26	Sodium: 23
Protein: 5	Cholesterol: 14
Fat Grams:	Omega 3's: 0.2
Saturated Fat:	
This food is low in Saturated Fat. It is also a good source of Vitamin D, Niacin, Vitamin B6, Phosphorus and Potassium, and a very good source of Protein, Vitamin B12 and Selenium	

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Swordfish

ORIGIN:	Hawaii, NZ, Australia, Canada, Mexico, CA, Fiji, Ecuador
WILD/FARMED:	Wild
METHOD OF CATCH:	Gill net, Long line, Harpoon
FORM/SIZE SPEC:	Center Cut, Belly Cut, Tail Cut
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh/Frozen loins steaks
PURCHASING SPECIFICATIONS:	Pink to clear white meat with red blood line, minimum 4 inch eye on loin
SUSTAINABLE:	Good Alternative

Cooking Tips

Baked, Broiled, Grilled, Sautéed, Smoked

Nutritional Information

Calories: 165	Sodium: 122
Protein: 27	Cholesterol: 53
Fat Grams: 5	Omega 3's: 0.2
Saturated Fat: 1	
This food is a good source of Vitamin B6, and a very good source of Protein, Niacin, Vitamin B12, Phosphorus and Selenium.	

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Tilapia

ORIGIN:	Ecuador, Costa Rica
WILD/FARMED:	Farmed
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	Fillet skin off, 7/9 oz
SEASON:	Year round / CA May-Sept
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh / Frozen
PURCHASING SPECIFICATIONS:	Skin Off Fillet, Clear white to beige color with red blood line in the middle. Pin Bone Out
SUSTAINABLE:	Yes

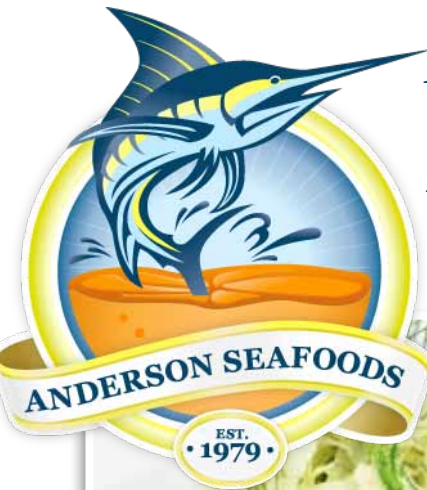
Cooking Tips

Tilapia can be baked, broiled, grilled, sautéed, poached

Nutritional Information

Calories: 98 grams	Sodium: 15
Protein: 19	Cholesterol: 14
Fat Grams: 2	Omega 3s: N/A
Saturated Fat:	
This food is a good source of Phosphorus, and a very good source of Protein, Niacin, Vitamin B12 and Selenium.	

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Trout, Rainbow

ORIGIN:	USA (Idaho)
WILD/FARMED:	Farmed
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	Head on boned 8 oz, Fillet Skin On 6-8 ounce boneless
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	White, pink or orange flesh. Clear eyes on whole fish
SUSTAINABLE:	Yes

Cooking Tips

Baked, Broiled, Grilled, Sautéed, Poached, Smoked

Nutritional Information

Calories: 79	Sodium: 28
Protein: 16	Cholesterol: 47
Fat Grams: 4	Omega 3's: 0.6
Saturated Fat: 1	
This food is low in Sodium. It is also a good source of Pantothenic Acid and Selenium, and a very good source of Protein, Niacin, Vitamins	

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Whitefish

ORIGIN:	Lake Superior, Canada
WILD/FARMED:	Wild
METHOD OF CATCH:	Longline, Netting and Trap
FORM/SIZE SPEC:	Jumbo 4-5 lb, large 3-4 lb, Medium 2-3 lbs, fillets skin on or off
SEASON:	Year round weather permitting
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	PBO, Skin On, Scaled, Belly Trimmed
SUSTAINABLE:	Good Alternative

