



2019 LENT BOOK

Brought to you
by
Troyer Foods

Pricing effective
3/1/19—4/20/19

WWW.TROYERS.COM

We reserve the right to change prices due to market conditions. Pricing and product available while supplies last.

Pricing Effective: 3/1/19—4/20/19



FRESH PRODUCE

Save \$1.00 PER CASE!

877100	Lemons	1/140 count
50080	Fresh Broccoli Florets	4/3 lb.
50800	Cabbage, 1/8" Diced Premix	4/5 lb.
14504	Baby Spinach	1/4 lb.
17037	Red Potatoes (Small)	1/50 lb.



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672330 Breading 6/5 lb. bags \$21.99 cs. \$3.67 pkg. \$0.73 lb.

UPC: 020516036300

672530 Lo-Salt Breading 6/5 lb. bags \$21.99 cs. \$3.67 pkg. \$0.73 lb.

UPC: 020516046507

672440 Breading BULK 40 lb. \$25.20 cs. \$0.63 lb.

672640 Lo-Salt Breading BULK 40 lb. \$25.20 cs. \$0.63 lb.

672603 Rich Breading BULK 40 lb. \$33.75 cs. \$0.84 lb.

EXCLUSIVELY AT TROYER FOODS ONLY



1-800-TROYERS
WWW.TROYERS.COM



\$17.39 cs.
\$1.45 pkg.

672009 Hot Chicken Breeding 12/10 oz.

Andy's Hot "N" Spicy Chicken Breeding was created for those brave souls that like a fiery kick to their food. This alternative to our Mild Chicken Breeding still has our traditional "Old South" recipe at its core, but we've added an additional mix of spices that give this breeding a Big and Bold flavor that makes your taste buds stand at attention. Andy's Hot "N" Spicy Chicken Breeding will give your chicken a spicy, peppery kick you won't find anywhere else.

672099 Yellow Fish Breeding 12/10 oz.

It's a beautiful, warm summer day, blue skies, relaxing breezes, good friends and good food...You've just had a taste of Andy's Yellow Fish Breeding. Colorful, flavorful and enjoyable tastes delight your senses as the natural flavors of your fish or shrimp shine through. Add a glass of lemonade or Iced tea, and enjoy Andy's and the good life.

672199 Cajun Fish Breeding 12/10 oz.

Andy's Cajun Fish Breeding gives you that zesty, full flavor taste that New Orleans cuisine is famous for. We've taken our traditional cornmeal based batter and "kicked it up a notch." Andy's Cajun Fish Breeding with its unique combination of spices sprinkled with the perfect touch of southern heat will jazz up your seafood whether baked, broiled, or fried.

672509 Red Fish Breeding 12/10 oz.

Andy's Red Fish Breeding is our most popular product. Premium Hungarian Paprika imparts extraordinary flavor plus an appealing hue that's sure to please a hungry crowd. This unique cornmeal based breeding is seasoned perfectly with just the right amount of a peppery bite. Andy's Red Fish Breeding is not spicy, not hot, but just right and golden bright.

672700 Mild Chicken Breeding 12/10 oz.

Fried chicken, an American favorite is Andy's specialty. Andy's kitchen has created a mild blend of chicken breeding for all the "chicken lovers" on this planet. Using the finest wheat and quality ingredients, we combine subtle seasonings that allow the true taste of chicken to come through. Our recipe creates a crispy, well-seasoned coating if baked, broiled or fried.



WWW.ANDYSSEASONING.COM

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Troyer's **SALADS**

400325

**Amish Sweet & Sour Slaw
Salad**

2/5 lb.

\$1.78 lb.

\$0.11 cents/oz.

3 oz. Portions = \$0.33 cents

UPC: 029736503258



400319

Amish Cole Slaw Salad

2/5 lb.

\$1.28 lb.

\$0.08 cents/oz.

3 oz. Portions = \$0.24 cents

UPC: 029736503197



1-800-TROYERS

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411105 Deviled Egg Potato Salad 2/5 lb. \$3.13 lb.



A delicious mix of tender potatoes, diced eggs, celery, onions and red peppers in a tangy dressing.

UPC: 072106001052

\$0.20 cents/oz.

\$0.60 cents =

3 oz. Portions

411124 Premium Mustard Potato Salad 1/10 lb. \$1.24 lb.



This delicious salad features savory potatoes, onions and diced eggs in a sweet mustard dressing.

UPC: 072106001243

\$0.08 cents/oz.

\$0.24 cents =

3 oz. Portions

411123 American Premium Potato Salad 1/10 lb. \$1.24 lb.



Tender potatoes, diced egg and onions in a sweet salad dressing.

UPC: 072106001236

\$0.08 cents/oz.

\$0.24 cents =

3 oz. Portions

410206 Sour Cream Mac & Cheddar Salad 1/10 lb. \$1.54 lb.



Pasta sticks tossed with cheddar cubes, fresh diced celery, carrots, scallions and red bell peppers in Sandridge's sour cream dressing.

UPC: 072106002066

\$0.10 cents/oz.

\$0.30 cents =

3 oz. Portions

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Pricing Effective: 3/1/19—4/20/19

409325 Grandma's Egg Salad 2/5 lb. \$3.13 lb.



Generous pieces of hard boiled eggs and diced onion in a seasoned dressing for a country fresh taste.
UPC: 029736523256

\$0.20 cents/oz.

\$0.60 cents =

3 oz. Portions

401943 Mermaid Pasta Salad 2/5 lb. \$2.64 lb.



Imitation crab flakes blended with rotini pasta, crisp celery, sliced onions and green peppers in a tangy dressing.
UPC: 072106509435

\$0.17 cents/oz.

\$0.51 cents =

3 oz. Portions

401975 Tuscan Style Krab Salad 2/4.5 lb. \$3.34 lb.



Imitation crab flakes and chunks, red peppers and black olives dressed in a red wine vinaigrette.
UPC: 072106509756

\$0.21 cents/oz.

\$0.63 cents =

3 oz. Portions

401976 Imitation Crabmeat, Celery & Onions Seafood Salad 2/5 lb. \$3.74 lb



A subtle blend of imitation crabmeat, fresh diced celery and onions in a creamy salad dressing.
UPC: 00072106509763

\$0.23 cents/oz.

\$0.69 cents =

3 oz. Portions



401022

**Egg Salad with Onions, Celery Green
Peppers and Dressing**

1/5 lb.

\$14.20 cs. \$2.84 lb.

\$0.18 cents/oz.

\$0.54 cents = 3 oz. Portions



406021

**Wisconsin Cheddar & Pea Salad with
Mayonnaise Dressing**

1/5 lb.

\$11.65 cs. \$2.33 lb.

\$0.15 cents/oz.

\$0.45 cents = 3 oz. Portions



401500

**Seafood Salad with Bow Tie Pasta and
Imitation Crabmeat**

1/5 lb.

\$11.10 cs. \$2.22 lb.

\$0.14 cents/oz.

\$0.42 cents = 3 oz. Portions

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WWW.RESERS.COM

RESER'S DELI SALADS

Reser's makes it easy to bring friends and family together for fun times and great food. We make our salads from scratch using farm-fresh ingredients and time-tested recipes. Grandma Reser's Original Potato Salad (from 1950!) is still our top seller, but check out our many other potato salads, macaroni salads, and cole slaws.

401133 Classic Tuna Salad 2/5 lb. \$25.80 cs. \$2.58 lb.

UPC: 7111714133 \$0.16 cents/oz. \$0.48 cents = 3 oz. Portions

891856 Mixed Fruit Salad 1/24 lb. \$45.80 cs. \$1.90 lb.

UPC: 079453438560 \$0.12 cents/oz. \$0.36 cents = 3 oz. Portions

410286 Elbow Macaroni Salad 3/4 lb. \$17.48 cs. \$1.46 lb.

UPC: 7111700286 \$0.09 cents/oz. \$0.27 cents = 3 oz. Portions

411225 Deviled Egg Potato Salad 2/8 lb. \$32.32 cs. \$2.02 lb.

UPC: 071117002256 \$0.13 cents/oz. \$0.38 cents = 3 oz. Portions

401293 Ambrosia Delight 2/8 lb. \$31.06 cs. \$1.94 lb.

UPC: 7111700193 \$0.12 cents/oz. \$0.36 cents = 3 oz. Portions

408024 My Premier American Potato Salad 2/5 lb. \$11.90 cs. \$1.19 lb.

UPC: 7347455031 \$0.08 cents/oz. \$0.24 cents = 3 oz. Portions

408026 My Premier Mustard Potato Salad 2/5 lb. \$11.90 cs. \$1.19 lb.

UPC: 7347455032 \$0.08 cents/oz. \$0.24 cents = 3 oz. Portions



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Swai Fillets

Our Swai is a robust and flaky farm raised whitefish that is now the 6th most consumed fish in the U.S.! It performs very well in just about every cooking application, and takes on various flavor profiles very well, making it very versatile! It is a very popular item for breaded/battered and fried, panfrying, baking, and broiling cooking applications.

