

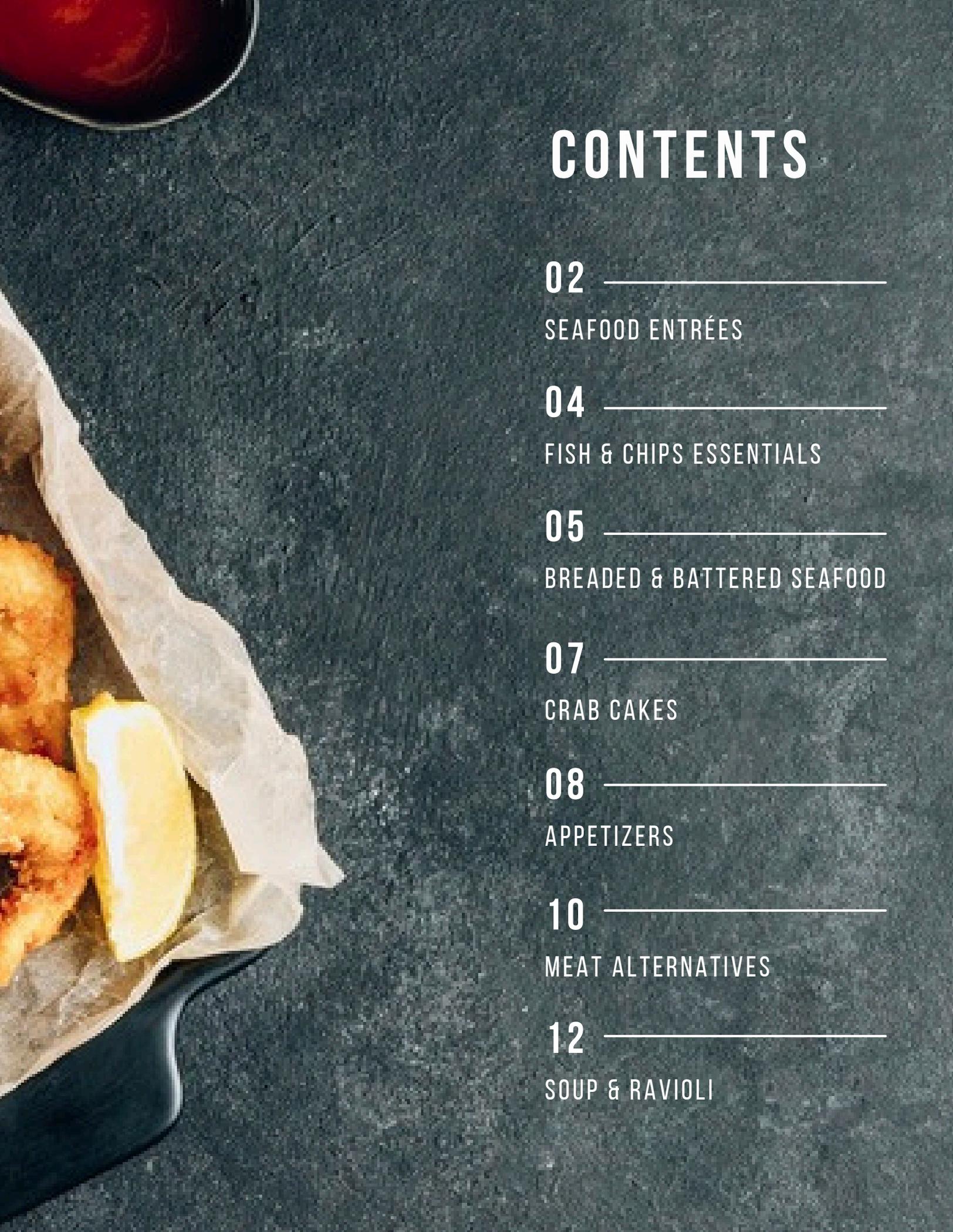


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MENU GUIDE







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SOUP & RAVIOLI

SEAFOOD ENTRÉES



BASA

070610	BASA 3-5OZ IQF CHINESE	1/15 LB
070611	BASA 5-7OZ IQF CHINESE	1/15 LB
070607	BASA 7-9 OZ IQF CHINESE	1/15 LB

CALAMARI & OCTOPUS

965021	CALAMARI RINGS ONLY 3/4 WIDE	12/2.5 LB
965010	CALAMARI TUBES ONLY 5/8	4/2.5 LB
300334	OCTOPUS 4/6 WILD SPANISH	1/32 LBA
192521	OCTOPUS LEGS SPANISH COOKED	6/3 LB

