



# seafood features

week of  
July 9-13, 2018

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## Icelandic Cod Loins, MSC Certified, skinless, boneless

Iceland's life blood is seafood, and Cod is its most important fish. This importance has resulted in a well-managed Cod population, receiving a Marine Stewardship Council endorsement for sustainability.

This week we are featuring Icelandic Cod loins, harvested by Capt. Jonas Baldursson, on the F/V Hjalteyrin. Capt. Jonas's Cod loins will have no belly flap, and the tail is squared off. The result is a 100 percent yielding Cod fillet. The Cod are processed fresh on his boat, then iced and off loaded at the dock, where they are immediately trucked to the airport.



## 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 (51/60ct) Rock Shrimp. Sold fresh in 8 lb tubs.



## Carolina Mountain Farm Raised Trout Fillets, skin-on, boneless

Carolina Mountain started farming trout in 1980 in the cold, crystal clear waters of the western Carolina Mountains. The goal of Carolina Mountain is to produce the finest, freshest farmed trout available — a goal they have achieved. One taste and you will see how fresh and clean tasting this fish is. The fillets will average 6-8 oz each.



## Large Day Boat Monkfish Fillets, skinless, boneless

Captain Sal and his crew, sailing out of Boston on the F/V Maria Jo Ann, have developed a reputation for their ability to target Monk Fish. The quality of the meat on these fish is exceptional, and we clean them to the white. Fillets will average 12 to 24 oz.



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## USDA Choice Porterhouse & T-bones Steaks

With beef prices still at seasonal highs, IRP searched high and low to offer you an early summer grill steak special. We are cutting these USDA Choice shortloins end-to-end...meaning you will get both "Porterhouse and T-bone" cuts in the same box. We cut and trim in-house, and the steaks are vacuum sealed to ensure shelf-life and convenience. Take advantage of this sharp price — inventories will not last long.



## Veal Top Rounds — Domestic

The Veal Top Round is the most versatile muscle from the Veal Leg. They are completely denuded and will yield out around 90 percent. Easily fabricated into cutlets, the Veal Top Round is also tender enough to use for medallions and noisettes. They will weigh 8 lbs each and are sold by the case — two Veal Tops per case, fresh.



## Beef Shoulder Tender, 4 oz - 10 oz available

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. Excellent grilled or pan seared, it's a great Steak Frite item or salad topper.



## Indian Ridge Black Angus Boneless Ribeyes

With Indian Ridge Black Angus Beef, you can expect consistent, flavorful, and tender beef that will set your establishment apart and keep your customers coming back. According to many, the boneless rib is still king among beef subprimal cuts. Offer a whole roasted "true" prime rib...OR....boneless ribeye steaks. Your summer menu can't go wrong either way.