300010 UPC 756428344010
3-5oz. IQF Swai Fillets 1/15 lb.

\$3.48/lb.

300016 UPC 756428344027
5-7oz. IQF Swai Fillets 1/15 lb.

\$3.18/lb.



Pollock Fillets

Our Pollock is a versatile whitefish caught in the icy waters of the Pacific Ocean. It is the 5th most consumed fish in the U.S., and has become a staple menu item for many restaurant chains nationwide. It is a very popular item for breaded/battered and fried cooking applications.

312579 UPC 756428336206
2-4oz. IQF Pollock Fillets 4/10 lb.

\$1.39/lb.

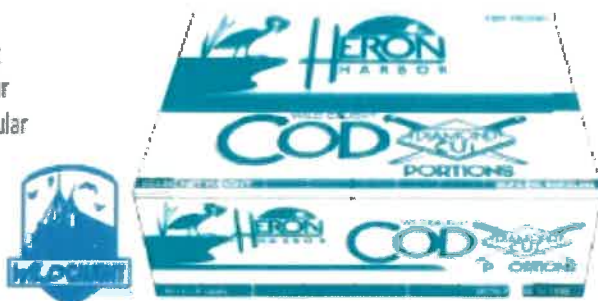


Diamond Cut Cod Portions

Our Diamond Cut Cod Portions are hand cut using only premium grade Atlantic Cod, the 9th most consumed species in the U.S.! We have achieved a consistent, stable texture and clean taste in our product, and it has been proven in several cuttings against our competition's Cod. It is a very popular item for breaded/battered and fried cooking applications.

301360 UPC 20756428363602
4oz. IQF Atlantic Cod Portions 1/10 lb.

\$4.19/lb.



800-876-9377
www.troyers.com



Troyer's

Pricing Effective: 3/1/19—4/20/19



AquaStar



314527 Skin On Keta Salmon Fillet

28/1.25 lb.

UPC:731149515277

Our Price: \$161.93 cs. \$5.78 ea.

355433 Coconut Breaded Shrimp

12/24 oz. bag

UPC:731149352261

Our Price: \$93.78 cs. \$7.82 pkg.

355582 Crunchy Breaded Butterfly Shrimp

12/24 oz. bag.

UPC:731149353541

Our Price: \$93.78 cs. \$7.82 pkg.

WWW.AQUASTAR.COM

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Fillets

Are you looking for a mild-flavored, firm-textured fish fillet to use in that special recipe? Do you want one that is safe, healthy, sustainable and American? Then try US Farm Raised Catfish Fillets from Heartland Catfish Company. We produce only top-quality fillets that are heart healthy and protein rich. It is perfectly suited for any of your favorite fish recipes. Try it fried, grilled, broiled or baked and you will agree. It's delicious!

300044 Catfish Fillet 3-5 oz. IQF 15 lb.

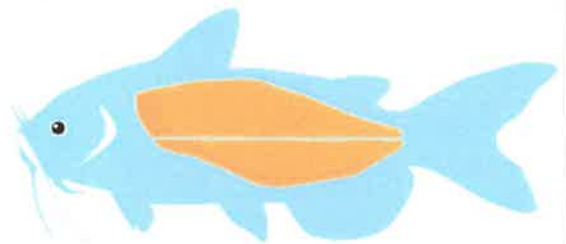
\$4.37 lb. \$1.10 piece avg.

300050 Catfish Fillet 5-7 oz. IQF 15 lb.

\$4.67 lb. \$1.75 piece avg.



Selection



www.heartlandcatfish.com

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Nuggets

The nugget cut is created by trimming the belly flap portion off of the shank fillets.

300200 Breaded Catfish Nuggets 15 lb.

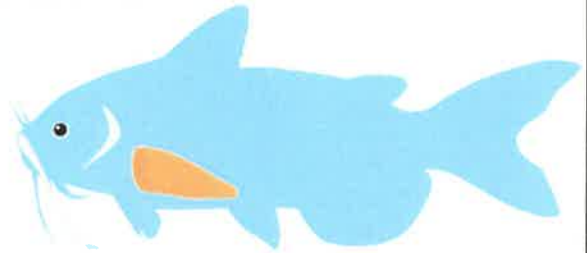
\$0.97 lb. 2 1/2 oz. Average = \$0.15 cents/piece

300410 Catfish Nuggets IQF 15 lb.

\$0.87 lb. 2 oz. Average = \$0.11 cents/piece



Selection



www.heartlandcatfish.com

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\$21.48 cs. \$1.79 pkg.
\$0.23 cents/oz.

Item# 334417 Classic Imitation Fresh Crab Meat Flake 12/8 oz.

UPC:715166044170

Made from wild Alaska Pollock and King Crab; gluten-free, fat free and a source of Omega-3. Flake Style pieces are perfect in cold seafood salads, dips and more.

Item# 334418 Classic Imitation Crab Leg 12/8 oz.

UPC:715166044187

The Leg Style pieces can be enjoyed in cold seafood cocktails; as the main ingredient in California sushi rolls, or chopped and used in chowders and other dishes.

Item# 334401 Classic Imitation Crab Meat Chunk 12/8 oz.

UPC:715166104010

Made from wild Alaska Pollock and King Crab; gluten-free, fat free and a source of Omega-3; Chunk Style pieces have a firm texture that makes them excellent in hot recipes and also as cold seafood cocktail with dipping sauce.

Item# 334201 Imitation Lobster Meat 12/8 oz.

UPC:715166052014

Made from wild Alaska Pollock and real lobster meat; gluten-free, fat free and a source of Omega-3. The Chunk pieces can be used for delicious lobster salads or in hot dishes.



Item# 334481 Classic Imitation Fresh Crab Meat Flake 8/2.5 lb.

UPC:715166044040

\$2.56 lb. \$0.16 cents/oz.

Item# 334050 Imitation Lobster Meat 8/2.5 lb.

\$2.86 lb. \$0.18 cents/oz.

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Garlic Butter Linguine with Crab Classic

Ingredients

- 12 oz. linguine
- 1 bunch asparagus, trimmed and cut into 2-inch pieces
- 1/3 cup butter
- 1 tbsp. minced garlic
- 1 pkg (16 oz.) Crab Classic

(334401 Classic Crab Meat Chunks)

(334481 Classic Imitation Crab Meat Flakes)

- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup lemon juice
- Parmesan cheese, optional



Directions

Cook linguine according to package directions; add asparagus during the last 2 minutes of cooking. Meanwhile, melt butter in a large skillet over medium heat. Stir in garlic and cook for 1 minute or until fragrant. Add linguine and asparagus along with Crab Classic, salt and pepper. Cook, stirring occasionally, until crab is heated through. Stir in lemon juice. Serve with Parmesan cheese, if desired.

WWW.TRANS-OCEAN.COM

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305100 Tilapia Fillet Retail Bag

12/10 oz.

UPC:0297014171004

We have all seen tilapia capture a big audience in a relatively short time. It's a clear success – tons of people love their fish super-mild & flaky & the advances in aquaculture are enormous. The quality of the tilapia today has never been better as we see more & more farms in natural bodies of water and moving estuaries.

FLAVORS:

mild & delicate

TEXTURES:

delicate & quick-fixing

PAIRINGS:

Pinot Gris, Madeleine Angevine, Sparkling Riesling

FISH FACTS:

Tilapia has very low levels of mercury because it is a fast growing and short lived fish that mostly eats a vegetarian diet.



\$27.10 cs.
\$2.26 pkg.

311090 Ocean Perch Fillet Retail Bag

12/10 oz.

UPC:029714170908

Pacific Ocean Perch fillets are cut from a wide variety of fish sizes so a bag will tend to have more individual pieces than, say, a bag of Orca Bay salmon. This is actually a plus for the home cook – the fillets cook up with speedy ease & the smaller fillets are ideal for fish tacos, fish & chips, & seafood stews. Awesome “fast meal” fish.