CATFISH

960617	CATFISH FILLET 5-7 OZ	1/15 LB
960999	CATFISH FILLET IQF 7-9OZ	1/15 LB

CLAMS

161222	CLAM LITTLENECK HOG ISLAND	1/100 CT
191300	CLAM LITTLENECK HOG ISLAND	1/200 CT
191275	CLAM LITTLENECK JERSEY LEGAL	1/100 CT
191310	CLAMS CHOPPED SEA IQF	2/5 CT

COD

362453	COD LOIN 8OZ IQF WILD - SKNLS BNLS	1/10 LB
362436	COD LOIN 4OZ IQF WILD - SKNLS BNLS	1/10 LB
109686	COD LOIN JUMBO	1/10 LBA
961499	COD FILLET SKINLESS REFER	5/.5LB

FLOUNDER

961004	FLOUNDER 4OZ BNLS & SKNLS	1/10 LB
961613	FLOUNDER FILLET FRESH DOM	1/10 LB

HADDOCK

960599	HADDOCK FILLETS 10-12 OZ	1/10 LB
960614	HADDOCK FILLETS 6-8 OZ	1/10 LB
960615	HADDOCK FILLETS 8-10 OZ	1/10 LB

LOBSTER

910013	LOBSTER MEAT CLAW & KNUCKLE	6/2 LB
996455	LOBSTER SENSATION	6/2 LB

MAHI MAHI

025507	MAHI MAHI 8OZ PORTIONS IVP	1/10 LB
963011	MAHI MAHI IQF 6OZ	26/6 OZ

MUSSELS

961041	MUSSELS WHOLE BLUE 20/30 CKD	10/1 LB
961283	MUSSELS WHOLE BLUE VAC PAC	10/1 LB

RED SNAPPER

961318	RED SNAPPER 6-8 OZ FILLET	1/10 LB
025456	RED SNAPPER FILLET IVP 4-6oz	1/10 LB

SALMON

961234	SALMON ATLANTIC FILLET 4OZ	40/4 OZ
961625	SALMON ATLANTIC FILLET 8OZ	1/10 LB
300268	SALMON IQF SKNL PBO IVP	26/6 OZ
362414	SALMON PORTIONS IVP	33:4/5 OZ

SCALLOPS

960416	SCALLOPS IQF 20/30	2/5 LB
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SHRIMP

961220	SHRIMP 16/20 P&D CKD T-ON	5/2 LB
965008	SHRIMP 16/20 P&D RAW T-ON	5/2 LB
008959	SHRIMP 16/20 P&D T-ON CHEM FR	5/2 LB
961216	SHRIMP 21/25 P&D RAW T-ON	5/2 LB
961210	SHRIMP 21/25 P&D TAIL OFF	5/2 LB
062003	SHRIMP 250/350 CKD TITI	4/5 LB
965006	SHRIMP 26/30 P&D TAIL OFF	5/2 LB
300237	SHRIMP 26/30 P&D TAIL ON	5/2 LB
965038	SHRIMP 31/40 P&D CKD T/ON	5/2 LB
965030	SHRIMP 31/40 P&D RAW T-ON	5/2 LB
780264	SHRIMP 31/40 P&D TAIL OFF	5/2 LB
780253	SHRIMP 41/50 P&D T-OFF RAW	5/2 LB
965053	SHRIMP 51/60 P&D TAIL OFF	5/2 LB
780279	SHRIMP 61-70 P/D TAIL OFF	5/2 LB
965035	SHRIMP 71/90 P&D TAIL OFF RAW	5/2 LB
965016	SHRIMP 8/12 WHITE P&D T-ON	5/2 LB
780269	SHRIMP COOKED T-OFF 150/250	2/5 LB
153516	SHRIMP PANAMA BAY U/15	10/5 LB
152513	SHRIMP U/12 SHELL ON PANAMA	10/5 LB
962406	SHRIMP U/15 P&D RAW T-ON	5/2 LB
008958	SHRIMP U/15 P&D T/ON CHEM FREE	5/2 LB