Cooking Tips

Smoked, Grilled, Boiled, Baked, Fried, Chowder & Stew

Nutritional Information

Calories: 300	Sodium: 114
Protein: 43	Cholesterol: 134
Fat grams: 13	Omega 3's: 1.8
Saturated Fat: 2	

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Yellowtail

ORIGIN:	Mexico, USA
WILD/FARMED:	Wild
METHOD OF CATCH:	Longline, Gilnet
FORM/SIZE SPEC:	Whole 8 lb. up, fillet
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Skin Off Fillet, Belly Trimmed
SUSTAINABLE:	Good Alternative

Cooking Tips

Baked, Broiled, Grilled, Sautéed

Nutritional Information

Calories: 273	Sodium: 73
Protein: 43	Cholesterol: 103
Fat Grams: 10	Omega 3's:
Saturated Fat: 2	

This food is low in Sodium. It is also a good source of Vitamin B12 and Phosphorus, and a very good source of Protein, Niacin and Selenium.

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Crab, Lump Meat Jumbo

ORIGIN:	Indonesia
WILD/FARMED:	Farmed
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	Jumbo, 1 lb. can 6 lb. case
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh / Pasteurized
PURCHASING SPECIFICATIONS:	55/75 Count / Jumbo
SUSTAINABLE:	

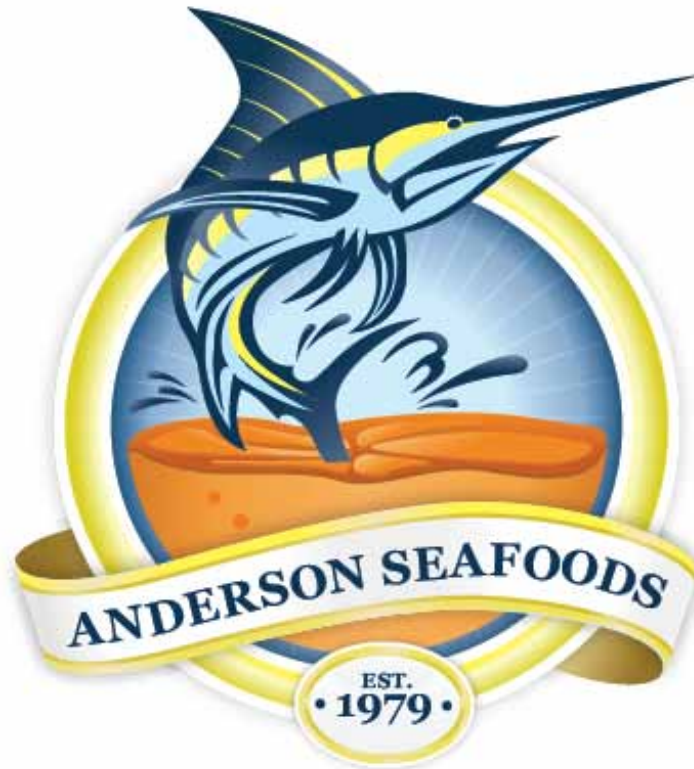
Cooking Tips

Best used for gourmet crab cakes, salads and crab cocktails. Hand Picked, the crab is steamed cooked, graded and then sealed for pasteurization. Flavor of the crab meat is sweet with a hint of salinity.

Nutritional Information

Calories: 50	Sodium: 160
Protein: 11	Cholesterol: 55
Fat:	Omega 3's: 0.320
Saturated Fat:	

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American Lobster, Live	
ORIGIN:	United States and Canada
WILD/FARMED:	Wild
METHOD OF CATCH:	Trap
FORM/SIZE SPEC:	1.5 lbs - 2.0Lbs
SEASON:	Year round / Peak season: summer
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh / Live
PURCHASING SPECIFICATIONS:	1.5lbs and Up, Must be alive and kicking, Hard Shell
SUSTAINABLE:	Good Alternative
Cooking Tips	
Steamed, Broiled	
Nutritional Information	
Calories: 142	Sodium: 551
Protein: 30	Cholesterol: 104
Fat Grams: 1	Omega 3's:
Saturated Fat:	
This food is very low in Saturated Fat. It is also a good source of Phosphorus, Potassium and Zinc, and a very good source of Protein, Vitamin B12, Copper and Selenium.	

