



Inter-Marine Fish & seafood is a full service fresh and frozen seafood distributor. Inter-Marine Fish & Seafood offers more than 700 of the best seafood items from more than 25 countries around the world. We offer both domestic and imported fish – whole, filleted or portioned.

We deliver five days a week in refrigerated trucks to most areas of Southern California.

We offer our customers only the highest quality products at competitive prices supported by outstanding customer service and we stand behind everything we sell. We are committed to being the best seafood company in the nation and provide our customers with a one stop shop option, filling all their needs.

We hope you will find OUR catalog useful and please contact us if we can be of further help.



Season: Available year-round

Origin: Southeast USA

Type: Farmed raised



LARGE FRESH 2-2.5 LB

JUMBO FRESH 2.5-3 LB



Season: Available year-round

Origin: Virginia, Maryland

Type: Wild



WHOLE FRESH 2-2.5

WHOLE FRESH 2-3

WHOLE FRESH 3UP

Finfish

Bass, Hybrid Striped

Hybrid Striped Bass was brought about in response to the decline of wild striped bass. It is a cross between the striped bass and the white bass. The result combines the edibility of the wild striped bass with the hardier, faster growing characteristic of the white bass. The Hybrid Striped Bass can be distinguished from the wild striped bass by broken rather than solid horizontal stripes on its body. Hybrid Striped Bass is a mild fish with a delicate, sweet flavor and medium flaky texture. It appeals to a wide range of consumers. The raw meat is translucent white with a pinkish hue. It turns opaque white when cooked. The oil content keeps the fish moist during cooking.

Fun fact:

Hybrid Striped Bass are grown in ponds or tanks. The water quality and feed are controlled to ensure a consistent flavor.

Finfish

Bass, Striped

Wild striped bass swims the waters along the East Coast. It is much larger than the farmed variety, with strong black stripes from gills to tail. Moderately fatty, wild striped bass has a rich flavor and a large, firm flake. The farmed version is milder, has a nice texture, and is more readily available and consistently fresh.

Fun fact:

The striped bass population declined to less than 5 million by 1982, but efforts by fishermen with throw back lengths for smaller striped bass and management programs to rebuild the stock proved successful, and in 2007, there were nearly 56 million fish, including all ages.



FILLET

S/ON



Season: Available year-round

Origin: New Zealand, Australia, Bali

Type: Wild/ Farmed



FILLET FRZ 6-8oz S/ON 1-20 LB



Season: Available year-round

Origin: USA

Type: Farm raised



WHOLE FRESH 2-3 GUTTED 1-30 LB



FILLET 11+ IQF 1-15 LB



NUGGETS IQF 1-15 LB

Finfish

Barramundi

Barramundi is a type of seabass that's native to Australia and the Indo-Pacific. Barramundi is Aboriginal for "large-scaled silver fish" and is internationally renowned for its deliciousness and versatility. Barramundi's clean, buttery flavor and meaty texture appeals to just about everyone. It has the highest omega-3's of any white fish and is packed with protein.

Fun Fact:

Virtually all barramundi are born male, then turn into females when they are three to four years old. This means female barramundi can only be courted by younger men.

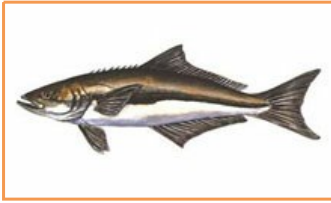
Finfish

Catfish

Catfish are among the most popular groups of fish with over 7 million catfish anglers nationwide. Their wide distribution, fighting abilities, potential size, table-fare qualities, and relative simplicity to catch make them a favorite among beginners and advanced anglers alike, young and old. Catfish and tilapia rank as two of the most popular fish consumed in the United States thanks mainly to their taste and relatively low expense. And both contain heart-healthy omega-3 fatty acids. ... You may not have heard so much about a second ingredient they contain, omega-6 fatty acids.

Fun fact:

Catfish have exceptional smell and taste capabilities, being able to detect minute traces of scents down to the parts-per-billion level.



Season: Available year-round

Origin: North/Central America

Type: Wild/Farmed

Finfish

Cobia

Cobia is a relative newcomer to the U.S. market, with limited distribution from a handful of aquaculture operations. However, proponents of cobia farming believe it could be the next tilapia, though with more character and upscale appeal. The species is a proven candidate for aquaculture, as it adapts well to a farm environment and reaches market size of around 11 pounds in less than a year. Raw cobia meat is light tan. Cooked, it turns snowy white. The sweet, richly flavored meat is firm with a nice flake. The oil content is similar to that of coho salmon, making for moist flesh.