TILAPIA

961449	TILAPIA FILLET 3-5 OZ IVP	1/10 LB
961264	TILAPIA FILLET 3OZ - 5OZ IQF	1/10 LB
961261	TILAPIA FILLET 5-7OZ IQF	1/10 LB
960040	TILAPIA FLT 5-7oz IVP	1/10 LB
961100	TILAPIA FLT 7-9 OZ IVP	

TUNA

362412	TUNA AHI IVP 6 OZ	1/10 LB
960415	TUNA POKE CUBES 1.5-2 CM	10/1 LB
190640	TUNA SAKU 10-16 OZ AAA	1/10 LB
961627	TUNA STEAK 4 OZ IVP	1/10 LB
213633	TUNA STEAK 6 OZ IVP	1/10 LB
231633	TUNA STEAK 8 OZ IVP	1/10 LB



SEASONINGS



WHISKEY PICKLE

#481539, 12/9 OZ

A BLAST OF BOURBON FLAVOR WITH A HINT OF VINEGAR SEASONING

MENU IDEA: FISH N CHIPS COMPLEMENTED BY A ZESTY WHISKEY PICKLE SWEET HORSERADISH TARTAR SAUCE.



PASTRAMI RUB

#481511, 12/9 OZ

A PEPPERCORN MIX WITH BROWN SUGAR, SWEET AND SPICY

MENU IDEA: PASTRAMI SALMON WITH FENNEL SLAW.



CONFIDENTIAL

#481512, 12/9 OZ

SWEET, SPICY, SAVORY. PERFECT FOR EVERYTHING AND ANYTHING.

PAIR THIS SEASONING WITH ANY SEAFOOD FOR A SWEET, SPICY AND SAVORY ENTREE.



FISH & CHIP ESSENTIALS

SKU	DESCRIPTION	PACK SIZE	BRAND
120630	BATTER FISH & CHIPS ENGLISH STYLE	6/5 LB	GOLDEN DIPT
383045	COCKTAIL SAUCE PC CUP	100/.75 OZ	KEN'S
070131	COLE SLAW	8/2 LB	SALLY SHERMAN
231314	MALT VINEGAR	12/8.45 OZ	SARSONS
160439	TARTAR SAUCE PC CUP	200/12 GM	HEINZ



GRILLED FISH SANDWICH WITH SIRACHA MAYO



FISH SANDWICH MUST HAVES

SKU	DESCRIPTION	PACK SIZE	BRAND
109882	ARUGULA BABY B&W	2/1.5 LB	B&W
682598	ARUGULA BABY WILD	2/2 LB	CHURCH BROTHER
932737	MULTIGRAIN ROLL SUPERBUN SLICED	48/3 OZ	ACE BAKERY
932628	KAISER ROLL WHEAT OAT TOPPED	8/12 CT	EUROPEAN BAKERS
313009	MAYONNAISE DELUXE	4/1 GAL	KRAFT
310402	MAYONNAISE EXTRA HEAVY	4/1 GAL	HELLMANN'S
310441	MAYONNAISE EXTRA HEAVY	4/1 GAL	MIKES
462415	SAUCE TABASCO SIRACHA	200/6 GR	MCILHENNY
751020	CABBAGE RED SHREDDED	4/5 LB	TAYLOR
751462	CABBAGE RED 3CT	1/3 CT	FRESH
751089	CABBAGE RED 14-16 CT	10/5 LB	FRESH

THE FISH 1/10 LB

COD

SKU	DESCRIPTION	BRAND
362436	COD LOIN 4 OZ IQF	SEA BEST
961303	COD LOIN RAW IQF 6 OZ	ICY BAY
362435	COD LOIN 8 OZ IQF	SEA BEST
109686	COD LOIN JUMBO	FISHERY
362434	COD LOIN 6 OZ IQF	SEA BEST

HADDOCK

SKU	DESCRIPTION	BRAND
960614	6-8 OZ HADDOCK FILLET IQF	ICYBAY
960615	8-10 OZ HADDOCK FILLET IQF	ICYBAY
960599	10-12 OZ HADDOCK FILLET IQF	ICYBAY