FLAVORS:

Sweet & Nutty

TEXTURES:

Thin & Flaky

PAIRINGS:

Gewurztraminer, Viognier, Pinot Gris, Semillon

FISH FACTS:

Pacific ocean perch is a very slow growing species, with a low rate of natural mortality (estimated at 0.06), a relatively old age at 50% maturity (10.5 years for females in the Gulf of Alaska), and a very old maximum age of 98 years in Alaska (84 years maximum age in the Gulf of Alaska) (Hanselman et al. 2003).



\$42.05 cs.
\$3.50 pkg.

WWW.ORCABAYSEAFOODS.COM

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314060 Keta Salmon Fillet Retail Bag

12/10 oz.

UPC:029714170601

Keta is one of the best values in wild Alaska salmon and its mild character keeps it approachable to consumers who are a tad shy of full-flavored seafood. All of our fish is harvested in Alaska – some of it gets frozen and then shipped over to China where it's portioned and packed. Because of this, those bags must list China as the country of origin.

FLAVORS:

Mild in flavor

TEXTURES:

Meaty & Lightly colored

PAIRINGS:

Chardonnay, Pinot Gris, Semillon, Riesling

FISH FACTS:

Keta salmon, also called chum or dog salmon, is a drier fillet because of its lower fat content and is one of the lesser-known salmon species.



\$52.85 cs.
\$4.40 pkg.

339115 Atlantic Salmon Fillet Portions Retail Bag

12/10 oz.

UPC:29714171158

The delicate, buttery/mild flavor of Atlantic salmon is the perfect answer to those who shy away from the more assertive notes of wild fish. Raised in clean cold waters and harvested at the absolute peak.

FLAVORS:

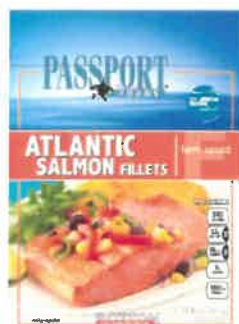
Mild in flavor

TEXTURES:

Delicate in Texture

PAIRINGS:

Gewurztraminer, Viognier, Pinot Gris, Semillon



\$57.60 cs.
\$4.80 pkg.

WWW.ORBAYSEAFOODS.COM

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Pricing Effective: 3/1/19—4/20/19



339030 Yellowfin Tuna Steak Retail Bag

12/10 oz.

UPC:029714170304

These lean & delicious tuna steaks are sourced from a variety of reliable harvesters across the globe & the steaking takes place at facilities totally adherent to “the Orca Bay way”. Our retail pack features tuna exclusively sourced from artisanal handline fisheries—a more selective & sustainable harvesting method.

FLAVORS:

mild & tropical

TEXTURES:

Firm, beef alternative

PAIRINGS:

Cabernet sauvignon, Syrah, Cabernet Franc, Malbec



\$42.50 cs.
\$3.54 pkg.

FISH FACTS:

The yellowfin tuna is a schooling fish, and has a strong tendency to aggregate with fish of the same size, rather than just school with other yellowfin tunas. They can often be seen swimming near the surface with other tunas, such as skipjack tuna (*Katsuwonus pelamis*) and bigeye tuna (*Thunnus obesus*).

339701 Swordfish Steak Retail Bag

12/10 oz.

UPC:029714170106

These outstanding swordfish steaks come with skin-on & many will display the signature mustached—a curved whisp of darker flesh that travels down the loin and graces each steak. The swordfish originate in South east Asia & Orca Bay goes to great lengths verifying the chain of custody in every load that we source.

FLAVORS:

Medium mild, slightly sweet flavor

TEXTURES:

Firm, dense & meaty flesh ranging from pinkish-beige to ivory in color

PAIRINGS:

Chardonnay or Sparkling Wines



\$51.40 cs.
\$4.28 pkg.

FISH FACTS:

Some steaks have a slash of darker meat towards one edge. This is a perfectly natural coloration that occurs in all Swordfish and is not an indication of any damage to the steak.

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Western Edge
SEAFOOD



The Fish People

Wild Caught

Don't Forget About OCEAN PERCH

Ocean Perch has been extremely successful in the Midwest U.S. for many years now, and appears to be gaining ground in other areas as a viable option for fish fry application. It's very flavorful, and is most popular and performs very well as a breaded or battered fried fish.

We have seen a lot of success with this product, and we are proud to have become the largest importer of Ocean Perch into the U.S. over the last few years. Although Ocean Perch is not as popular as Pollock, Cod or Haddock, we are confident this species has yet to reach its full potential. We expect to see the continued growth and popularity of Ocean Perch in the future.

If you promote fried fish as a part of your seafood program, you really should give Ocean Perch a try! Call your Troyer sales representative for more details today!

311945 **UPC 756428322063** **\$2.79/lb.**
2-4oz. IQF Ocean Perch Fillets 4/10 lb.

311946 **UPC 756428322070** **\$2.59/lb.**
4-6oz. IQF Ocean Perch Fillets 4/10 lb.



**Great For Flavorful
Fish Sandwiches!**



Western Edge
SEAFOOD



The Fish People

Check Out The All New
WESTERNEDGESEAFOOD.COM

T 724.228.6680
F 724.228.6691



LET'S TALK FISH.



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Pricing Effective: 3/1/19—4/20/19

Western Edge SEAFOOD™



GOLD
LABEL

POLLOCK

FILLETS
(Gadus Chalcogrammus)

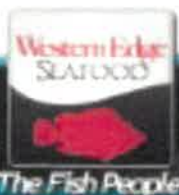
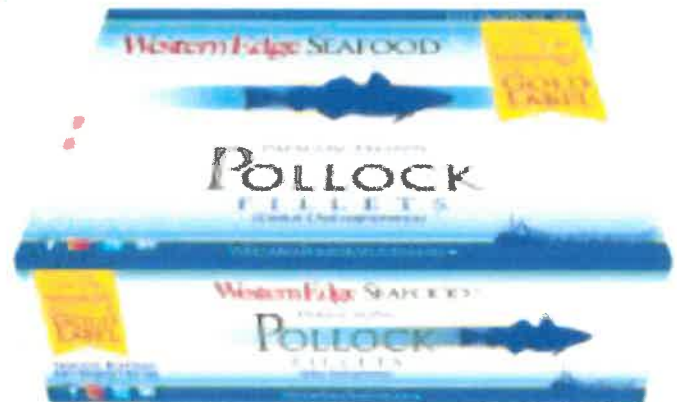
The Gold Label Advantage

Western Edge has the expertise to keep a consistently controlled total moisture on our Gold Label Pollock. This allows our Pollock to be price competitive while retaining a high level of performance.

Operators can avoid complaints from end users that may jeopardize business, and have even found Gold Label Pollock to be a great alternative to once frozen Pollock.

Rely On
The Fish People
For Consistent
Quality Pollock!

312698 UPC 15642835718 11oz IN 1lb
UPC 15642835718 4oz 1lb
4-6oz. IQF GL Pollock Fillets 4/10 lb. **\$1.89/lb.**



Check Out The All New
WESTERNEGSEAFOOD.COM

T 724.228.6680
F 724.228.6691



LET'S TALK FISH



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Western Edge SEAFOOD™

PREMIUM FROZEN FARM RAISED
TILAPIA

F I L L E T S

Why Western Edge Tilapia?

Tilapia is the 4th most consumed seafood species in the U.S., and our flagship item. We import over 12,000,000 pounds per year of Tilapia, making us one of the largest Tilapia companies in the U.S..

The combination of our volume and ability to achieve a culinary approved taste profile has made us a trusted and valued supplier to numerous national restaurant chains, foodservice distributors, and retail distributors. Our ever expanding customer base has enabled us to carry a full range of Tilapia products and specifications to meet their needs.



305305 UPC 756428104256
3-5oz. IVP Tilapia Fillets 1/10 lb.

\$2.39/lb.

305307 UPC 756428104355
5-7oz. IVP Tilapia Fillets 1/10 lb.

\$2.49/lb.

305409 UPC 756428104409
7-9oz. IVP Tilapia Fillets 1/10 lb.

\$2.69/lb.

We're More Than Just A Pretty Box!

Western Edge Seafood Tilapia is a nationally recognized brand that is used by wholesalers and distributors throughout the entire United States. Because we were one of the first Tilapia companies to move to a "branded" carton design, the quality of product inside the box soon became synonymous with the red box that our customers - and their customers alike - have created a lasting following of.



30 1/2 lb. Carton

Trust The Fish People With All Of Your Tilapia Needs.