Fun fact:

In the wild, cobia can reach more than 6 feet and 150 pounds and are a popular game fish.



Season: Available year-round

Origin: USA, Iceland

Type: Wild

Finfish

Cod, Atlantic

Cod are greenish-brown to gray on their sides and back, with a lighter underside. They have a light line that runs along their side, called the lateral line. They have an obvious barbel, or whisker-like projection, from their chin, giving them a catfish-like appearance. They have three dorsal fins and two anal fins, all of which are prominent. Cod is a good source of heart-healthy omega-3 fatty acids and is especially rich in lean protein and vitamin B-12.

Fun fact:

Atlantic cod fillets have a silvery, subcutaneous layer that distinguishes them from Pacific cod.



Finfish

Cod, Black

Black Cod is also known as Sablefish or in Australia as Butterfish for its buttery rich flavor. Black Cod is the highest fish in heart-healthy Omega 3's above Salmon or Tuna. Also provides Iron, Calcium, Copper and other Minerals. Black Cod is an excellent source of high quality protein.

Fun fact:

Black Cod is coveted by the Japanese. If you take a look at their food pyramid it is the # 1 healthiest in the world. A traditional meal for the Japanese is a Box-Meal with Black Cod.

Season: Available year-round

Origin: Oregon, Washington, California.

Type: Wild



WHOLE FRESH H&G 7UP
WHOLE FRESH H&G 3-4
WHOLE FRESH H&G 4-5



FILLET FRESH S/OFF
FILLET FRESH S/ON



Finfish

Corvina

Corvina is a white firm fish similar to sea bass. It has a mild, sweet taste with firm, large flaked flesh. Pinkish when raw, but cooks up white. Although it is considered a versatile fish, ceviche is a popular recipe for this species.

Fun fact:

Corvina is a generic name for a large variety of fish found all around the world.

Season: Available year-round

Origin: Panama, Costa Rica, Ecuador, Mexico

Type: Wild



H&G FRESH



FILLET FRESH S/OFF
FILLET FRESH S/ON



Season: Available year-round

Origin: Mediterranean Sea

Type: Farm raised

Finfish

Dorade/Sea Bream/Orata

Dorade is a small fish with tender white flesh, shimmering silver skin and, when grilled or braised, a rich, succulent, meaty flavor, similar to that of pompano or red snapper. Dorade is a lean fish and an excellent source of high quality protein and provides a considerable amount of folic acid, vitamins B9 and B12, calcium, phosphorus, iron, magnesium and potassium.

Fun fact:

The Gilt Headed Sea Bream's name was inspired from a bright golden arc (similar to a royal gilt) on its forehead.



Whole FRESH 500/600
Whole FRESH 600/800



BTF FRESH 500/600



Season: Available year-round

Origin: USA, Gulf of Mexico

Type: Wild

Finfish

Flounder (Fluke)

Flounder is a type of flatfish. There are around 30 species of flounder that can be found in tropical and temperate coastal waters of Atlantic and Pacific Ocean. Flounder lives on the ocean floor. It usually inhabits areas near the coral reefs, bridge piles and docks. Flounder is an excellent source of high-quality protein. Eating grilled flounder is a heart-healthy way to incorporate essential nutrients into your diet.

Fun Fact:

Due to the secretive nature and good camouflage of the flounder, it is rarely spotted by predators.



Finfish

Groper, New Zealand

They are temperate, Rock Cod-like fish, that can be distinguished from their distant relatives by their plain-colored body pattern. They are also related to the Hapuku. Groper are found right around New Zealand, including the Chatham Rise but excluding the Campbell Plateau. They are most common over or near rocky areas down to 250 meters. The main fishing grounds for Groper are the deep canyons off the East Coast of the North Island, Cook Strait, Kokura and the west Coast of the South Island.

Season: Available year-round

Origin: New Zealand

Type: Wild

Fun fact:

Groper are thought to be long-term residents of their particular rocky areas.



H&G FRESH COLLAR OFF



Finfish

Halibut, Alaskan

The most distinguishing characteristic of the Pacific Halibut is its size. They can reach over 600 pounds and stretch up to 8 feet long and 4 feet across. Halibut is an excellent source of high-quality protein and minerals, and low in sodium, fat, and calories. Alaskan Halibut is by far America's #1 white fish. Its tender portions of white meat and delicious pure flavor make halibut a popular fish at any dinner table.

Season: Available fresh Mid-March through Mid-November Available frozen and refreshed Mid-November through Mid-March

Origin: Alaska

Type: Wild

Fun fact:

Pacific halibut is strictly managed in Alaska and the rest of the Pacific by the International Pacific Halibut Commission, which is a joint effort by the United States and Canada to manage the Pacific Halibut stocks.