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Black Mussels

ORIGIN:	Mexico, USA (CA, WA), Canada
WILD/FARMED:	Farmed
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	per lb
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	Prince Edward Island (PEI) is preferred. Mussels should be closed upon receipt
SUSTAINABLE:	Yes

Cooking Tips

Steamed

Nutritional Information

Calories: 129	Sodium: 429
Protein: 18	Cholesterol: 42
Fat Grams: 3	Omega 3's: 0.46
Saturated Fat: 1	
This food is a good source of Vitamin C, Thiamin, Riboflavin, Folate, Potassium and Zinc, and a very good source of Protein, Vitamin B12, Iron	

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Clams, Littleneck

ORIGIN:	Florida, NY, Washington
WILD/FARMED:	Farmed, Wild
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	8-12 ct per lb
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh / Live
PRODUCT SPECIFICATIONS:	Should be clean and closed upon receipt. Discard if open.
SUSTAINABLE:	Yes

Cooking Tips

Broiled, Grilled

Nutritional Information

Calories: 168	Sodium: 129
Protein: 29	Cholesterol: 77
Fat Grams: 2	Omega 3's:
Saturated Fat: 1	

This food is very low in Saturated Fat. It is also a good source of Riboflavin, Niacin, Potassium and Zinc, and a very good source of Protein, Vitamin C, Vitamin B12, Iron, Phosphorus, Copper, Manganese and Selenium.

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Clams, Manila

ORIGIN:	WA, Canada, CA, Mexico
WILD/FARMED:	Farmed
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	18-24 ct per lb
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PRODUCT SPECIFICATIONS:	Should be clean and closed upon receipt. Discard if open
SUSTAINABLE:	Yes

Cooking Tips

Broiled, Grilled

Nutritional Information

Calories: 168	Sodium: 127
Protein: 29	Cholesterol: 77
Fat Grams:	Omega 3's:
Saturated Fat:	

This food is very low in Saturated Fat. It is also a good source of Riboflavin, Niacin, Potassium and Zinc, and a very good source of Protein, Vitamin C, Vitamin B12, Iron, Phosphorus, Copper, Manganese and Selenium.

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Green Mussels

ORIGIN:	New Zealand
WILD/FARMED:	Farmed
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	per lb
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PRODUCT SPECIFICATIONS:	Should be clean and closed upon receipt. Discard if open beyond a quarter of an inch. Open when relaxed.
SUSTAINABLE:	Yes

Cooking Tips

Steamed

Nutritional Information

Calories: 129	Sodium: 429
Protein: 18	Cholesterol: 42
Fat Grams: 3	Omega 3's: 0.461
Saturated Fat: 1	
This food is a good source of Vitamin C, Thiamin, Riboflavin, Folate,	

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Oysters, Eastern

ORIGIN:	North East USA
WILD/FARMED:	Farmed & Wild
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	150 ct. bushel / Available by the each (in-shell) or shucked in 8 ounce containers
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh
PURCHASING SPECIFICATIONS:	In-shell should be closed. Discard if open.
SUSTAINABLE:	Yes

Cooking Tips

Steamed, Grilled

Nutritional Information

Calories: 129	Sodium: 429
Protein: 18	Cholesterol: 42
Fat Grams: 3	Omega 3's: 0.61
Saturated Fat: 1	

This food is a good source of Vitamin C, Thiamin, Riboflavin, Folate, Potassium

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Scallops, Sea, Processed

ORIGIN:	Maine, Mass, Canada
WILD/FARMED:	Wild
METHOD OF CATCH:	Dredged
FORM/SIZE SPEC:	Fresh in 8 lb gallon, or Frozen (I.Q.F.)
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Frozen
PURCHASING SPECIFICATIONS:	U/10 Count, 10/20 Count
SUSTAINABLE:	

