



HEALTHCARE SEAFOOD SENSATIONS





Tilapia Spring Rolls



Grilled Shrimp Skewers with Garlic Butter Glaze



Mussels in Tomato Wine Broth



Peeled and Deveined Shrimp



Shrimp Rose



Pangasius



Mahi Mahi





Beer Battered Cod



Yansai Shrimp



Grilled Tuna Steak with Udon Noodles



COD

6954291	Cod Loin 4 oz Blsl Raw Fzn Bulk EH	1/10 lb
1574292	Cod Loin 5 oz Blsl Raw Fzn Bulk EH	1/10 lb
6953905	Cod Loin 6 oz Blsl Raw Fzn Bulk EH	1/10 lb

MAHI MAHI

5653274	Mahi Mahi Fillet IQF 5/7 lb IVP EH	1/40 lb
5734819	Mahi Mahi Fillet IQF 5/7 lb IVP EH	1/10 lb
2868602	Mahi Mahi Fillet 3-5 lb IVP EH	1/15 lb
2605038	Mahi Mahi Fillet 3-5 lb IVP EH	1/40 lb
5752423	Mahi Mahi 4 oz IVP EH	1/10 lb
5819370	Mahi Mahi 6 oz IVP EH	1/10 lb
5819396	Mahi Mahi 8 oz IVP EH	1/10 lb

MUSSELS

4590816	Mussel Black Frozen 18-28 ct Cooked EH	5/2 lb
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POLLOCK

8930729	Pollock Fillet 2-4 oz EH	1/10 lb
4131314	Pollock Fillet 4-6 oz EH	1/10 lb

SEAFOOD MIX

4426060	Seafood Mix Pacifica IQF EH	4/5 lb
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SHRIMP

1653542	Shrimp Yansai 21-25 ct 10/23 EH	10 lb
5966692	Shrimp .5 oz P&D Rose Shape EH	10/10 ct
8774333	Shrimp Skewer Btfly 8/12, 4/8 Pack EH	4/8ct
2995348	Shrimp Pieces Medium 90-110 EH	6/3 lb
2995280	Shrimp Pieces Large 60-80 EH	6/3 lb
5783295	Shrimp Black Tiger 16-20 P&D Tail On Raw EH	5/2 lb
5883731	Shrimp Black Tiger 21-25 P&D Tail On Raw EH	5/2 lb

SNAPPER

4624037	Snapper Opakapaka Fillet 8/10 oz IVP EH	1/10 lb
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TUNA

9825134	Tuna Ylfm 4 oz Stk Raw IVP EH	1/10 lb
9803362	Tuna Ylfm 6 oz Stk Raw IVP EH	1/10 lb
9803537	Tuna Ylfm 8 oz Stk Raw IVP EH	1/10 lb
9803347	Tuna Ylfm 10 oz Stk Raw IVP EH	1/10 lb
3782463	Tuna Ylfm 5-8 lb Loin Bnls IVP EH	1/15 lb



PANGASIOUS (SWAI FILLETS)

5588355	Basa Striped Pangasius Fil 4/6 oz IQF WR	1/15 lb
5589502	Basa Striped Pangasius Fil 6/8 oz IQF WR	1/15 lb
5589080	Basa Striped Pangasius Rolled IQF WR	1/15 lb
2797280	Basa Striped Pangasius Fil 3/5 oz IQF WR	1/15 lb
3822335	Basa Striped Pangasius Fil 9/11 oz IQF WR	1/15 lb

TILAPIA

2794006	Tilapia 2-3 Oz IQF Bulk WR	1/10 lb
474387	Tilapia 3-5 Oz IQF Bulk WR	1/10 lb
474312	Tilapia 5-7 Oz IQF IVP WR	1/10 lb
2677516	Tilapia 5-7 oz IQF Bulk WR	1/22 lb
487165	Tilapia 7-9 oz IQF IVP WR	1/10 lb