THE CHIPS



FRIES 3/8 CRINKLE LRS
6/5 LB, MCCAIN
#949004



FRIES 3/8 SUPER CRUNCH
4/5.51 LB, AVIKO
#700266



FRIES PUB 6/16 4X5
4/5.51 LB, AVIKO
#700708



FRIES 1/4 IN SHOESTRING CL
6/5 LB, CAVENDISH
#700212



COUNTRY STYLE WEDGES 8-CUT
SKIN ON, UNSEASONED
6/5 LB, MCCAIN
#700229



FRIES STRAIGHT CUT 3/8
6/5 LB, AVIKO
#100105



FRIES WAFFLE SEASON
6/4.5 LB, MCCAIN
#833067



FRIES LATTICE CUT SKIN ON
6/5 LB, CAVENDISH
#700348



**Guinness Beer
Battered Shrimp**
1/10 lb, Icelandic
#801808



**Golden Ale Beer
Battered Shrimp 31/35**
1/10 lb, Trident
#960627



**Buttermilk Popcorn
Shrimp 60/90**
4/2.5 lb, Mrs. Friday's
#962039



**Coconut Panko Breaded
Butterfly Shrimp 16/20**
4/3 lb, Pacific Dynasty
#300222



**Shrimp Breaded 16/20
Butterfly**
4/3 lb, El Dorado
#962023



**Shrimp 16/20 Coconut
Breaded**
4/2.5 lb, Mrs. Friday
#480525

**SHRIMP 31/40
BREADED BUTTERFLY**

12/6 oz, Mrs. Friday
#480515



**SHRIMP TEMPURA
21/25 TAIL ON**

4/2.5 lb, Aqua Star
#480537



BREADED & BATTERED SEAFOOD

SKU	DESCRIPTION	PACK	BRAND
965066	CALAMARI RINGS BREADED	6/2 LB	TAMPA MAID
300342	CALAMARI BREADED RINGS 8OZ	6/2 LB	FISHERMAN



**Calamari Breaded
Salt & Pepper**
16/9 oz, Phillips
#960933



**Dipt'n Dusted Calamari
Rings & Tents**
6/2 lb, Tampa Maid
#965046



Panko Breaded Oysters
6/2.5 lb, Mrs. Friday's
#965022



Clam Strips Breaded
1/6 lb, Sea Watch
#191324



Breaded Clam Strips
24/4 oz, Sea Watch
#191296



Clam Strips Breaded Jumbo
2/5 lb, La Monica
#191295



FLOUNDER FILLET BREADED FC
1/10 LB, HIGHLINER
#961005



FLOUNDER FILLET BREADED 4 OZ
1/10 LB, SEA BEST
#362438



**POLLOCK NUGGET
POTATO CRUNCH**
1/10 LB, HIGHLINER
#961360



**HADDOCK FILLET
YUENGLING BEER BATTERED**
27/6 OZ, ICELANDIC
#960051



**HADDOCK FILLET YUENGLING BEER
BATTERED**
40/4 OZ, ICELANDIC
#960052



POLLOCK BREADED 3 OZ
1/10 LB, ICELANDIC
#300260



HADDOCK BREADED RAW
4 OZ TRIANGLE
1/10 LB, FPI
#960020



**TILAPIA FILLET
BREADED**
1/10 LB, PACKER
#860022



TILAPIA TORTILLA CRUSTED
1/10 LB, FISHERY
#960017



**BEER BATTERED
COD FILLET STRIPS**
80/2 OZ, BREWERS
#960009



**COD CORONA
BEER BATTERED FILLET**
40/4 OZ, FISHERY
#960032



**COD TAVERN
BATTERED 2-3 OZ**
4/2.5 LB, MRS FRIDAY
#960902



COD NUGGETS BREADED
1/10 LB, HIGHLINER
#901312



COD FILLET BEER BATTER
2/5 LB, ICELANDIC
#960010

CRAB CAKES



Crabcake Maryland .75 oz
100/.75 oz, Phillips
#960906



Crabcake Extra Fancy
15/3 oz, Kaptains Ketch
#965070



Seafood Cake (Shrimp, Crab, Scallop) 3 oz
4/6 lb, Stone Silo,
#970002



**CRAB CAKE
TAVERN 30Z**
1/4.5 LB, PHILLIPS
#960907



Crab Cake Mini Blue Claw
1/100 ct, Les Chateaux
#931733



**Spinach Parmesan
Crab Cake**
64/3 oz, Stone Silo
#300455

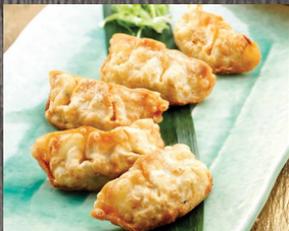
SEAFOOD APPETIZERS



Crab Rangoon
1/100 ct, Les Chateaux
#683825



Wasabi Seafood Dip Bites
2/50 ct, Handy Crab
#480421



Potsticker Shrimp
120/1 oz, Amoy
#683303



Assorted Mini Quiches
Lorraine, Tomato & Mushroom,
Spinach Cheddar & Seafood
1/100 ct, Les Chateaux
#851009



