



September 2 through 8th, 2024

# SEAFOOD SPECIALS



**FRESH**



\$62.00  
100ct 1/4 bu.

**Little Neck Clams**  
(Mid-Atlantic)

**Quick Points:**

Serve: raw, fry; saute; bake; broil,  
steamed, grilled and poached

**Description:**

Mild ocean brininess and pleasantly sweet undertones. Little Necks are loaded with protein, with an estimated 22 grams of protein per 3 ounce serving. They are also low in fat, high in potassium and loaded with vitamins and minerals. According to SeafoodHealthFacts.org, they are one of the most sustainable seafood resources, thus making them a great choice to eat.

**FRESH**



Available: 2-day notice to order\*  
Fillet: \$9.50/lb  
10lb minimum

**Wild North Atlantic  
PF Cod Fillets**  
(USA)

**Quick Points:**

Mild, milky, sweet flavor  
Flaky, firm texture  
Serve: bake, broil, grill, sauté

**Description:**

Cod is both a nutritious and flavorful fish loaded with lean protein, vitamins, and minerals. Cod flavor profiles can be described as mild, sweet, and delicate. Its meaty flesh is firm, moist, and flaky, making it perfect for various cooking methods. The flavor of cod is not too fishy, which is why it is a favorite among those not keen on the strong taste of seafood.

**FRESH**



\$10.95/lb  
10lb minimum

**Icelandic Salmon Fillet**  
(USA)

**Quick Points:**

Firm, fatty, with a medium flake  
Mild & light texture, melts in  
your mouth

**Description:**

Raised in offshore farms along the western coast of Iceland, Icelandic salmon thrive in the ice cold currents of ASC-certified farms. No ANTIBIOTICS or HORMONES used in raising the Icelandic salmon, and the feed is also non-GMO.



September 2nd through 8th, 2024  
**SEAFOOD SPECIALS**



**FROZEN**



\$288/case (\$3.60 ea)

80 x 4 oz. case

**Shrimp Burger  
(Atlantic)**

**Quick Points:**

4 oz. portion

Ready to Cook

No Fillers

No by-products

Gluten Free

Cook frozen or thawed

**Description:**

Made with a special combination of whole chunk and minced shrimp, which is held together with ground shrimp.

High in protein along with a clean ingredient deck, these burgers deliver a bite that you would expect from a scratch burger.

**FROZEN**



\$49/case (\$9.80/lb)

5lb case

**Italian Sweet  
Seafood Sausage**

**Quick Points:**

Ready to cook

14g protein per serving

Serve: Bake, broil, grill, saute

**Description:**

Italian Seafood Sausage makes it easy to offer succulent sausages to your guests, without all the prep work! This sausage is made from a medley of fresh seafood: Scallops, Shrimp, Cod, & Salmon plus spices, herbs and white wine. A natural hog casing ensures an authentic taste and texture while the bold flavors of the seafood and seasonings guarantee an unforgettable flavor.

**FROZEN**



\$19.95/lb

20lb case

**Jumbo Snow Crab Legs  
(North Atlantic)**

**Quick Points:**

Domestically harvested

Certified Sustainable

Serve: Bake, broil, grill, saute

**Description:**

Because it's pre-cooked and flash frozen almost immediately after catch, crab retains its delectable taste and firm texture that can be enjoyed any time of the year. The shell has been cracked and partially removed to make them easy to serve and eat. Just thaw and serve chilled- warm, melted butter optional.

Once the snow crab is thawed, be sure to store it in the refrigerator and use the crab meat within two days.