The Fish People

Check Out The All New
WESTERNEGSEAFOOD.COM

T 724.228.6680

F 724.228.6691



LET'S TALK FISH.



SENA
BOOTH #
2027

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314150 8oz. Vac pac 10 lb. \$69.00 cs. \$6.90 lb. \$3.45/pc.

Alaskan Keta Salmon



- >> WILD, SUSTAINABLE
- >> PORTION CONTROLLED, VACUUM-PACKED
- >> 909mg OMEGA-3s PER 4 oz SERVING



314150 8oz. Vac pac 10 lb. \$69.00 cs. \$6.90 lb. \$3.45/pc.

Alaskan Keta Salmon

Wild and wildly popular, Alaskan Salmon is among the top seafood items sold in the U.S. today. With its deservedly healthy reputation, wild salmon — including Trident Alaskan Keta Salmon — is chock full of healthy Omega 3 fatty acids (thought to help lower the risk of heart disease) and considered an excellent source of vitamins, minerals and lean protein.

All natural Trident Alaskan Keta Salmon are flash-frozen and vacuum packed to preserve their fresh-caught, delicate flavor. Well-suited for all manner of cooking techniques, our Alaskan Salmon shine as Grilled Salmon with Pistachio Basil Butter or Rosemary Broiled Alaskan Salmon. Or, for a classic salmon treatment, try Poached Alaskan Salmon with Creamy Walnut Dill Dressing.



Features & Benefits

>> BONELESS, PORTION CONTROLLED

Economical, consistent, no waste

>> WILD & SUSTAINABLE ALASKA HARVEST

Excellent health benefits, natural protein too

>> FLASH FROZEN

Preserves freshness, cook to order

>> VACUUM PACKED

Assures fresh taste & firm texture

Species Information

Trident's Alaska Keta Salmon are an excellent source of wild salmon that's both economical and delicious. With their attractive orange-pink color and firm texture, Keta contain Omega-3s and work well in wide range of delicious preparations.

COOKING & HANDLING INSTRUCTIONS

Keep frozen at 0°F or below until ready to use.

To thaw: remove the salmon portion from the plastic pouch and place the product in a shallow tray. Cover and store in the refrigerator below 38°F for 16–24 hours. Once thawed, the salmon is ready to cook.

Keep thawed product refrigerated and use within 2–3 days. Allow 10 minutes of cooking time per inch of thickness on thawed product.

If cooking from frozen, 20 minutes per inch on frozen product.

Oven temperatures vary. Cook to an internal temperature of 145°F.

BAKE: Season Salmon or dip in seasoned bread crumbs. Place in greased baking dish and bake at 400°F.

SAUTÉ: Dip Salmon in seasoned flour. Sauté in oil, butter or margarine over medium heat, lightly brown on both sides.

POACH: Cover Salmon with boiling, salted water. Add any flavorings such as lemon slices, white wine, or herbs to the poaching liquid. Reduce heat, simmer until done.

SIMMER: For stews and chowders, add Salmon pieces in the final 10 minutes of cooking. Do not over-stir.

GRILL: Place salmon on hot, well-greased grill. During grilling, baste fish with oil or basting sauce several times. Turn over once.

PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
419763	Keta Salmon Sides—Skin On, PBO, Vac Pac	1-3 lb.	1/20 lb.	13	0 00 28029 76323 2
496248	4 oz. Keta Salmon Premium Portions—Skinless, PBO, Vac Pac	4 oz.	1/10 lb.	40	0 00 28029 96248 2
496245	6 oz. Keta Salmon Premium Portions—Skinless, PBO, Vac Pac	6 oz.	1/10 lb.	27	0 00 28029 96245 1
496247	8 oz. Keta Salmon Premium Portions—Skinless, PBO, Vac Pac	8 oz.	1/10 lb.	20	0 00 28029 96247 5
485439	4 oz. Keta Salmon—Skin On, PBO, Vac Pac	4 oz.	1/10 lb.	40	0 00 28029 85439 8
485440	6 oz. Keta Salmon—Skin On, PBO, Vac Pac	6 oz.	1/10 lb.	27	0 00 28029 85440 4
474789	8 oz. Keta Salmon—Skin On, PBO, Vac Pac	8 oz.	1/10 lb.	20	0 00 28029 74789 6
10 LB. CASE: DIMENSION: (L x W x D) 15" x 9.994" W x 6.25" D		GROSS WEIGHT: 11.2 lb.		CUBE: .54	TI HI: 12 x 7
20 LB. CASE: DIMENSION: (L x W x D) 24" L x 13" W x 6.63" D		GROSS WEIGHT: 23.1 lb.		CUBE: 1.2	TI HI: 5 x 7

Nutrition Facts	
Serving Size (113 g/4 oz)	
Amount Per Serving	
Calories	130
	Calories from Fat 95
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.3g	
Monounsaturated Fat 2.2g	
Cholesterol 70mg	23%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sucrose 0g	
Protein 22g	44%
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a diet of other people's secrets.



5303 SHILSHOLE AVE NW, SEATTLE, WA 98107
(800) 367-6065 (206) 783-3474

FAX: (206) 782-7246 E-MAIL: Sales@TridentSeafoods.com www.TridentSeafoods.com

312391 25 lb. \$71.00 cs. \$2.84 lb.

Alaskan Pollock



- >> WILD, OCEAN-CAUGHT
- >> PREMIUM CUT
- >> SKINLESS/BONELESS



312391 2-4 oz. 25 lb. \$71.00 cs. \$2.84 lb. \$0.53/Piece avg
Alaskan Pollock

Trident Alaskan Pollock is certified sustainable and the most abundant Alaskan species available. Caught in the icy waters of Alaska, Alaskan Pollock is filleted and flash-frozen soon after harvest, locking in flavor and texture at the very peak of freshness. Pre-portioned, trimmed and ready to use, Alaskan Pollock saves you both time and money.

Mild and wild, Trident Alaskan Pollock filets perform well in nearly every fish preparation. Kick up some heat with Cajun Crisp Pollock or Southwest Pollock Quesadillas. Or create a savory Alaskan Pollock Chowder or Pollock Club Sandwich. Go Italian with an Alaskan Pollock Piccata or top sautéed filets with a simple pesto. Since wild Alaskan Pollock filets cook up easily from frozen, you can add them to your menu in a flash.

Features & Benefits

>> BONELESS AND SKINLESS

Delicate white filets, mild flavor, preferred by consumers

>> ONCE FROZEN

Frozen at the source, glazed to protect taste & texture

>> LOW FAT

Great source of high quality, low-cost protein

>> PORTION CONTROL

Ready to use, hand-trimmed filets available in a variety of sizes



Species Information

Wild Alaskan Pollock is the most abundant fish species harvested in Alaska waters. Managed carefully by NOAA fisheries and certified sustainable, Alaska Pollock is an environmentally responsible seafood choice. Cousin to the codfish, its lean, snow-white meat, delicate texture and mild taste make it one of the most versatile and healthy choices available.

HANDLING INSTRUCTIONS

Keep frozen until ready to thaw. Thawing Instructions: Remove all packaging. Place on tray or plate. Cover with a plastic wrap or wax paper and thaw in refrigerator for 16–24 hours. Keep thawed product refrigerated and use within 2–3 days.

PACK INFORMATION

ITEM#	DESCRIPTION	PACK SIZE	APPROX. PORTIONS PER CASE	GTIN#
496766	Under 2 oz. IOF Filets	1/25 lb.	> 202	0 00 28029 96766 1
450391	2–4 oz. IOF Filets	1/25 lb.	151	0 00 28029 50391 3
449768	4–6 oz. IOF Filets	1/25 lb.	84	0 00 28029 49768 7
457612	6–8 oz. IOF Filets	1/25 lb.	59	0 00 28029 57612 2
496767	8+ oz. IOF Filets	1/25 lb.	< 50	0 00 28029 96767 8
DIMENSION: (L x W x D) 24" L x 13" W x 6.63" D				
GROSS WEIGHT: 28.45 lb. CUBE: 1.2 TI HI: 6 x 6				
449466	2–4 oz. IOF Filets	1/10 lb.	60	0 00 28029 49466 2
449512	4–6 oz. IOF Filets	1/10 lb.	33	0 00 28029 49512 6
DIMENSION: (L x W x D) 15" L x 9.9938" W x 6.25" D				
GROSS WEIGHT: 11.4 lb. CUBE: .54 TI HI: 12 x 7				
456772	Pollock Fillet Blocks	3/16.5 lb.	224	0 00 28029 56772 4
DIMENSION: (L x W x D) 19.88" L x 10.88" W x 8.38" D				
GROSS WEIGHT: 53 lb. CUBE: 1.05 TI HI: 10 x 5				

COOKING INSTRUCTIONS

Remove all packaging.

