



seafood features

week of
June 4-8, 2018



East Coast Day Boat Halibut Fillet, skinless, boneless (Mood Fishery)

Sailing from Woods Harbor, Nova Scotia, on their F/V Vicious Fisher, the Mood brothers continue to bring us great Halibut, landing 80 to 100 lb. fish, which produce large, thick fillets. Canadian Atlantic Halibut, because of their high fat content, are the best eating of the halibut family.



Hawaiian Opah Loins, skinless, boneless

The Opah, or Hawaiian Moonfish, season is in full swing, typically running April through August. Opah's pink to reddish flesh is firm, with a high fat content. It has found great success in sashimi applications and is especially suited to grilling. Captain Glenn is doing day trips from Honolulu on his F/V Molokai. He returns to the docks each afternoon to meet the trucks that take his catch to Honolulu International for its overnight trip to Indian Ridge.



Rock Shrimp

After several lean years, Rock Shrimp are appearing in big numbers. The Gulf of Mexico population is especially abundant, and we are featuring peeled and deveined large (5 1/60ct) Rock Shrimp. Sold fresh in 8 lb tubs.



Butterfly Bronzino, skin-on, pin bones removed

This European Sea Bass is the first non-salmon fish to be cultivated commercially. It is the most popular restaurant fish in the countries surrounding the Mediterranean. Our Butterfly Bronzino are raised by Pinar Aquaculture of Turkey, a leader in sustainable, eco-responsible farming on the Aegean Sea. These Bronzino have a mild, sweet flavor; are food cost friendly; and are the perfect portion size. The fillets will average 7-9 oz each.



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Petite Shoulder Tenders

The Teres Major muscle is one of the most tender muscles in a steer. Located near the Flat Iron muscle, it is shaped like a Pork Tenderloin, and will weigh 8 to 10 ozs. Excellent grilled or pan seared, it's a great Steak Frite item or salad topper. At \$5 to the plate, it is a money maker.



Silver Fern Grass-Fed Ground Beef Patties

Silver Fern, our grass-fed label, uses only Black Angus cattle that are truly pasture-raised. The cattle eat a natural diet containing NO GMOs and are not administered growth hormones or antibiotics. Studies show that grass-fed beef is more easily digested by the human body, and our program offers a burger that is sure to please the palate as well. For our grass-fed blend we use whole muscle chuck rolls and briskets.

12 lb case, FROZEN



Prime Reserve Frenched Pork Chops

Experience the ultimate in succulent juicy pork. Our Prime Reserve pork is enhanced with flavor rich pork trim resulting in increased marbling. These rack chops are hand frenched to provide an impressive plate presentation.

Available 8-16 oz sizes



Cucina Della Cucina Sweet Pea with Lemon Zest & Tarragon Ravioli

Cucina's Sweet Pea Ravioli is great as a vegetarian entrée, appetizer, or main dish accompaniment. This ravioli has a splendid green filling wrapped in fresh egg pasta that becomes translucent when cooked. Cucina's pastas are all made the way a gourmet chef would make them — by hand — using the utmost care and only the finest ingredients.