H&G FRESH 20/40
H&G FRESH 40/60



FILLET FRESH S/ON
FILLET FRESH S/OFF



STEAK FROZEN 8OZ 10lb



Finfish

Halibut, East Coast/Atlantic

Atlantic Halibut is a long-lived, late maturing flatfish that lies on its left side. It is olive to chocolate brown in color on the upper side and pure white on the side that faces the ground. Atlantic Halibut has a thick meaty firm flesh that is sweet, yet rich in flavor. The grain is fine and it retains moisture nicely. Halibut is perfect for a wide range of preparations.

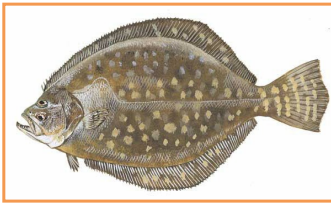
Fun fact:

Atlantic halibut can grow to be quite large. Males can reach up to 185 inches, and the largest halibut recorded was 615 pounds in 1917.

Season: Available year-round

Origin: East coast, Virginia, New Jersey north, Greenland

Type: Wild



Finfish

Halibut, Pacific/Local

The Pacific halibut is a very large fish that lives in the north Pacific Ocean and the second largest flatfish in the world, behind only the closely related Atlantic halibut. Reaching lengths of 8 feet and weights of 500 pounds.

Fun fact:

At about 10 years of age, females spawn on the same grounds where they were hatched. The fish live up to 40 years.

Season: Available year-round

Origin: California, Mexico

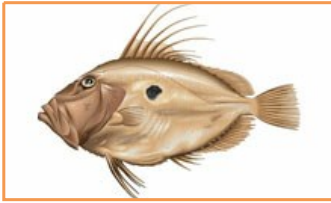
Type: Wild



- Whole FRESH 5-8
- Whole FRESH 3-5
- Whole FRESH 8UP
- Whole FRESH 20UP



FILLET FRESH S/OFF



Season: Available year-round

Origin: New Zealand

Type: Wild/Trawl

Finfish

John Dory

John Dory, also called St. Pierre, is widely dispersed throughout the coastal areas of Africa, South East Asia, New Zealand, Australia, Japan, and Europe. The John Dory, an odd looking benthic fish, can weigh up to 7 lbs. It has a large dark spot on each side of its oval, flat body and long spines on its dorsal and anal fin. John Dory is a delicious fish which has firm textured white flesh with moist, fine flakes and a mild, sweet flavor with a low fat content.

Fun fact:

New Zealand's John Dory fishery is managed by strict quotas, which allow only a set amount of John Dory to be taken commercially each year based on population surveys and historical harvests.



WHOLE FRESH GUTTED 15kg



FILLET FRESH 10kg



Season: Available year-round

Origin: Pacific Ocean

Type: Wild

Finfish

Kajiki (Pacific Blue Marlin)

Kajiki is commonly known as Pacific blue marlin, or a'u, the Hawaiian name applied to all marlin species caught in Fiji and Hawaii. This species can get as large as 1,600 pounds in round weight, but the usual size of fish marketed is between 80 and 300 pounds in round weight. The kajiki is distinguished from other commonly-caught marlin species by its larger size, heavier bill, and rougher, grey skin. Kajiki has firm flesh with a mild flavor (although somewhat more pronounced than the flavor of ahi). Kajiki Blue Marlin is an excellent source of healthy, extra lean protein. It is also low in saturated fat and low in sodium. It is rich in niacin, vitamin B6, vitamin B12, and selenium.

Fun fact:

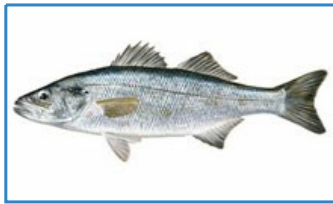
Blue marlin feed primarily on tunas and other pelagic fishes and to a lesser extent on young reef fishes and squid.



Season: Available year-round

Origin: Mediterranean Sea

Type: Farm raised



Whole Fresh 600/800
Whole Fresh 800/1000



BTF FRESH 500/600
BTF FRESH 600/800
BTF FRESH 800/1000



Season: Available year-round

Origin: Florida

Type: Wild

Finfish

Loup de Mer (Branzino)

Branzino, or European Sea Bass, is an iconic Mediterranean fish that ranges from one to three pounds. It has delicate, white flesh and a mild, almost sweet flavor. Its few small bones make for easy filleting or preparing whole, stuffed with lemon and herbs such as parsley and fennel. Branzino is rich in omega-3 fatty acids, protein and the antioxidant selenium.