Shrimp Egg Roll
60/3 oz, Gourmet Egg
#996451

ADDITIONAL APPETIZERS



BROCCOLI CHEDDAR BITE BREADED
6/2.5 lb, Anchor
#801603



CAULIFLOWER BATTERED
6/48 oz, Anchor
#801502



ZUCCHINI STICKS ITALIAN BREADED
4/3.5 lb, Anchor
#801604



CHEDDAR CHEESE CURDS BREADED
2/5 lb, Anchor
#801638



MUSHROOMS BREADED
6/2.5 lb, Anchor
#801602



PICKLE SPEARS DILL BREADED
4/4 lb, Anchor
#801614



JALAPENO POPPER CREAM CHEESE
4/3 lb, Starting Line
#861005



MOZZARELLA STICK TRUFFLER
50/1.75 oz, Mad Mutz
#801703



MOZZARELLA STICK HOTTIE
50/1.75 oz, Mad Mutz
#801702

LATIN FLAVORS

SKU	DESCRIPTION	PACK	BRAND
863059	BREAD CHEESE PANDEBONO	50/2 OZ	BRISAS
863065	EMPANADA SPINACH/CHEESE FLOUR	36/3 OZ	BRISAS
863060	YUCCA & CHEESE BITES PCK	150/1.1 OZ	BRISAS





Onions Petals Battered
4/2.5 LB, Fred's
#801518



Pickle Chips Battered
6/2 lb, Fred's
#700323



Pickle Fries Breaded
5/2 lb, Harvest Creation
#960034



Sweet Potato Fries
6/2.5 lb, Simplot
#802035



Green Beans Battered
6/2 lb, Fred's
#994996



Cauliflower Battered
6/2 lb, Fred's
#801516



Mac & Cheese Bite
6/2 lb, Fred's
#802528



Cauliflower Battered Crispy
4/3 lb, Harvest
#960033



Corn Nuggets Battered
6/2 lb, Golden Crisp
#801507



Crispy Tempura Pickle Chips
Cavendish, 4/2 lb
#700287

DIPPING SAUCES



Duck Sauce
4/1 gal, Kari Out
#460433



Peanut Sauce
2/1 gal, Conway
#160669



Secret Weapon Sauce
4/65 oz, Kogi
#160109

POPPERS

SKU	DESCRIPTION	PACK	BRAND
861004	JALAPENO POPPER CHEDDAR CHEESE	4/3 LB	STARTING LINE
861005	JALAPENO POPPER CREAM CHEESE	4/3 LB	STARTING LINE
996129	SPINACH ARTICHOKE POPPER	4/2.34 LB	STUFFED FOODS
895589	CORNBREAD POPPER	384/.51 OZ	RICH'S





