



# FEATURES

June 10-14, 2019



## **FARM RAISED COBIA FILLET (skin-on, boneless)**

Cobia is one of the best eating fish in the world. Cobia's firm, broad flaked flesh and buttery fat content are similar to Chilean Sea Bass. Because they are solitary swimmers, Cobia was never viable commercially. In 2007 Ocean Blue Cobia Farms opened in the Caribbean waters of Panama. Using open ocean cage technology, Ocean Blue proved that Cobia were an excellent choice for Aquaculture. A decade later they have perfected raising this versatile, great eating sustainable seafood option.



## **LARGE ECUADORAN MAHI FILLETS (cut from 20 lb and up fish)**

Ecuador is experiencing one of the best Mahi seasons in years! Jumbo 20lb+ fish are arriving in pristine condition where our skilled and experienced technicians are hand loining and deboning the fish. The result is thick, jumbo fillets that keep the fish moist and tender. The season will not last forever and now is the time to take advantage of this treat from the sea.

**Skin-on, Boneless & Skin-off, Boneless available**



## **CHILEAN SEA BASS CHEEKS**

Chilean Sea Bass Cheeks are a byproduct of the whole Chilean Sea Bass. The cheek meat is taken from either side of the head of the fish, are boneless/skinless, and look similar to a Sea Scallop. These cheeks will vary in size and are not "sized." The versatility of the cheeks allows for many creative applications from pan-searing to poaching and pair nicely with other proteins for a very cost-effective alternative to higher priced Chilean Sea Bass Fillets.



## **MISTY POINT OYSTERS – "THE PERFECT OYSTER" (100 count box)**

Misty Point Oysters are harvested on exclusive grounds in the pristine waters surrounding Chincoteague Island. The Oysterman's exceptional husbandry paired with revolutionary growing techniques ensure both quality and consistency, making these "Suspension Grown" bivalves as deliciously salty as they are beautiful. Tumbled by the wind and the tide, these oysters offer unparalleled shuck ability, uniformity, and a higher meat to shell ratio.

**INDIAN RIDGE PROVISIONS**

400 Emlen Way, Telford, PA 18969

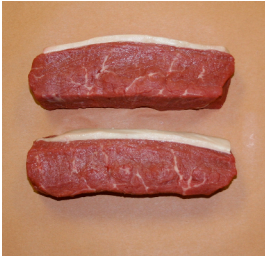
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## **BEEF COULOTTE "HACIENDA" STEAK (6/7 & 8/9 oz sizes available)**



The coulotte is a muscle that rests on top of the sirloin. Well marbled and tender, these steaks provide good plate presentation with a consistent rectangular shape. They will eat every bit as well as more well-known cuts from the middle of the animal, and their versatility allows them to stand on their own or be sliced to accompany a small plate or summer salad. Chefs in the know often consider this steak the best kept secret in the animal. The "Hacienda" designation infers that these coulotte steaks are completely clean and devoid of any extraneous bark fat.

## **FRESH CHICKEN BREAST "SPLIT" CUTLETS (4, 5, & 6 oz sizes available, 20 lb case)**



These tailor-portioned breasts are split laterally — offering a thinner breast suitable for a variety of applications including sandwiches and salads. Why waste time and money pounding breasts with a mallet in your kitchen? That method is outdated and robs the chicken breast of moisture and flavor. These natural "non-pumped" chicken breast cutlets are split by machine — so they are uniform and consistent.

## **MARTIN'S CHICKEN APPLE SAUSAGE LINKS (2oz links, 10lb case)**



Boasting a flavorful blend of herbs and fresh Granny Smith apples, Martin's Chicken Apple Sausage Links are a great way to bring a new twist to a wide range of dishes. Whether you are looking to feature a unique breakfast protein, give a new twist to a salad or pasta dish, or add a savory sweetness to balance a spicy Cajun meal, Martin's chicken apple sausage can make your dishes stand out.

## **BEEF SHORT RIB & BACON SKEWERS (200ct)**



This gluten-free appetizer option, a bite-size boneless beef short rib wrapped in bacon and touched with teriyaki glaze, is a great way to appeal to all your clientèle and still include those who have dietary restrictions. This mess-free hors d'oeuvres is right at home at a graduation party, wedding reception, or as an appetizer for your restaurant and catering guests, and is best when baked rather than fried.

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