Oven temperatures vary. Cook to an internal temperature of 145°F.

From thawed, allow 10 minutes of cooking time per inch of thickness at 350°F until fish flakes easily when tested with a fork.

From frozen, double the cooking time.

Fish is best when the flesh has just turned opaque and is still moist throughout.

Nutrition Facts	
Serving Size (113 g/4 oz) Cooked	
Amount Per Serving	
Calories	Calories from Fat 90
	10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 110mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%

*Percent Daily Values are based on a diet of other people's secrets.



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Pricing Effective: 3/1/19—4/20/19

SURIMI SEAFOOD

CAPTURING THE VALUE

334420 Surimi Imitation Crabmeat Flake 4/2.58 lb.

\$31.68 cs. \$3.07 lb. .19 cents/oz. .58 cents = 3 ounce Portions

334127 Surimi Imitation Crabmeat Flake w/Repack Labels 4/2.55 lb

\$26.62 cs. \$2.61 lb. .16 cents/oz. .49 cents = 3 ounce Portions



CONVENIENCE - SAVE ON PREP TIME
VERSATILITY - HOT & COLD MENU ITEMS
PRODUCT SAFETY - FULLY COOKED/PASTEURIZED
LOW COST AND HIGH CONSUMER SATISFACTION



CAPTURING THE VALUE

MADE FROM WILD ALASKA POLLOCK AND REAL CRAB, SURIMI SEAFOOD HAS ESTABLISHED ITSELF AS A VERSATILE, CONVENIENT AND TASTY ALTERNATIVE TO WILD AND FARMED SHELLFISH.

After its introduction to the U.S. market in 1978, the SEA LEGS® brand quickly became the gold standard for foodservice operators. Today, Trident offers a full line of quality surimi seafood brands. One is sure to be a perfect fit for your menu application and price point.

SURIMI SEAFOOD IS REAL SEAFOOD

Trident Seafoods uses Wild Alaska Pollock in its surimi recipes and here is why. Wild Alaska Pollock

- is a member of the Cod family, with a similar flavor, texture, and appearance.
- is the most abundant certified-sustainable wild fish in the world.
- has a lower carbon footprint than beef, chicken, pork, and most other land-based proteins.
- is an extra-lean protein that is naturally low in saturated fat and cholesterol, a natural source of Omega-3 fatty acids and high in vitamin B12.

334420 Surimi Imitation Crabmeat Flake 4/2.58 lb. \$3.07 lb.

334127 Surimi Imitation Crabmeat Flake w/Repack Labels 4/2.55 lb \$2.61 lb.



THE RIGHT SURIMI FOR YOU

Choosing the right surimi means selecting the appropriate blend of ingredients and choosing a product form that meets the requirements of your particular recipe or application. Value is important, and you can be confident that Trident can help you maximize value by matching the right products to a wide variety of menu applications and price points.



334420 Surimi Imitation Crabmeat Flake 4/2.58 lb.

334127 Surimi Imitation Crabmeat Flake w/Repack Labels 4/2.55 lb

SALAD STYLE

Our most popular product form; a mixture of shreddable flakes for flavor and volume, and durable chunks for authentic bite.

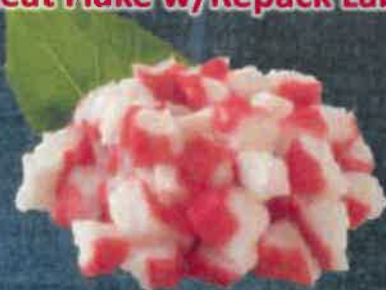
Think: salads, pastas, wraps, seafood rolls, ceviche, and dips



CHUNK STYLE

The most durable of "small-bite" shapes, they're ideal for recipes requiring a firm morsel of flavor.

Think: soups & bisques, appetizers & skewers



A MATTER OF SHAPE AND STYLE

Surimi seafood comes in an exciting variety of shapes and textures. There's sure to be one that's right for your menu, and another to spark your imagination.

LEG STYLE

Mimicking the shape and texture of a real king crab merus meat, this popular style offers a finger-food selection that's perfect for dipping and delivers a firm bite. Serve whole or cut them diagonally into artistic shapes.

Think: dips, fondue, California rolls



SHRED STYLE

The most cost-effective product form, this style performs beautifully as an extender when blended with real shellfish.

Think: pizza, stuffings, crab cakes, light appetizers, shreds & dips



FLAKE STYLE

Considered the most versatile product form, these handy little flakes can be shredded easily by hand to replicate real crab body meat; used whole as firm bites; or partially shredded for a combination of great flavor and texture.

Think: cold salads, crab cakes, hot or cold pastas



WWW.TRIDENTSEAFOODS.COM

Pricing Effective: 3/1/19—4/20/19

312544 Pubhouse Original Battered Fillets 1-2 oz. 1/10 lb.

\$42.20 cs. \$4.22 lb.

\$0.40 cents each 4pcs = \$1.60

PubHouse® Original Battered Fillets



- >> ORIGINAL-STYLE, CRISPY BATTER
- >> HAND CUT FILLETS
- >> COOKS IN MINUTES



312544 Pubhouse Original Battered Fillets 1-2 oz. 1/10 lb.



Cooking & Handling Instructions

Keep frozen until ready to use. Cook to an internal temperature of 145°F. Cooking times vary with equipment and load; adjust as needed.

		1oz. Minis & 1-2oz.	2-3oz.	Tilapia only 2.5-3.5oz.	Cod only 3-4oz.
METHOD	TEMP.	MINUTES			
Deep Fry	350° F	3.5-4.5	5.5-7	3.5-4.5	7.5-9
Heat oil to 350° F					
Add frozen product, shaking basket occasionally to prevent adhesion.					
Convection Oven	425° F	16-18	20-22	16-18	24-26
Preheat to 425° F. Place frozen product on baking sheet. For best results, turn product over halfway through cooking time. Cook until crisp and golden brown.					
Convection Oven	400° F	12-14	18-20	12-14	24-26
Preheat to 400° F. Place frozen product on baking sheet. For best results, turn product over halfway through cooking time. Cook until crisp and golden brown.					

We strive to produce a fully "boneless" product. As with all fish, however, occasional bones may still be present.

PACIFIC COD, FLOUNDER, ALASKA POLLOCK, KETA SALMON INGREDIENTS: FISH, WATER, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF: SPICE, GARLIC, NATURAL FLAVOR, YELLOW CORN FLOUR, SUGAR, SALT, WHEY, YEAST EXTRACT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), GUAR GUM, MALTODEXTRIN, SODIUM PHOSPHATES (TO RETAIN MOISTURE) YELLOW #5, YELLOW #6. PARFRIED IN SOYBEAN AND/OR CANOLA OIL. CONTAINS FISH (SPECIES), WHEAT, MILK.

ROCKFISH, TILAPIA, WAHOO, HALIBUT INGREDIENTS: FISH, WATER, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF: SPICE, GARLIC, NATURAL FLAVOR, YELLOW CORN FLOUR, SUGAR, SALT, WHEY, YEAST EXTRACT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), GUAR GUM, MALTODEXTRIN, YELLOW 5, YELLOW 6. PARFRIED IN SOYBEAN AND/OR CANOLA OIL. CONTAINS FISH (SPECIES), WHEAT, MILK.