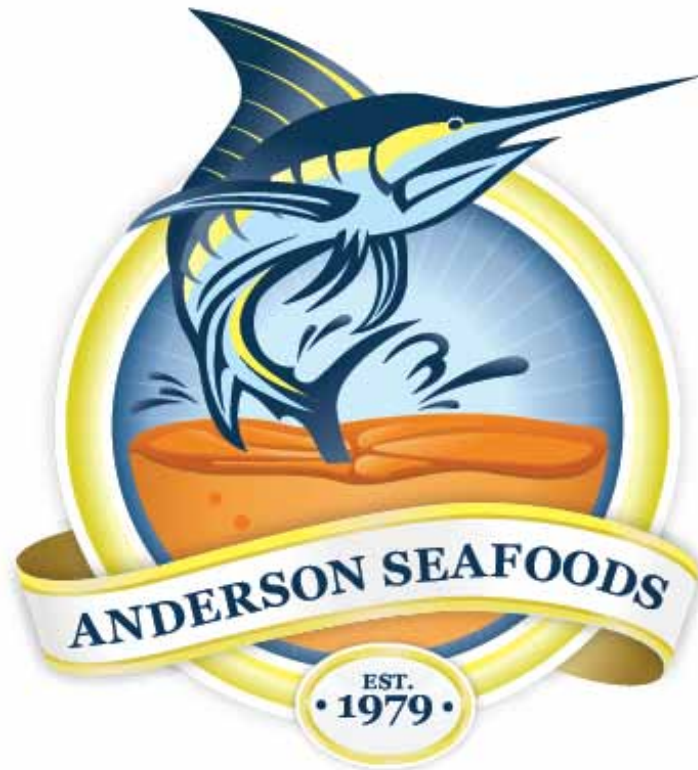
Cooking Tips

Grilled, Steamed, Fried

Nutritional Information

Calories: 26	Sodium: 48
Protein: 5	Cholesterol: 10
Fat Grams:	Omega 3's: 0.198
Saturated Fat:	
This food is very low in Saturated Fat. It is also a good source of Magnesium and Potassium, and a very good source of Protein, Vitamin B12, Phosphorus and Selenium.	

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Crab, Snow Cocktail Claws

ORIGIN:	Canada, Alaska and Newfoundland
WILD/FARMED:	Wild
METHOD OF CATCH:	Pots / Trap
FORM/SIZE SPEC:	9/12, 12/15, 16/20 per pound
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Frozen
PURCHASING SPECIFICATIONS:	2 or 3 lb bag fully cooked and ready to eat.
SUSTAINABLE:	Good Alternative.

Cooking Tips

Just thaw and serve chilled- warm, melted butter optional. Once the crab is thawed, be sure to store it in the refrigerator and use the crab meat within two days.

Nutritional Information

Calories: 130	Sodium: 1436
Protein: 26	Cholesterol: 71
Fat Grams: 2	Omega 3's: 0.37
Saturated Fat:	

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Halibut Fletch

ORIGIN:	Alaska, CA, WA
WILD/FARMED:	Wild
METHOD OF CATCH:	Long Line
FORM/SIZE SPEC:	Cut from 80 Up H&G Halibut
SEASON:	March 15th - November 15th
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Fresh (in Season) Refreshed and Frozen Large Fletch
PURCHASING SPECIFICATIONS:	Skin Off Large Tail Trimmed Fillets, Clear Translucent meat, not chalky
SUSTAINABLE:	Yes

Cooking Tips

Baked, Broiled, Grilled, Sautéed, Poached, Smoked

Nutritional Information

Calories: 224	Sodium: 110
Protein: 52	Cholesterol: 65
Fat Grams: 5	Omega 3's: 0.43
Saturated Fat: 1	

This food is low in Saturated Fat and Sodium. It is also a good source of Vitamin B6, Vitamin B12, Magnesium, Phosphorus and Potassium, and a

