



November 11th to 15th, 2021/4

SEAFOOD SPECIALS



FRESH



2-day notice to order

\$9.95/lb

10lb minimum

Fresh Catfish Fillet (USA)

Quick Points:

Boneless, skinless

Fillet: 12-14 oz. avg.

Serve: bake, broil, deep-fry, grill,
and saute

Description:

Catfish has a slightly sweet, mild flavor with a dense, moist texture, and a good source of protein and omega-3 fatty acids. Less flaky than other white fish once cooked, wild catfish fillets can be cooked in a variety of ways, including frying, baking, grilling, and poaching.

FRESH



\$8.95/lb

10lb minimum

North Atlantic PF Cod Fillet (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

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.



November 11th to 15th, 2024

SEAFOOD SPECIALS



FROZEN



15lb case
\$115.00 case

Catfish Fillet (USA)

Quick Points:

Boneless, skinless

Fillet: 12-14 oz. avg.

Serve: bake, broil, deep-fry, grill,
and saute

Description:

Catfish has a slightly sweet, mild flavor with a dense, moist texture, less flaky than other white fish once cooked. Be gentle when handling as these are delicate and can fall apart if not maneuvered mindfully. An excellent source of protein, omega-3's and low in mercury.

FROZEN



\$9.95/lb

6/8lb Ahi Tuna Loins (Pacific)

Quick Points:

3-5 lb average weight

Perfect grilled, boiled, or skillet

Serve: seared, grilled, pan friend, raw
preparation

Description:

Ahi tuna has a mild flavor that's also slightly sweet. It has a firm, meaty and buttery texture. Searing ahi tuna locks in the juices while maintaining the recommended doneness of rare to medium-rare. If you prefer fish that isn't overly fishy, give ahi tuna a try. A white fish commonly served as sushi, and as sashimi, or cooked rare or medium-rare. It can also be grilled, pan-fried, or seared. The flavor is milder and oily when properly grilled or eaten raw.

FROZEN



\$9.50/lb
10lb case

Flounder (North Atlantic)

Quick Points:

Skinless / boneless

Wild caught

8oz. portion

Individually Vacuum Packed

Description:

The flavor of the Dover sole is mild and sweet. Despite its delicate flavor, it's able to stand up to the heavy sauces. White flesh and firm, meaty texture.