PUBHOUSE® PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
491153	PubHouse Battered 1-2 oz Cod	1/10 LB.	94	0 00 28029 91153 4
491152	PubHouse Battered 2-3 oz Cod	1/10 LB.	65	0 00 28029 91152 7
MILITARY: 2-3 OZ COD ITEM # 400034 GTIN # 0 00 28029 00034 4 NAPA CODE: 8905-01-E59-7390				
435706	PubHouse Battered 3-4 oz Cod	1/10 LB.	46	0 00 28029 35706 6
490229	PubHouse Battered 1-2 oz halibut	1/10 LB.	94	0 00 28029 90229 7
490202	PubHouse Battered 2-3 oz halibut	1/10 LB.	65	0 00 28029 90202 0
455936	PubHouse Battered 1 oz pollock Mini	1/10 LB.	160	0 00 28029 55936 1
491544	PubHouse Battered 1-2 oz pollock	1/10 LB.	94	0 00 28029 91544 0
491543	PubHouse Battered 2-3 oz pollock	1/10 LB.	65	0 00 28029 91543 3
MILITARY: 2-3 OZ POLLOCK ITEM # 400213 GTIN # 0 00 28029 00213 3 NAPA CODE: 8905-01-E59-5085				
418860	PubHouse Battered 1-2 oz rockfish	1/10 LB.	94	0 00 28029 18860 8
491154	PubHouse Battered 1-2 oz salmon	1/10 LB.	94	0 00 28029 91154 1
411095	PubHouse Battered 2.5-3.5 oz tilapia	1/10 LB.	53	0 00 28029 11095 1
468287	PubHouse Battered 1-2 oz wahoo	1/10 LB.	107	0 00 28029 66287 8
10LB CASE DIMENSIONS: 15" L X 9.94" W X 6.25" D GROSS WEIGHT: 11.2 LB. CUBE: .54 TI HI: 12 X7				

Nutrition Facts --	PubHouse Cod 2-3 oz. size 2 pieces (142 g/5 oz.)	PubHouse Halibut 2-3 oz. size 2 pieces (142 g/5 oz.)	PubHouse Pollock 2-3 oz. size 2 pieces (142 g/5 oz.)	PubHouse Rockfish 1-2 oz. size 2 pieces (96 g/3.4 oz.)	PubHouse Salmon 1-2 oz. size 2 pieces (96 g/3.4 oz.)	PubHouse Tilapia 2.5-3.5 oz. size 1 piece (85 g/3 oz.)	PubHouse Wahoo 1-2 oz. size 2 pieces (96 g/3.4 oz.)
Serving Size:							
Amount Per Serving							
Calories	230	240	230	170	180	150	180
Calories from Fat	80	80	80	60	50	50	60
% Daily Value*							
Total Fat	9g	9g	9g	7g	6g	6g	7g
	14%	14%	14%	11%	9%	9%	11%
Saturated Fat	0.5g	0.5g	1.5g	0.5g	0.5g	0.5g	1g
	3%	3%	8%	3%	3%	3%	5%
Trans Fat	0g	0g	0g	0g	0g	0g	0g
Cholesterol	30mg	10mg	55mg	20mg	35mg	25mg	30mg
	10%	3%	18%	7%	12%	8%	10%
Sodium	600mg	580mg	700mg	360mg	480mg	310mg	410mg
	25%	24%	29%	15%	20%	13%	17%
Total Carbohydrate	22g	22g	22g	15g	15g	13g	15g
	7%	7%	7%	5%	5%	4%	5%
Dietary Fiber	0g	0g	0g	0g	0g	0g	0g
	0%	0%	0%	0%	0%	0%	0%
Sugars	2g	2g	2g	1g	1g	1g	1g
Protein	15g	17g	14g	12g	10g	11g	12g
Vitamin A • Vitamin C	0% • 4%	0% • 0%	2% • 0%	2% • 0%	0% • 0%	0% • 0%	8% • 2%
Calcium • Iron	2% • 2%	2% • 2%	2% • 2%	2% • 2%	2% • 2%	2% • 2%	4% • 6%

*Percent Daily Values are based on a 2,000 calorie diet.



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TRFS-1013-2724

POS 042

10/13

Pricing Effective: 3/1/19—4/20/19

30



Great for 10/\$10 Ads

816810 Shrimp Fried Rice 12/5 oz.
\$9.36 cs. \$.78 each



UPC: 746167840140

816015 Caribbean Jerk Shrimp 12/5 oz.
\$9.36 cs. \$.78 each



UPC: 746167840157

816017 Southwest Shrimp 12/5 oz.
\$9.36 cs. \$.78 each



UPC: 746167840171

816401 Shrimp Curry 12/5 oz.
\$9.36 cs. \$.78 each



UPC: 746167840161



351041	41/50 Cooked Tail On Peeled and Deveined Shrimp	5/2 lb.
UPC: 070041120418	\$55.80 cs. \$5.58 lb. \$0.12 cents each	
351026	26/30 Cooked Tail On Peeled and Deveined Shrimp	5/2 lb.
UPC: 070041120265	\$65.80 cs. \$6.58 lb. \$0.24 cents each	
351416	31/40 Cooked Tail Off Peeled and Deveined Shrimp	5/2 lb.
UPC: 070041520331	\$57.80 cs. \$5.78 lb. \$0.17 cents each	
352016	16/20 Raw EZ Peeled Tail On Shrimp	10/2 lb.
UPC: 070041320160	\$109.60 cs. \$5.48 lb. \$0.31 cents each	

CenSea is a family owned seafood business headquartered in Northbrook, Illinois. Since the company's founding by Gershon Feigon in 1960, CenSea has grown to become one of the largest suppliers of frozen shrimp and other seafood products in the United States. CenSea annually imports more than \$250 million of quality seafood from nearly 25 countries. Our buyers regularly visit seafood producers throughout the world to maintain our deep supplier relationships and to ensure that our customers receive only the very best products.



We reserve the right to change prices due to market conditions. Pricing and product available while supplies last.
Pricing Effective: 3/1/19—4/20/19

Lake Fish

WALLEYE

307026 Walleye Fillet Large 11 lb.

\$108.68 cs. \$9.88 lb.

307260 4-6 oz. Walleye Fillet Skin On IQF (No Ohio Sales) 11 lb.

\$97.68 cs. \$8.88 lb. \$2.78/Piece avg.

PERCH

310060 .75-1 oz. White Lake Perch 11 lb.

\$32.78 cs. \$2.98 lb. \$0.17/Piece avg.

311003 Zander Pike Perch Skin On 20-40 grams 11 lb.

\$54.78 cs. \$4.98 lb. \$0.31/Piece avg.

Lake Fish comes from our pristine waters of the Great Lakes found in Canada and the United States.

We reserve the right to change prices due to market conditions. Pricing and product available while supplies last.

Pricing Effective: 3/1/19—4/20/19

Breaded Premium Seafood

Retail & Food Service

Packed Bulk with Retail Labels

Colored Repack Labels



305130 Parmesan Encrusted Tilapia 1/9 lb.

\$52.11 cs. \$5.79 lb.

\$1.80/Piece

Colored Repack Labels



301149 Potato Cheddar Encrusted Cod 1/9 lb.

\$60.21 cs. \$6.69 lb. \$2.08/Piece



301046 Lemon Pepper Breaded Cod Loin
4 oz. 1/10 lb.

\$54.90 cs. \$5.49 lb. \$1.37/Piece



301006 Tuscan Style Breaded Cod Loin
4 oz. 1/10 lb.

\$54.90 cs. \$5.49 lb. \$1.37/Piece

We reserve the right to change prices due to market conditions. Pricing and product available while supplies last.

Pricing Effective: 3/1/19—4/20/19

Herring & Smoked Seafood

What is a herring? A herring is a beautifully marked blue-green and silver iridescent delicately flavored nutritious fish. It is the world's most plentiful fish, most commercially important fish, most widely consumed fish, and the most sought-after fish in the world's ocean.



339033 Cream Herring 12/8 oz. jars

\$28.68 cs. \$2.39 each \$0.18 cents/oz.

UPC: 07617000090



339035 Wine Herring 12/8 oz. jars

\$28.68 cs. \$2.39 each \$0.18 cents/oz.

UPC: 07617000010



339685 Smoked Herring (Medium Chub)

5 lb.

\$3.88 lb.



339666 Smoked Salmon Bites 1/5 lb.

\$6.88 lb.

We reserve the right to change prices due to market conditions. Pricing and product available while supplies last.

Pricing Effective: 3/1/19—4/20/19

Other great catches!

BLUE GILL

310002 Blue Gill Fillet (China) 11lbs. 1/5 KG

\$86.68 cs. \$7.88 lb.

UPC: 095864600923



CLAMS

337503 Original Stuffed Clams 6ct. Trays 12/15 oz. UPC: 041625615033

\$33.48 cs. \$2.87 per tray \$0.47 each

COD

301121 1-2 Count Cod Fillets Iceland Cello 10/5 lb.

\$249.00 cs. \$4.98 lb.

302496 Boneless Skinless Pacific Cod Loin IQF 32/5 oz.

\$43.90 cs. \$4.39 lb. \$1.37/Piece avg.

CRAB

332185 2 oz. Crab & Seafood Cakes with repack labels 72 ct. UPC: 095864600923

\$41.76 cs. \$0.58 ea.