Fresh Halibut



Fresh Mahi Mahi



Fresh Scallops



Fresh Corvina



Wild Caught Fresh Salmon with Lemon Caper Glaze



Fresh Flounder





Fresh Whole Salmon

ARCTIC CHAR

6372999	Arctic Char Fillets	1/10 lb
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CORVINA

7088446	Corvina Fillet 1-2# Skin On House Cut	1/10 lb
1580653	Corvina Fillet 1-2# Skin Off House Cut	1/10 lb

CRAB

6697882	Crabmeat Backfin 717 Philippines	12/1 lb
3608684	Crabmeat Special 717 Philippines	12/1 lb
6684625	Crabmeat Colossal 717 Philippines	12/1 lb
3608239	Crabmeat Jumbo Lump 717 Philippines	12/1 lb
3608247	Crabmeat Super Lump 717 Philippines	12/1 lb
3607918	Crabmeat Claw 717 Philippines	12/1 lb

DORADE

4578555	Dorade Royal Sea Bream	1/10 lb
	1-1.25Lb Whl H-On	

FLOUNDER

946962	Flounder Fillet 4-6 oz House Cut	1/10 lb
466292	Flounder Fil 4-6 oz Skinless	1/10 lb
3796034	Flounder Fil 4-6 oz Skinless	1/5 lb
5557566	Flounder Fillet 6-8 oz House Cut	1/10 lb
5458419	Flounder Fil 6-8 oz Skinless	1/10 lb
4852778	Fluke Fillet 4/6 oz Skinless	1/10 lb
530634	Fluke Fillet 6-8 oz Skinless	1/10 lb

HALIBUT

466268	Halibut Fillet 5-7 lb Skinless	1/10 lb
543694	Halibut Fillet 5-7 lb Skin On	1/10 lb
4581203	Halibut Portion 4 oz Boneless Skinless	1/10 lb
5825609	Halibut Portion 5 oz Boneless Skinless	1/10 lb
5825617	Halibut Portion 6 oz Boneless Skinless	1/10 lb

MAHI-MAHI

460428	Mahi Mahi Fillet Boneless/Skinless 5-7#	1/10 lb
460436	Mahi Mahi Fillet Boneless/Skinon 5-7#	1/10 lb

ROCK SHRIMP

5362504	Shrimp Rock Random Peeled	1/8 lb
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SALMON

584896	Salmon Atl Fil 2/3 lb Skin On C-Trim Chile	1/10 lb
3742291	Salmon Atl Fil 2/3 lb Skin On C-Trim Canada	1/10 lb
872556	Salmon Atl Fil 2/3 lb Skin On C	1/35 lb
458257	Salmon Atlantic Fil 2/3 lb Skin Off E	1/10 lb
4612198	Salmon Fillet 3-4 lb Skin On C Trim	1/10 lb
6637714	Salmon Atlntc Fil 3-4 lb C Trim	1/35 lb
458307	Salmon Atlantic Fil 3/4 lb Skin Off E	1/10 lb
5876404	Salmon Fillet 4-5 Lb Skin On C Trim	1/10 lb
458315	Salmon Atlantic Fil 4/5 lb Skin Off E	1/10 lb
662619	Salmon Scottish Fil 4/5 lb Skin On	1/10 lb
662635	Salmon Scottish Fil 4/5 lb Skin Off	1/10 lb
4813705	Salmon Scottish Fil 4/5 lb Skin On	1/30 lb
5934229	Salmon Scottish Fil 4/5 lb Skin Off	1/30 lb
4561973	Salmon Wild Sockeye Fillet Skin On HC	1/10 lb
6849566	Salmon Sockeye Ptn 4 oz Skls 2/5 lb HC	1/10 lb
950857	Salmon Wild King Whole	1/15 lb
1493188	Salmon Wild King Fillet Skin On	1/10 lb
5373279	Salmon Wild King Fillet Skin Off	1/10 lb
673863	Salmon Whole Scottish 11 lb & Up	1/50 lb
5732821	Salmon Whole Scottish 11 lb & Up	1 Fish
681080	Salmon Whole Scottish 11 lb & Up Scaled	2 Fish

SCALLOPS

4590402	Scallop Sea U-10 ct Raw Dry Db	1/8 lb
4684999	Scallop Sea 10-20 ct Raw Dry Cwt	1/10 lb
490193	Scallop Sea 20-30 ct Raw Dry	1/8 lb
6274534	Scallop Pieces Fresh	1/8 lb



Seared Scallops with Spinach and Fire Roasted Tomato Sauce



Salmon Burgers



Pan Fried Crabcake Medallions

Egg Harbor Seafood products are developed and made from our own recipes in our SQF Certified kitchens in Egg Harbor City, New Jersey.