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Scallops, Sea, Dry U/10 ct

ORIGIN:	Maine, Mass, Canada
WILD/FARMED:	Wild
METHOD OF CATCH:	Dredged
FORM/SIZE SPEC:	Frozen (I.Q.F.)
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Frozen / Fresh
PURCHASING SPECIFICATIONS:	U/10 (IQF)
SUSTAINABLE:	Good Alternative

Cooking Tips

Grilled, Steamed, Fried

Nutritional Information

Calories: 26	Sodium: 48
Protein: 5	Cholesterol: 10
Fat Grams:	Omega 3's: 0.198
Saturated Fat:	

This food is very low in Saturated Fat. It is also a good source of Magnesium and Potassium, and a very good source of Protein, Vitamin B12, Phosphorus and Selenium.

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Squid Tubes and Tentacles

ORIGIN:	Found in the waters of both the Atlantic and Pacific oceans.
WILD/FARMED:	Wild
METHOD OF CATCH:	Jig, Seine, Trawl
FORM/SIZE SPEC:	3/5 - 5/8 inches, cleaned tube and tentacle, packed 2.5 blocks
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Frozen / Fresh (Special Order)
PURCHASING SPECIFICATIONS:	
SUSTAINABLE:	Good Alternative

Cooking Tips

Boiled, Steamed, Broiled, Fried, Bisque, Gumbo, Stewed

Nutritional Information

Calories: 26	Sodium: 12
Protein: 4	Cholesterol: 66
Fat Grams:	Omega 3's: 0.492
Saturated Fat:	

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Squid, Calamari Steaks

ORIGIN:	Found in the waters of both the Atlantic and Pacific oceans.
WILD/FARMED:	Wild
METHOD OF CATCH:	Jig, Seine, Trawl
FORM/SIZE SPEC:	4/5, 5/6 ounces each steak, tenderized.
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Frozen
PURCHASING SPECIFICATIONS:	5lb box
SUSTAINABLE:	Good Alternative

Cooking Tips

Boiled Steamed, Broiled, Fried, Bisque, Gumbo, Stewed

Nutritional Information

Calories: 26	Sodium: 12
Protein: 4	Cholesterol: 66
Fat Grams:	Omega 3's: 0.492
Saturated Fat:	
This food is low in Saturated Fat and Sodium. It is also a good source of Niacin and Zinc, and a very good source of Protein, Riboflavin, Vitamin B12, Phosphorus, Copper and Selenium.	

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26/30 Shrimp, Easy Peel Whites

ORIGIN:	Thailand, India, Vietnam, Mexico
WILD/FARMED:	Farmed
METHOD OF CATCH:	Aquaculture
FORM/SIZE SPEC:	26/30 Ct / lb / Packed 5x2 lb bag
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Frozen
PURCHASING SPECIFICATIONS:	
SUSTAINABLE:	Yes

Cooking Tips

Baked, Broiled, Grilled, Boiled, Fried

Nutritional Information

Calories: 84	Sodium: 190
Protein: 18	Cholesterol: 166
Fat Grams: 1	Omega 3's: .494
Saturated Fat:	
This food is low in Saturated Fat. It is also a good source of Niacin, Iron, Phosphorus and Zinc, and a very good source of Protein, Vitamin B12 and Selenium.	

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West Australian Lobster Tails

ORIGIN:	West Australia
WILD/FARMED:	Trap
METHOD OF CATCH:	Trap
FORM/SIZE SPEC:	6-8 ounces each - Packed 1x10 lb
SEASON:	Year round
INVENTORY/SPECIAL ORDER:	Inventory
FRESH/FROZEN:	Frozen
PURCHASING SPECIFICATIONS:	
SUSTAINABLE:	Managed Fishery

Cooking Tips

Steamed, Broiled, Grilled, Bisque, Baked

Nutritional Information

Calories: 234	Sodium: 370
Protein: 43	Cholesterol: 146
Fat Grams: 3	Omega 3's: 0.381
Saturated Fat:	

This food is low in Saturated Fat. It is also a good source of Niacin and Copper, and a very good source of Protein, Vitamin B12, Phosphorus, Zinc and Selenium.

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