



Fish Fillets & Portions

Battered - Captain's Pub Cut Big Haddock
Batterdipt - Cod Tails & Fillets, Rosefish
Battercrisp® - Haddock, Cod, Alaskan Pollock
Beer Battered - Haddock, Cod, Alaskan Pollock
Breaded - Krunchie - Haddock, Ocean Perch
Healthy Tonight™ - Sole, Haddock, Alaskan
Pollock, Pac. Salmon, Healthy Bake® - MG
Fillets, **New** Panko Cod, **New** Panko Haddock
Cod - Lemon Pepper, Nuggets
MG Tilapia, Fish - Sticks, Burgers, Cakes
Wild Pacific Salmon, Sole Fillets, Sole Fingers
Dip't & Dusted™ Haddock, Pollock Fillets

Raw Fish Fillets & Portions

Aquaculture - Atlantic Salmon, Tilapia, Basa,
Rainbow Trout - fillets, whole

Wild Harvested - Pacific Cod - Loins, Tails
Atl. Cod - Loins, Tails, Centre Cuts, Prime Cuts
Blue Cod, Alaskan Pollock - Loins, Fillets
Sole, Pacific Salmon - Loins, Cubes
Haddock - Fillets, Loins, Tails, Portions
Patagonian Silver Hake

Freshwater - Walleye, Zander

Crab & Lobster

Red King Crab, Rock Crab - Salad Meat, Combo
Gulf Snow Crab, Atlantic Snow Crab Combo
Snow Crab - Cocktail Claws, Meat
New Crab au Gratin, Cooked Lobster
Lobster Tails, Lobster Meat CK&L Vac Pac

Shrimp

Black Tiger - Raw, HLSO Blocks
P&D - raw/cooked, tail on/off
Raw HLSO Butterfly Cut

Pacific White - Raw, Shell-On EZ Peel
P&D - raw/cooked, tail on/off

New Japanese Sushi - P&D, tail on
Ebi - cooked, Nobashi - raw

Raw Skewers - Shrimp and Scallop Skewers,
Tail-On Shrimp - Peeled, P&D

Cooked Salad / Peel & Eat Shrimp
Ice Shrimp, Cold Water Shrimp, Peel & Eat
P&D Salad Shrimp - tail off

Appetizers

Mozzarella Sticks, Cheddar Bites
Scallops, Battercrisp® Scallop Bites
Seafood Crab Cakes, Clam Strips, Oysters
Calamari - Rings, Strips, Dip't & Dusted™

Shrimp - Beer Battered, Tempura Battered
Heavily Brd., Torpedo Style, Shrimp Crisps
Popcorn Shrimp, Heavily Brd. Raw Mini
Dip't & Dusted™ - Butterfly, Popcorn
Coconut Brd. Butterfly, Battercrisp® Shrimp
Blazin' Buffalo® Hot & Spicy Popcorn
Tiki Island, Oriental Style - B.fly, Popcorn
New Bam Bam Evercrisp™ Lightly Battered

Specialties

Raw Squid - Tubes, Tubes & Tentacles
Sea Scallops, Bay Scallops, Half Shell Oysters
Mussels - Shell-On Cooked, In Garlic Butter Sauce
Smoked Atlantic Salmon, Cooked White Clams
Creamy Dill Salmon, Wild Pacific Salmon Skewers

Stuffed Primavera Rolls - Haddock, Pacific Salmon

UpperCrust™ - Summer Herb Cr. Cod w/ Rstd. Garlic
& Lemon, Tortilla Cr. Tilapia w/ Chipotle & Lime
Potato Crusted Cod w/ Chives & Cheddar
Coconut Crusted Tilapia w/ Mango & Papaya
Med. Cr. Salmon w/ Sundried Tomato & Pine Nuts
Almond Crusted Sole w/ Lemon & Chives
Parmesan Crusted Tilapia w/ Tuscan Herbs

Pan Sear Selects®

Roasted Garlic & Herb Tilapia, Chili Lime Tilapia
Teriyaki Sesame Salmon, Lemon Pepper Sole

Sole Elites® - Broccoli & Mozzarella,
Bay Scallop & Crab Meat, Shrimp & Garlic

Sea Cuisine™ - Sole Fillets w/Lemon Pepper Glaze
Breaded Cod Nuggets, Breaded Sole Fillets
Cod Fillets w/ Breaded Cheese Crumbs
Asian Glazed Wild Pacific Salmon Loins
Mediterranean Glazed Haddock Portions
Lemon & Herb Crusted Haddock Portions
Tomato & Herb Crusted Salmon Loins