BASA

3719630	Basa 3-5 oz Lemon Pepper	1/10 lb
5588314	Basa 3-5 oz Cajun	1/10 lb

CRABCAKE

3559408	Crabcake Deviled Medallions 80/2Oz EH	1/10 lb
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SALMON

3786936	Salmon Canadian 4 oz Premium Prtn EHS	1/10 lb
3786944	Salmon Canadian 6 oz Premium Prtns EHS	1/10 lb
3786969	Salmon Canadian 8 oz Premium Prtns EHS	1/10 lb
3786878	Salmon Scottish 6 oz Premium Prtns EHS	1/10 lb
3786894	Salmon Scottish 8 oz Premium Prtns EHS	1/10 lb
1910884	Salmon Scottish 7 oz Steak Bttrfly EHS	1/10 lb

MAHI

3786985	Mahi 4 oz Premium Portion EHS	1/10 lb
3787009	Mahi 6 oz Premium Portion EHS	1/10 lb
3787025	Mahi 8 oz. Premium Portion EHS	1/10 lb

SALMON BURGERS

4610093	Salmon Burgers 54/3 oz EHS	1/10 lb
3836632	Salmon Burgers 80/2 oz EHS	1/10 lb
2851103	Salmon Burgers 27/6 oz EHS	1/10 lb

SEAFOOD LASAGNA

6656060	Lasagna, Seafood EHS	4/5 lb
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TILAPIA

1611961	Tilapia Cornucopia W/Crab 46/3.5 oz EHS	1/10 lb
411959	Tilapia 3-5 oz Lemon Pepper	1/10 lb
934331	Tilapia 3-5 oz Cajun	1/10 lb

WHITEFISH

3727955	Whitefish 10-12 oz Fil Bnls	1/10 lb
1559079	Whitefish 6-8 Z Fil Bnls	1/10 lb

WHITING

910612	Whiting Fillet 4-6 oz Fzn Skin On	1/10 lb
6953111	Whiting Fillet 4-6 oz Fzn Skinless	1/10 lb
910653	Whiting Fillet 6-8 oz Fzn Skinless	1/10 lb



Mahi Premium Portion



Salmon Premium Portion



Tilapia Cornucopia stuffed with Crab



Pan Seared Fresh Halibut with Asparagus & Crabmeat Sauce



Fresh Flounder



Fresh Salmon



Mussels



Fresh Mahi-Mahi



Rollled Pangasius with Tomato Dill Sauce



SUSTAINABLE SEAFOOD

ARCTIC CHAR

6372999	Arctic Char Fillets	1/10 lb
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BASA

3719630	Basa 3-5 oz Lemon Pepper	1/10 lb
5588314	Basa 3-5 oz Cajun	1/10 lb

FLOUNDER

946962	Flounder Fillet 4-6 oz House Cut	1/10 lb
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3822335	Basa Striped Pangasius Fil 9/11 oz IQF WR	1/15 lb

SALMON

4561973	Salmon Wild Sockeye Fillet Skin On HC	1/10 lb
6849566	Salmon Sockeye Ptn 4 oz Skls 2/5 lb HC	1/10 lb
950857	Salmon Wild King Whole	1/15 lb
1493188	Salmon Wild King Fillet Skin On	1/10 lb
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490193	Scallop Sea 20-30 ct Raw Dry	1/8 lb
6274534	Scallop Pieces Fresh	1/8 lb

WHITEFISH

3727955	Whitefish 10-12 oz Fil Bnls	1/10 lb
1559079	Whitefish 6-8 Z Fil Bnls	1/10 lb



NUTRITIONAL INFORMATION Serving Size: 3.5 oz.