Chicken Breaded Cutlet Vegan
60/3.5 oz, Packer
#874802



Meatless ChiQin Wing Boneless
2/4 lb, Quorn
#353567

MEAT ALTERNATES



Meatless Chicken Tender
1/10 lb, Incogmeato
#780387



Impossible Chicken Nuggets
220/.74 oz, Impossible
#111739



Vegan Chicken Tenders
1/10 lb, Beyond Meat
#111737



Falafel Fritter Vegan Raw
4/4 lb, Grecian Delight
#853011



Meat Meatless Seared Tips
1/10 lb, Beyond Meat
#111752



Chicken Plant Based Fillet
2/16 oz, Impossible
#111765

GROUND MEAT/ CRUMBLES

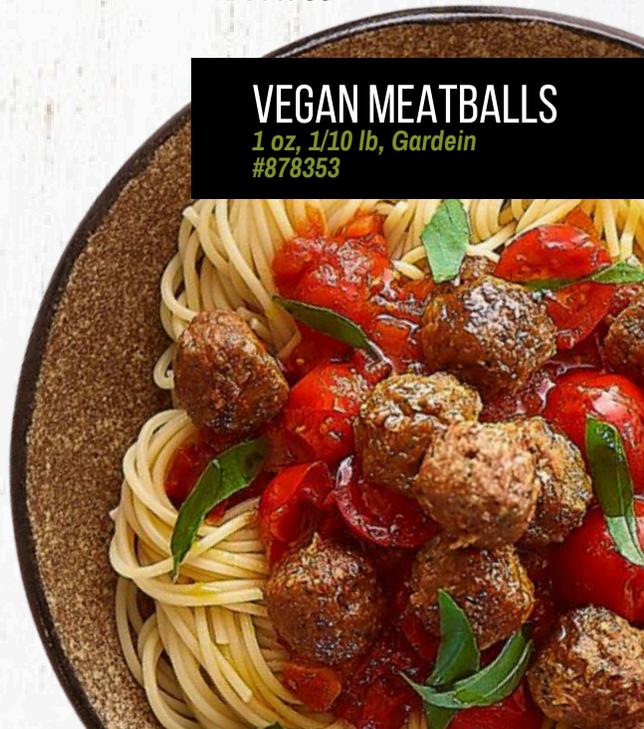
SKU	DESCRIPTION	PACK	BRAND
878353	MEATBALLS MEATLESS VEGAN	1/10 LB	GARDEIN
878310	MEATLESS BRICK BULK	4 / 5 LB	IMPOSSIBLE
878365	MEATLESS MEATBALL VGN	1/10 LB	DR PRARGER

MEATLESS SAUSAGE

SKU	DESCRIPTION	PACK	BRAND
111721	BRAT ITALIAN HOT VEGAN SAUSAGE	50/3.52 OZ	BEYOND MEAT
111724	SAUSAGE PATTY BREAKFAST VGN	90/1.63 OZ	BEYOND MEAT
111715	SAUSAGE PLANT BASED HOT	8/14 OZ	BEYOND MEAT
111720	SAUSAGE PLANT BASED LINKS	50/3.52 OZ	BEYOND MEAT

VEGAN MEATBALLS

1 oz, 1/10 lb, Gardein
#878353



MEATLESS BURGERS



Black Bean Quinoa

#800701, 40/4 oz

A hearty blend of black beans and tri-color quinoa with a little smoky chipotle kick. *Dr. Praeger*



Perfect Burger

#878315, 40/4 oz

20g of plant protein along with beets, carrots, sweet potatoes and butternut squash. *Dr. Praeger*



Meatless Beyond Burger

#111718, 6/2 lb

Our next Beyond Burger will go beyond all your expectations. Now made with Avocado Oil, Better-For-You meets best taste yet. *Beyond Meat*



California Burger

#901265, 29/5.5 oz

The handmade look of this veggie burger, along with its bright, crisp color adds visual appeal to any menu item. *Dr. Praeger*



Garden Veggie

#874803, 48/3.5 oz

Made with a savory blend of six delicious vegetables for bold flavor and pleasing texture in every bite. *Morningstar Farms*



Prime Veggie Grillers

#687592, 48/2.5 oz

A classic taste and great texture in every savory bite. Great for the grill, these burgers are sure to delight vegetarians and meat-lovers alike. *Morningstar Farms*



Veggie Burger 5 oz

#874723, 1/10 lb

Made with a blend of peas, corn, carrots & green beans. *Maple Crest*



Southwestern Sweet Potato

#684674, 40/4 oz

This veggie burger is made with 6 veggies, seasoned with smoky chipotle and a sweet and tangy BBQ sauce and wrapped in a crispy brown rice crust. *Dr. Praeger*



California Burger

#874800, 40/4 oz

Carrots, peas, zucchini, onion and spinach. *Dr. Praeger*



Crunchy Cauliflower Burger

#684673, 40/4 oz

This veggie burger is made with cauliflower, brown rice, quinoa, broccoli, onions, zucchini, spinach, and peas. *Dr. Praeger*



Spicy Black Bean Burger

#874805, 4/12 ct

A spicy, southwestern style veggie burger made with a blend of black beans, brown rice, onions, corn, & tomatoes. *Morningstar Farms*



California Falafel Burger

#684675, 32/5 oz

Made with beets, lentils, chickpeas, oats, panko, vital wheat gluten, nutritional yeast, low sodium soy sauce, liquid smoke, apple cider vinegar. *Unbeetle*



