

April 07 thru April 19, 2024



**#02554**  
**MAHI MAHI FILLET, FRESH WILD CAUGHT PROD ECU**  
**\$12.53 lb**

**MAHI MAHI**

*Mahi mahi, also known as dorado, is a popular fish with a reputation for its delicious flavor and versatility in the culinary world. However, several misconceptions and questions surround this delightful fish, such as whether it has scales, its cleanliness as a seafood option, its impact on cholesterol levels, and its classification as a shellfish.*

*First, yes it does have scales. The scales of mahi mahi are small, thin, and barely noticeable, especially when the fish is fresh or cooked.*

*Mahi mahi is a firm, lean white fish that hails from warm waters off of places like Hawaii or the Gulf of Mexico.*

*Like many other tropical fish, mahi mahi is semi-mild and sweet tasting.*

*When it comes to the cleanliness of seafood, mahi mahi is considered a safe and clean fish to eat. It is known for its low mercury levels, making it a healthier choice compared to certain other types of fish.*

*It's a great, less expensive alternative to halibut, and can be grilled, broiled, or even fried.*



**#07505**  
**ARCTIC CHAR FILLET, PBO FARMED PRODUCT ICELAND**  
**\$12.86**

**ARCTIC CHAR**

*Arctic char has distinctive flavor, somewhere between that of salmon and trout, but closer to trout.*

*The meat is moderately firm but has a finer flake than either salmon or trout. A high fat content keeps it moist. Arctic Char have a very sweet, mild flavor profile and a delicate texture with a firm flesh. This fish has a high oil content, rewarding a wonderful melt in your mouth feel and making it very versatile, taking well to almost every cooking application. Flavor will finish with a hint of salt brine.*

*Flesh coloring ranges from deep red to pale pink. The taste is the same, regardless of the meat's color.*



**ARCTIC CHAR**



**MAHI MAHI**

## SEABASS

02600 BASS CHILEAN SEA FLT  
18644 BASS CHILEAN SEA S/B FLT PORTIONS  
02572 BASS CHILIAN SEA S/B FLT  
21792 BASS STRIPED PACIFICO S/O PBO  
02558 BASS WHT WHL

## BRONZINI

02567 BRONZINI WHL SCALED GUTTED  
13726 BRONZINO HEAD ON BONED

## CATFISH

02562 CATFISH FLT FARMED USA

## CALAMARI

14052 CALAMARI RINGS & TENTICLES 10# AVG

## CLAMS

02582 CLAMS CHERRYSTONE  
02578 CLAMS LITTLE NECK FARMED  
02579 CLAMS LITTLE NECK W/B  
02577 CLAMS MIDDLE NECK FARMED  
02580 CLAMS MIDDLE NECK W/B  
07053 CLAMS MIDDLE NECK WILD  
14060 CLAMS STEAMER WILD USA  
02576 CLAMS TOP NECK WILD

## COD

07064 COD FLT WILD ALASKAN  
16781 COD LOIN S/B ICELAND ATLANTIC

## CRABMEAT

02590 CRABMEAT CLAW 16 OZ  
007907 CRABMEAT BACKFIN  
02590 CRABMEAT CLAW  
02589 CRABMEAT LUMP  
02574 CRABMEAT LUMP JUMBO  
02564 CRABMEAT SPECIAL

## FLUKE

07243 FLUKE FLT LRG SKNLS

## GROUPER

07214 GROUPER RED FLT S/O USA GULF WILD  
19092 GROUPER RED HEAD ON SCALED

## HADDOCK

16376 HADDOCK FLT SKIN ON ICELAND

## HALIBUT

07735 HALIBUT DRSD WILD  
08900 HALIBUT DRSD WILD 10-20 CAN  
02588 HALIBUT FLT  
14387 HALIBUT FLT SKINLESS  
12750 HALIBUT PORTIONS S/B

## LOBSTER

02597 LOBSTER LIVE 1.25#  
08116 LOBSTER LIVE 1.5# CAN

## MAHI MAHI

02554 MAHI MAHI FLT  
06880 MAHI MAHI FLT SKLS USA  
10028 MAHI MAHI PORTION

## MONKFISH

02555 MONKFISH FLT

## WALLEYE

07976 WALLEYE FLT MED  
16920 WALLEYE MED V-CUT

## MUSSELS

21689 MUSSELS BANGS ISLAND  
02569 MUSSELS PEI  
02568 MUSSELS PEI

## OYSTERS

021459 OYSTER MURDER POINT  
14800 OYSTERS BEVANS  
08940 OYSTERS DELAWARE BAY 100CT  
02565 OYSTERS SEL SHUCKED  
21982 OYSTERS WELLFLEET  
07671 OYSTERS WILD DELAWARE BAY

## PERCH

07583 PERCH FLT OCEAN WILD  
06524 PERCH FLT YELLOW LAKE

## PICKEREL

02593 PICKEREL/WALLEYE FLT JUMBO

## SALMON

21793 SALMON ARCTIC KVAROY 4-5# S/O PBO  
02559 SALMON FLT 2-3# ATL CHILE  
02586 SALMON FLT 3-4# ATL CHILE  
02560 SALMON FLT 3-4# CANADA  
06519 SALMON FLT 3-4# S/B E TRIM ATL  
10017 SALMON FLT FAROE ISLAND  
07280 SALMON FLT KING NEW ZEALAND  
07365 SALMON FLT S/O SCOTTISH  
14137 SALMON PORTION C/C S/B CHILEAN  
12909 SALMON SMKD SLICED NORWAY  
10422 SALMON TRIM  
17195 SALMON WHL 10-12# ATL CANADA  
18417 SALMON WHOLE 12-14# FARM CANADA

## SCALLOP

21302 SCALLOP 10/20 DRY PACK 10# AVG  
16632 SCALLOP SEA U/10CT FLAT  
17030 SCALLOP SEA U/15CT WILD USA  
21302 SCALLOP USA 10/20 DRY WILD  
17052 SCALLOP USA U/8 DRY WILD  
07773 SCALLOPS JAPANESE U/10 CT

## SNAPPER

12573 SNAPPER B-LINER SCALED USA  
14162 SNAPPER FLT GULF WILD CAUGHT  
19270 SNAPPER RED WHOLE 2-4# CLEANED  
19352 SNAPPER WHOLE LANE

## SOLE

02556 SOLE FLT 4-6OZ  
07674 SOLE FLT 4-6OZ HYGRADE

## SWORDFISH

02553 SWORDFISH LOIN C/C USA  
10025 SWORDFISH LOIN WILD  
07366 SWORDFISH STEAK PORTIONS

## TILAPIA

02575 TILAPIA FLT 5-7OZ

## TROUT

10656 TROUT FLT LOCHETIVE SK/ON F.R.SC  
21480 TROUT RAINBOW REVERENCE SINGLE FLT  
07734 TROUT RUBY FLT USA FARM

## TUNA

10026 TUNA AHI C/C #1 YELLOWFIN  
10455 TUNA STEAK AHI 8OZ IQF  
02563 TUNA YELLOWFIN PORTIONS PHILIPPINES