Fun fact:

European bass/Branzino was one of the first types of fish to be farmed commercially in Europe. They were historically cultured in coastal lagoons and tidal reservoirs, before mass-production techniques were developed starting in the late 1960s. It is the most important commercial fish widely cultured in the Mediterranean.



C/S/G FRESH 500/600
C/S/G FRESH 600/800
C/S/G FRESH 800/1000



F&S FRESH 500/600
F&S FRESH 600/800
F&S FRESH 800/1000

Finfish

Mackerel, Spanish

Spanish Mackerels are beautifully colored finfish caught off both Florida coasts. Their slender bullet-shaped bodies are blue and silver, spotted with golden yellow or olive ovals. They are distinguished from the Cero or King Mackerel in having these spots without stripes on the sides, and in lacking scales on the pectoral fins. Like tuna, mackerel is also an important source of protein and B vitamins, particularly vitamin B12. A 3-ounce serving provides nearly 700 percent of the recommended daily amount of vitamin B12. And mackerel offers tremendous amounts of selenium, a mineral that helps to protect our cells against damaging free radicals.

Fun fact:

Spanish Mackerels are members of the large family of fish that include the Tunas and other Mackerels.



Season: Available year-round

Origin: Hawaii, Costa Rica,
Guatemala,
Ecuador, Mexico, Fiji

Type: Wild



H&G FRESH

Finfish

Mahi Mahi

This fish is named the dolphin fish, but not to be confused with the mammal dolphin. This fish was renamed Mahi-Mahi by the Hawaiians so it would not be confused with the other dolphin. They can grow anywhere from 3-6 lbs, and have been known to grow as large as 5 feet and weigh up to 70 lbs. This type of fish is “fatty”, a firm fish with very flavorful flesh. Mahi Mahi is an excellent source of healthy, extra lean protein. It is also low in saturated fat and low in sodium. It is rich in niacin, vitamin B12, phosphorus, and selenium.

Fun fact:

No fish is better known in the up-scale restaurant market than Hawaii’s fresh Mahimahi, which has become synonymous with tourism. Among visitors, is one of the State’s best known fish.



FILLET FRESH S/OFF
6oz FRESH S/OFF



Season: Available year-round

Origin: East coast

Type: Wild

Finfish

Monkfish

Monkfish are widespread in New Zealand coastal waters and abundant in the South Island at depths of 50 to 500 meters. They are mottled green with speckles, have a large bony head and no scales. They have a firm texture and pearly white flesh that holds its shape when cooked. A very versatile fish that can be baked, barbequed, poached, steamed, fried or served in soup or chowder.

Fun fact:

Monkfish can grow to a length of over four feet and weigh up to 50 pounds. An “angler fish,” the monkfish uses a fleshy appendage dangling from its head as “bait” to attract prey.



Season: Available year-round

Origin: California, Hawaii

Type: Wild

Finfish

Opah/ Moonfish

Opah or moonfish is one of the most colorful of the commercial fish species available in Hawaii. A silvery-grey upper body color shades to a rose red dotted with white spots toward the belly. Its fins are crimson, and its large eyes are encircled with gold. The Opah's meat ranges from pink to orange, is moderate flavored, meaty, rich, firm textured, and fatty. Cooking methods include broiling, smoking and the darkest meat from the Opah is served as sashimi. Increasingly harvested on longline, but sometimes caught as bycatch on longlines by tuna fishermen. Moonfish is a rich source of protein, niacin, vitamin B6, vitamin B12, phosphorus, and selenium. It is also low in sodium.

Fun fact:

The opah's flesh tends to be rich with fish oils, with a versatility of use that is very attractive to restaurants and chefs.

Finfish

Orange Roughy

The orange roughy is notable for its extraordinary lifespan, living for up to 149 years. It is important to commercial deep-trawl fisheries. The fish is a bright, brick-red color; fading to a yellowish-orange after death. Orange roughy has a mild, delicate flavor and moist, large-flaked meat that holds together well after cooking.

Fun fact:

The average age of roughy caught in commercial fishing nets is from 30 to 50 years.

Finfish

Pollock, Alaska

A member of the cod family, Alaska pollock is one of the most abundant and versatile fish in the world. It can grow as large as 3 feet (91 cm), but will typically average from 12 to 20 inches in length and from 1 to 3.5 pounds in weight. Alaska pollock has a mild taste with a somewhat higher oil content than other whitefish species. It is one of the most efficient sources of protein, as it's low in calories, carbohydrates and fat.