CONDIMENTS



Avocado Ranch Dressing

2/1 gal, Ken's
#684575



Original BBQ Sauce

4/1 gal, Sweet Baby
#160512



Garlic Aioli Sauce

2/1 gal, Ken's
#160166



Mango Habanero Sauce

4/64 oz, Sweet Baby
#160572

SOUPS & RAVIOLIS

FRESH SOUPS

SKU	DESCRIPTION	PACK	BRAND
400715	SOUP SHRIMP AND ROAST CORN	4/4 LB	BLOUNT
400716	SOUP BISQUE LOBSTER MAINE	4/4 LB	BLOUNT
400718	SOUP BROCCOLI & CHEDDAR CHEESE	4/4 LB	BLOUNT
400719	SOUP CREAMY TOMATO GTF	4/4 LB	BLOUNT
700742	SOUP MINISTRONE	4/4 LB	BLOUNT
400722	CHOWDER NEW ENGLAND CLAM	4/4 LB	BLOUNT
453520	SOUP PASTA FAGIOLI	2/8 LB	KETTLE CUISINE
453409	SOUP LENTIL	2/8 LB	KETTLE CUISINE
453732	SOUP CREAM OF CRAB	4/4 LB	KETTLE CUISINE

FROZEN SOUPS

SKU	DESCRIPTION	PACK	BRAND
950398	SOUP BISQUE LOBSTER MAINE	4/4 LB	BLOUNT
950399	SOUP CHOWDER SHRIMP & ROASTED CORN	4/4 LB	BLOUNT
453551	SOUP CRAB RIP ROARIN'	4/4 LB	BLOUNT
400708	SOUP CREAMY TOMATO	4/4 LB	BLOUNT
400706	SOUP FIRE ROASTED VEGETABLE	4/4 LB	BLOUNT
400704	SOUP FRENCH ONION	4/4 LB	BLOUNT
962040	SOUP MANHATTAN CLAM CHOWDER	4/4 LB	BLOUNT
962045	SOUP MARYLAND CRAB	4/4 LB	BLOUNT
962035	SOUP NEW ENGLAND CLAM CHOWDER	4/4 LB	BLOUNT
400702	SOUP WILD MUSHROOM BISQUE	4/4 LB	BLOUNT



OYSTER CRACKERS

#151515, 150/5 OZ



RAVIOLIS

SKU	DESCRIPTION	PACK	BRAND
730023	RAVIOLI BLUE CRAB	2/3 LB	JOSEPHS
371273	RAVIOLI BURRATA RUSTICO	112/1.2 OZ	TALLUTOS
681292	RAVIOLI BUTTERNUT SQUASH	2/4 LB	TALLUTO
371144	RAVIOLI BUTTERNUT SQUASH	1/72 CT	FAMILY KITCHEN
371247	RAVIOLI CHEESE GTF	80/1 OZ	FAMILY KITCHEN
371138	RAVIOLI CHEESE JUMBO	1/72 CT	FAMILY KITCHEN
371328	RAVIOLI CHEESE JUMBO SQUARE	4/3 LB	JOSEPHS
371261	RAVIOLI CHEESE MED SQUARE	285/.56 OZ	FAMILY KITCHEN
037129	RAVIOLI GRILLED VEGETABLE	2/3 LB	JOSEPHS
371141	RAVIOLI LOBSTER	1/72 CT	FAMILY KITCHEN
037151	RAVIOLI LOBSTER & TRUFFLE	2/3 LB	JOSEPHS
371305	RAVIOLI LOBSTER STRIPED	2/3 LB	JOSEPHS
371139	RAVIOLI MUSHROOM GOURMET	1/72 CT	FAMILY KITCHEN
037150	RAVIOLI MUSHROOM PORCINI	2/3 LB	JOSEPHS
681165	RAVIOLI MUSHROOM RUSTICO	112/1.2 OZ	TALLUTO
683312	RAVIOLI RICOTTA CHEESE RUSTICO	112/1.2 OZ	TALLUTO
371142	RAVIOLI SHRIMP AND SCALLOP	1/72 CT	FAMILY KITCHEN
371116	RAVIOLI SPINACH & MOZZARELLA	1/72 CT	FAMILY KITCHEN
371272	RAVIOLI SPINACH GARLIC PARCOOK	112/1.2 OZ	TALLUTOS
037130	RAVIOLI WILD MUSHROOM	2/3 LB	JOSEPHS