FISH STICKS & PORTIONS

308005 .8 oz. Fish Sticks Heat & Serve 10 lb.

\$19.90 cs. \$1.99 lb. \$0.10/Piece

308010 2.7 oz. Breaded Fish Portions 10 lb.

\$19.90 cs. \$1.99 lb. \$0.34/Piece

We reserve the right to change prices due to market conditions. Pricing and product available while supplies last

Pricing Effective: 3/1/19—4/20/19

Other great catches!

FROG LEGS

336430 4-6 Count Frog Legs 6/5 lb. UPC: 075391952924

\$170.40 cs. \$5.68 lb. \$1.13/Saddle

336459 6-8 Count Frog Legs 6/5 lb. UPC: 075391952955

\$167.40 cs. \$5.58 lb. \$.80/Saddle

POLLOCK

312934 2-4 oz. Alaskan Pollock IOF, Once Frozen USA 25 lb. **\$2.39 lb. \$0.45/Piece avg.**

SALMON

314314 1-2 lb. Boneless IVP Salmon Fillets, C Trim 1/20 lb.

\$87.60 cs. \$4.38 lb. \$6.57 avg. per fillet

SHRIMP

356296 16/20 HLSO Raw IOF Red Argentine Shrimp 10/2 lb.

\$105.60 cs. \$5.28 lb.

We reserve the right to change prices due to market conditions. Pricing and product available while supplies last

Pricing Effective: 3/1/19—4/20/19



ORDER FORM

PRICING EFFECTIVE: 3/1/19 - 4/20/19

CUSTOMER #								
CUSTOMER NAME:								
SHIP DATES:								
ITEM #	BRAND	DESCRIPTION	PACK SIZE	CASE	POUND	PKG./PC./EA.	QTY	PAGE
BLUE GILL								
310002	Lake Fish	Blue Gill Fillet (China) 1/5 kg.	11 lb.	\$86.68	\$7.88			36
BREADED PREMIUM SEAFOOD								
301006	Blue Fjord	Tuscan Style Breaded Cod Loin 4 oz.	1/10 lb.	\$54.90	\$5.49	\$1.37 pc.		34
301046	Blue Fjord	Lemon Peppered Breaded Cod Loin 4 oz.	1/10 lb.	\$54.90	\$5.49	\$1.37 pc.		34
301149	Treasea	Potato Cheddar Encrusted Cod	1/9 lb.	\$60.21	\$6.69	\$2.08 pc.		34
305130	Treasea	Parmesan Encrusted Tilapia	1/9 lb.	\$52.11	\$5.79	\$1.80 pc.		34
308005	Schooner	.8 oz. Fish Sticks Heat & Serve	10 lb.	\$19.90	\$1.99	\$0.10 pc.		36
308010	Schooner	2.7 oz. Breaded Fish Portions	10 lb.	\$19.90	\$1.99	\$0.34 pc.		36
BREADING								
672009	Andy's Seasoning	Hot Chicken Breeding	12/10 oz.	\$17.39		\$1.45 pkg.		4
672099	Andy's Seasoning	Yellow Fish Breeding	12/10 oz.	\$17.39		\$1.45 pkg.		4
672199	Andy's Seasoning	Cajun Fish Breeding	12/10 oz.	\$17.39		\$1.45 pkg.		4
672509	Andy's Seasoning	Red Fish Breeding	12/10 oz.	\$17.39		\$1.45 pkg.		4
672700	Andy's Seasoning	Mild Chicken Breeding	12/10 oz.	\$17.39		\$1.45 pkg.		4
672330	Troyer	Breading BULK	6/5 lb.	\$21.99	\$0.73	\$3.67 pkg.		3
672440	Troyer	Breading BULK	40 lb.	\$25.20	\$0.63			3
672530	Troyer	Lo-Salt Breeding BULK	6/5 lb.	\$21.99	\$0.73	\$3.67 pkg.		3
672603	Troyer	Rich Breeding BULK	40 lb.	\$33.75	\$0.84			3
672640	Troyer	Lo-Salt Breeding BULK	40 lb.	\$25.20	\$0.63			3
CATFISH								
300044	Heartland Catfish	3-5 oz. IQF Catfish Fillet	15 lb.		\$4.37	\$1.10 pc. Avg.		12
300200	Heartland Catfish	Breaded Catfish Nuggets	15 lb.		\$0.97	\$0.15 pc.		13
300410	Heartland Catfish	IQF Catfish Nuggets	15 lb.		\$0.87	\$0.11 pc.		13
300050	Heartland Catfish	5-7 oz. IQF Catfish Fillets	15 lb.		\$4.67	\$1.75 pc. Avg.		12
CLAMS								
337503	Matlaw's	6 ct. Tray Stuffed Clams	12/15 oz.	\$33.48		\$2.87 per tray or \$0.47 ea.		36
COD								
301121	Icelgold	1-2 Count Cod Fillets Iceland Cello	10/5 lb.	\$249.00	\$4.98			36
301360	Heron Harbor	4 oz. Boneless Skinless Diamond Cut Atlantic Cod	1/10 lb.	\$41.90	\$4.19			10
312544	Trident Seafoods	Pubhouse Original Battered Fillets 1-2 oz.	1/10 lb.	\$42.20	\$4.22	\$0.40 ea.		29-30
302496	Seafood	5 oz. Boneless Skinless IQF Pacific Cod Loin	32/5 oz.	\$43.90	\$4.39	\$1.37 pc. Avg.		36
CRAB								
332185	Lagniappe	2 oz. Crab & Seafood Cakes with repack labels	72 ct.	\$41.76		\$0.58 ea.		36
ENTREES								
816015	Tastee Choice	Caribbean Jerk Shrimp	12/5 oz.	\$9.36		\$0.78 ea.		31
816017	Tastee Choice	Southwest Shrimp	12/5 oz.	\$9.36		\$0.78 ea.		31
816401	Tastee Choice	Shrimp Curry	12/5 oz.	\$9.36		\$0.78 ea.		31
816810	Tastee Choice	Shrimp Fried Rice	12/5 oz.	\$9.36		\$0.78 ea.		31
FRESH PRODUCE								
14504	Troyer	Baby Spinach	1/4 lb.	\$1.00 Off cs.				2
17037	Troyer	Red Potatoes (Small)	1/50 lb.	\$1.00 Off cs.				2
50080	Troyer	Fresh Broccoli Florets	4/3 lb.	\$1.00 Off cs.				2
50800	Troyer	Cabbage, 1/8" Diced Premix	4/5 lb.	\$1.00 Off cs.				2
877100	Troyer	Lemons	1/140 ct.	\$1.00 Off cs.				2
FROG LEGS								
336430	Seafood	4-6 Count Frog Legs	6/5 lb.	\$170.40	\$5.68	\$1.13/Saddle		37
336459	Seafood	6-8 Count Frog Legs	6/5 lb.	\$167.40	\$5.58	\$0.80/Saddle		37
HERRING								
339033	Fresseaf	Cream Herring	12/8 oz. Jars	\$28.68		\$2.39 ea. or \$0.18 oz.		35
339035	Fresseaf	Wine Herring	12/8 oz. Jars	\$28.68		\$2.39 ea. or \$0.18 oz.		35
339685	Seafood	Smoked Herring (Medium Chub)	5 lb.		\$3.88			35