		CALORIES	CALORIES FROM FAT	WATER	TOTAL FAT	SATURATED FAT	CHOLESTERAL	PROTEIN	IRON	SODIUM	OMEGA-3
SPECIE FINFISH	ARTIC CHAR	104	32.6	78.1g	3.60g	1.0g	83mg	15.70g	0.30mg	58mg	0.376g
	BARRAMUNDI	108	8.0	76.35g	0.90g	0.4g	45mg	20.10g	N/A	40mg	N/A
	BASA, STRIPED PANGASIUS (SWAI)	88	36.0	77.95g	4.00g	1.5g	45mg	13.00g	0mg	50mg	N/A
	BASS CHILEAN SEA	98	18.0	78.27g	2.00g	0.5g	41mg	18.43g	0.29mg	68mg	0.595g
	STRIPED BASS HYBRID	97	21.0	78.22g	2.33g	0.5g	80mg	17.73g	0.84mg	69mg	0.769g
	BLACK COD (SABLEFISH)	193	95.0	70.43g	3.17g	0.7g	49mg	13.30g	1.28mg	56mg	N/A
	CATFISH	95	25.0	80.36g	2.82g	0.7g	58mg	16.38g	0.30mg	43mg	0.435g
	COBIA	87	6.0	76.30g	0.64g	0.2g	40mg	18.99g	N/A	135mg	0.600g
	COD ATLANTIC/PACIFIC	82	6.0	81.22g	0.67g	0.1g	43mg	17.81g	0.38mg	54mg	0.185g
	FLOUNDER/SOLE/FLUKE	91	10.7	79.06g	1.19g	0.3g	48mg	18.84g	0.36mg	81mg	0.207g
	GROUPE	92	9.2	79.22g	1.02g	0.2g	37mg	19.38g	0.89mg	53mg	0.257g
	HADDOCK	87	6.5	79.92g	0.72g	0.1g	57mg	18.91g	1.05mg	68mg	0.187g
	HALIBUT, PACIFIC	110	20.7	77.92g	2.29g	0.3g	32mg	20.81g	0.84mg	54mg	0.428g
	HOKI	82	5.7	81.28g	0.63g	0.1g	37mg	17.90g	0.26mg	71mg	0.217g
	MAHI MAHI	85	6.3	77.55g	0.70g	0.2g	73mg	18.50g	1.13mg	88mg	0.113g
	MONKFISH	76	13.7	83.24g	1.52g	0.3g	25mg	14.48g	0.03mg	18mg	N/A
	ORANGE ROUGHY	76	6.3	75.67g	0.70g	0.0g	60mg	16.41g	1.01mg	72mg	0.022g
	PERCH OCEAN	94	14.7	78.70g	1.63g	0.2g	42mg	18.62g	0.92mg	75mg	0.348g
	POLLOCK, ALASKAN	81	7.2	81.56g	0.80g	0.0g	71mg	17.18g	0.23mg	99mg	0.375g
	SALMON ATLANTIC	142	57.2	68.50g	6.34g	1.0g	55mg	19.84g	0.80mg	44mg	1.731g
	SALMON COHO	146	53.5	72.66g	5.93g	1.3g	45mg	21.62g	0.56mg	46mg	1.242g
	SALMON KING	179	94.1	71.64g	10.43g	3.1g	50mg	19.93g	0.25mg	47mg	2.041g
	SALMON SOCKEYE	168	77.2	70.24g	8.56g	1.5g	62mg	21.30g	0.47mg	47mg	1.264g
	SKATE	90	0.4	80.70g	1.00g	N/A	N/A	20.00g	N/A	N/A	0.100g
	RED SNAPPER GULF	100	12.1	76.87g	1.34g	0.3g	37mg	20.51g	0.18mg	64mg	0.315g
	SWORDFISH	121	36.2	76.62g	4.01g	1.1g	39mg	19.80g	0.81mg	90mg	0.825g
	TILAPIA	98	22.0	77.95g	2.40g	0.55g	50mg	18.50g	0.56mg	52mg	N/A
	TILEFISH	95	21.0	78.90g	0.44g	0.0g	50mg	17.35g	0.25mg	53mg	N/A
	TROUT RAINBOW	138	48.7	72.73g	5.40g	1.6g	59mg	20.87g	0.27mg	35mg	0.986g
	TROUT SEA	104	32.6	78.09g	3.61g	1.0g	83mg	16.74g	0.27mg	58mg	0.376g
	TUNA ALBACORE	179	69.0	64.00g	8.10g	1.9g	43mg	26.50g	N/A	54mg	1.600g
	TUNA BIG EYE	108	8.6	70.99g	0.95g	0.2g	45mg	23.38g	0.73mg	37mg	0.230g
	TUNA BLUEFIN	144	44.2	68.09g	4.90g	1.3g	38mg	23.33g	1.02mg	39mg	1.173g
	TUNA YELLOWFIN	108	9.0	70.99g	0.95g	0.2g	45mg	23.38g	0.73mg	37mg	0.326g
	TURBOT	95	26.6	76.95g	2.95g	0.7g	48mg	16.05g	0.36mg	150mg	0.000g
	WHITING	90	11.8	80.27g	1.31g	0.2g	67mg	18.61g	0.34mg	72mg	0.258g
SPECIE SHELLFISH	CLAMS QUAHOG	74	8.7	81.82g	1.00g	0.1g	34mg	12.77g	13.98mg	56mg	0.146g
	CRAB BLUE	87	9.7	79.02g	1.08g	0.2g	78mg	18.06g	0.74mg	293mg	0.320g
	CRAB DUNGENESS	86	8.7	79.18g	0.97g	0.1g	59mg	17.41g	0.37mg	295mg	0.307g
	CRAB KING	84	5.4	79.57g	0.60g	0.1g	42mg	18.29g	0.59mg	836mg	N/A
	CRAB SNOW	90	10.6	80.58g	1.18g	0.1g	55mg	18.50g	2.50mg	539mg	0.370g
	CRAWFISH	77	8.6	82.24g	0.95g	0.2g	114mg	15.97g	0.84mg	58mg	0.174g
	LANGOSTINO	128	21.0	80.15g	2.33g	0.0g	186mg	25.67g	2.70mg	175mg	0.00g
	LOBSTER AMERICAN	90	8.1	76.76g	0.90g	0.2g	95mg	18.80g	0.30mg	296mg	N/A
	LOBSTER SPINY	112	13.6	74.07g	1.51g	0.2g	70mg	20.60g	1.22mg	177mg	0.381g
	MUSSEL BLUE	86	20.2	80.58g	2.24g	0.4g	28mg	11.90g	3.95mg	286mg	0.461g
	MUSSEL GREEN	86	20.2	80.58g	2.24g	0.4g	28mg	11.90g	3.95mg	286mg	0.461g
	OYSTER EASTERN	68	22.2	85.16g	2.46g	0.8g	53mg	7.05g	6.66mg	211mg	0.610g
	OYSTER PACIFIC	81	20.7	82.06g	2.30g	0.5g	50mg	9.45g	5.11mg	106mg	0.720g
	SCALLOP BAY	88	6.9	78.57g	0.76g	0.1g	33mg	16.78g	0.29mg	161mg	0.198g
	SCALLOP SEA	88	6.9	78.57g	0.76g	0.1g	33mg	16.78g	0.29mg	161mg	0.198g
	SHRIMP BLACK TIGER	95	5.0	75.90g	0.60g	0.0g	96mg	19.20g	0.00mg	185mg	N/A
	SHRIMP GULF	95	5.0	75.90g	0.60g	0.0g	96mg	19.20g	0.00mg	185mg	N/A
	SHRIMP WHITE VANNAMEI	106	15.6	75.86g	1.73g	0.3g	152mg	20.31g	2.41mg	148mg	0.494g
	SQUID LOLIGO	92	12.4	78.55g	1.38g	0.4g	233mg	15.58g	0.68mg	44mg	0.492g