ORDER FORM

PRICING EFFECTIVE: 3/1/19 - 4/20/19

CUSTOMER #								
CUSTOMER NAME:								
SHIP DATES:								
ITEM #	BRAND	DESCRIPTION	PACK SIZE	CASE	POUND	PKG./PC./EA.	QTY	PAGE
IMITATION CRAB AND LOBSTER								
334050	TransOcean	Imitation Lobster Meat	8/2.5 lb.		\$2.86	\$0.18 oz.		14
334201	TransOcean	Imitation Lobster Meat	12/8 oz.	\$21.48		\$1.79 pkg. or \$0.23 oz.		14
334401	TransOcean	Classic Imitation Crab Meat Chunk	12/8 oz.	\$21.48		\$1.79 pkg. or \$0.23 oz.		14
334417	TransOcean	Classic Imitation Fresh Crab Meat Flake	12/8 oz.	\$21.48		\$1.79 pkg. or \$0.23 oz.		14
334418	TransOcean	Classic Imitation Crab Leg	12/8 oz.	\$21.48		\$1.79 pkg. or \$0.23 oz.		14
334481	TransOcean	Classic Imitation Fresh Crab Meat Flake	8/2.5 lb.		\$2.56	\$0.16 oz.		14
334127	Trident Seafoods	Surimi Imitation Crabmeat Flake w/repack Labels	4/2.55 lb.	\$26.62	\$2.61	\$0.16 oz.		26
334420	Trident Seafoods	Surimi Imitation Crabmeat Flake	4/2.58 lb.	\$31.68	\$3.07	\$0.19 oz.		26
PERCH								
311945	Western Edge	Ocean Perch Fillet IQF 2-4 oz.	4/10 lb.		\$2.79			19
311946	Western Edge	Ocean Perch Fillet IQF 4-6 oz.	4/10 lb.		\$2.59			19
311003	Lake Fish	2-4 oz. Zander Pike Perch Skin On	11 lb.	\$54.78	\$4.98	\$0.31 pc. Avg.		33
310060	Lake Fish	.75 - 1 oz. White Lake Perch	11 lb.	\$32.78	\$2.98	\$0.17 pc. Avg.		33
311090	Orca Bay	Ocean Perch Fillet Retail Bag	12/10 oz.	\$42.05		\$3.50 pkg.		16
POLLOCK								
312698	Western Edge	Pollock Fillets IQF 4-6 oz. Gold label	4/10 lb.		\$1.89			20
312934	Packer	2-4 oz. Alaskan Pollock IQF	25 lb.		\$2.39	\$0.45 pc. Avg.		37
312579	Heron Harbor	2-4 oz. Premium Pollock	4/10 lb.		\$1.39			10
312391	Trident Seafoods	Alaskan Pollock	25 lb.	\$71.00	\$2.84	\$0.53 pc. Avg.		24-25
SALADS								
401022	Garden Fresh Food	Egg Salad w/Onions, Celery, Green Peppers & Dressing	1/5 lb.	\$14.20	\$2.84	\$0.18 oz.		8
401500	Garden Fresh Food	Seafood Salad Bow Tie Pasta with Imitation Crabmeat	1/5 lb.	\$11.10	\$2.22	\$0.14 oz.		8
406021	Garden Fresh Food	Wisconsin Cheddar & Pea Salad w/Mayo Dressing	1/5 lb.	\$11.65	\$2.33	\$0.15 oz.		8
401133	Reser's Fine Foods	Classic Tuna Salad	2/5 lb.	\$25.80	\$2.58	\$0.16 oz.		9
401293	Reser's Fine Foods	Ambrosia Delight	2/8 lb.	\$31.06	\$1.94	\$0.12 oz.		9
408024	Reser's Fine Foods	My Premier American Potato Salad	2/5 lb.	\$11.90	\$1.19	\$0.08 oz.		9
408026	Reser's Fine Foods	My Premier Mustard Potato Salad	2/5 lb.	\$11.90	\$1.19	\$0.08 oz.		9
410286	Reser's Fine Foods	Elbow Macaroni Salad	3/4 lb.	\$17.48	\$1.46	\$0.09 oz.		9
411225	Reser's Fine Foods	Deviled Egg Potato Salad	2/8 lb.	\$32.32	\$2.02	\$0.13 oz.		9
891856	Reser's Fine Foods	Mixed Fruit Salad	1/24 lb.	\$45.80	\$1.90	\$0.12 oz.		9
401943	Sandridge Food	Mermaid Pasta Salad	2/5 lb.		\$2.64	\$0.17 oz.		7
401975	Sandridge Food	Tuscan Style Krab Salad	2/4.5 lb.		\$3.34	\$0.21 oz.		7
401976	Sandridge Food	Imitation Crabmeat, Celery & Onions Seafood Salad	2/5 lb.		\$3.74	\$0.23 oz.		7
409325	Sandridge Food	Grandma's Egg Salad	2/5 lb.		\$3.13	\$0.20 oz.		7
410206	Sandridge Food	Sour Cream Mac & Cheddar Salad	1/10 lb.		\$1.54	\$0.10 oz.		6
411105	Sandridge Food	Deviled Egg Potato Salad	2/5 lb.		\$3.13	\$0.20 oz.		6
411123	Sandridge Food	American Premium Potato Salad	1/10 lb.		\$1.24	\$0.08 oz.		6
411124	Sandridge Food	Premium Mustard Potato Salad	1/10 lb.		\$1.24	\$0.08 oz.		6
400319	Troyer	Amish Cole Slaw Salad	2/5 lb.		\$1.28	\$0.08 oz.		5
400325	Troyer	Sweet & Sour Amish Dutch Slaw Salad	2/5 lb.		\$1.78	\$0.11 oz.		5
SALMON								
314527	Aqua Star	Skin On Keta Salmon Fillet	28/1.25 lb.	\$161.93		\$5.78 ea.		11
314314	Seafood	1-2 lb. Boneless IVP Salmon Fillets, C Trim	1/20 lb. avg	\$87.60	\$4.38	\$6.57 per fillet		37
339666	Everetts	Smoked Salmon Bites	1/5 lb.		\$6.88			35
314060	Orca Bay	Keta Salmon Fillet Retail Bag	12/10 oz.	\$52.85		\$4.40 pkg.		17
339115	Orca Bay	Atlantic Salmon Fillet Portions Retail Bag	12/10 oz.	\$57.60		\$4.80 pkg.		17
314150	Trident Seafoods	Alaskan Keta Salmon	10 lb.	\$69.00	\$6.90	\$3.45 pc.		22-23



ORDER FORM

PRICING EFFECTIVE: 3/1/19 - 4/20/19

CUSTOMER #								
CUSTOMER NAME:								
SHIP DATES:								
ITEM #	BRAND	DESCRIPTION	PACK SIZE	CASE	POUND	PKG./PC./EA.	QTY	PAGE
SHRIMP								
355433	Aqua Star	Coconut Breaded Shrimp	12/24 oz. bag	\$93.78		\$7.82 pkg.		11
355582	Aqua Star	Crunchy Breaded Butterfly Shrimp	12/24 oz. bag	\$93.78		\$7.82 pkg.		11
351026	Censea	26/30 Cooked Tail On Peeled and Deveined Shrimp	5/2 lb.	\$65.80	\$6.58	\$0.24 ea.		32
351041	Censea	41/50 Cooked Tail On Peeled and Deveined Shrimp	5/2 lb.	\$55.80	\$5.58	\$0.12 ea.		32
351416	Censea	31/40 Cooked Tail Off Peeled & Deveined Shrimp	5/2 lb.	\$57.80	\$5.78	\$0.17 ea.		32
352016	Censea	16/20 Raw EZ Peeled Tail on Shrimp	10/2 lb.	\$109.60	\$5.48	\$0.31 ea.		32
356296	Packer	16/20 HLSO Raw IQF Red Argentine Shrimp	10/2 lb.	\$105.60	\$5.28			37
SWAI								
300010	Heron Harbor	3-5 oz. Swai Fillets	1/15 lb.		\$3.48			10
300016	Heron Harbor	5-7 oz. Swai Fillets	1/15 lb.		\$3.18			10
SWORDFISH								
339701	Orca Bay	Swordfish Steak Retail Bag	12/10 oz.	\$51.40		\$4.28 pkg.		18
TILAPIA								
305100	Orca Bay	Tilapia Fillet Retail Bag	12/10 oz.	\$27.10		\$2.26 pkg.		16
305305	Western Edge	3-5 oz. IVP Tilapia Fillets	1/10 lb.		\$2.39			21
305307	Western Edge	5-7 oz. IVP Tilapia Fillets	1/10 lb.		\$2.49			21
305409	Western Edge	7-9 oz. IVP Tilapia Fillets	1/10 lb.		\$2.69			21
TUNA								
339030	Orca Bay	Yellowfin Tuna Steak Retail Bag	12/10 oz.	\$42.50		\$3.54 pkg.		18
WALLEYE								
307026	Lake Fish	Walleye Fillet Large	11 lb.	\$108.68	\$9.88			33
307260	Lake Fish	4-6 oz. Walleye Fillet Skin On IQF (NO OHIO SALES)	11 lb.	\$97.68	\$8.88	\$2.78 pc. Avg.		33

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HOW MUCH DO YOU KNOW?

People who regularly eat fish have more voluminous brains than those who do not.



Seafood contains proteins, vitamins, minerals and varying levels of heart-healthy Omega-3 fatty acids.



You should eat at least 8 ounces of seafood per week.



Fish lends itself to versatility and creativity. Exchanging one species of fish for another in a recipe will produce delicious and rewarding results.



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