Fun fact: Alaska Pollock has consistently been one of the top five seafood species consumed in the U.S.



Season: Available year-round

Origin: New Zealand

Type: Wild



Season: Available year-round

Origin: Alaska

Type: Wild



Season: Available year-round

Origin: Gulf of Maine

Type: Wild

Finfish

Pollock, Atlantic

Atlantic Pollock are members of the Cod family and although similar to Pacific Pollock, they are distinctly different in that they are larger, have a slightly higher oil content and slightly darker flesh than their Pacific cousins. Atlantic Pollock have a mild, delicate taste with white flesh, large flakes, a firm texture and a low oil content. They have a similar but somewhat milder flavor as haddock or cod. Atlantic pollock is low in saturated fat and is an excellent source of protein, vitamin B12, phosphorus, and selenium.

Fun Fact:

Atlantic Pollock is gaining popularity on menus across the United States as many chefs are realizing the value in such a high-quality and under-utilized ground fish species.



Season: Available year-round

Origin: USA

Type: Wild

Finfish

Perch, Yellow Lake

The yellow perch is dusky olive green over the back, and its sides to below the pectoral fins are yellow or yellow-green marked with six to eight broad, dusky, vertical bars. Its belly is white. Yellow Perch are one of the finest flavored of all pan fish. The white, flaky meat is firm, white, and sweet-tasting. Some consider this fish to be the tastiest fish from the Great Lakes. These Lake Perch come from a Lake Huron fishery inside the state of Michigan.

Fun fact:

Lake Erie Yellow Perch populations have increased through careful commercial fishing management and the tough, resilient nature of the species.



Season: Available year-round

Origin: Florida, Gulf of Mexico

Type: Wild, farmed

Finfish

Pompano

Pompano are caught from the Carolinas, around Florida and into the Gulf of Mexico. Pompano are fast, thin, silver-colored fish with gold on the belly and a deep body. The fish grow to about 2 pounds. Pompano is an important commercial day boat fishery in Florida and Louisiana. These fish are extremely fresh due to how quickly they are landed, chill-killed, and brought to shore. Florida pompano has a succulent, moderately fat flesh with a mild, delicate flavor. Pompano is considered a premium fish. The fine-textured meat ranges from white to off-white and tastes almost sweet.

Fun fact:

Pompano do not have teeth.



Season: Available year-round

Origin: Pacific Northwest, Canada,
Alaska, California

Type: Wild

Finfish

Rockfish, Pacific Red

The Pacific Red Rock Fish consists of almost 70 different species and are found from Baja California to the Bering Sea in Alaska. Out of these 70 species, only about 12 are sold commercially. They are usually simply broken into “red rockfish” or “black rockfish.” There are several different market names for the Pacific Rock Fish like Rock Cod, Pacific Ocean Perch, and the most popular “Pacific Snapper.” There are actually no “true” snappers found on the West Coast of the U.S., so this is purely a marketing term for the fish. The rockfish is speculated to have a life span of over 100 years. They grow slowly and reach full maturity late in life. They are the most important year round source of ground fish on the West Coast with catches at their heaviest during the summer months. The Pacific Red Rockfish produces a fillet that is low in oil content, which gives it a longer shelf-life. It has a large flake and a tender texture. They have a mild flavor with a slightly sweet finish. The rockfish is fairly versatile in the kitchen, although because of the large flake, it is not ideal for grilling.

Fun fact:

Rockfish is packed with protein; an average serving has almost 33 grams. As with most fish, it is full of omega-3 fatty acids that help reduce the risk of heart disease. It's a good source of vitamin D and potassium as well and can help prevent high blood pressure.



Finfish

Salmon, Atlantic

The Atlantic salmon is a slender and graceful fish whose Latin name means "the leaper." Its distinctive characteristics make the Atlantic salmon easy to recognize. It has a small head, blunt nose, small eyes, and a mouth that gapes back below its eye. It is rich in Omega-3 Fatty Acids, is high on vitamin B and is a great source of protein.

Season: Available year-round

Origin: Northern Atlantic Ocean, Canada, Chile

Type: Wild, Farmed

Fun fact:

The Atlantic salmon was abundant in New England rivers until the late 1700s.



Whole Fresh 8-10
Whole Fresh 10-12
Whole Fresh 12-14
Whole Fresh 14-16
Whole Fresh 16-18



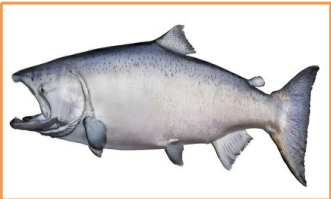
S/OFF FRESH 2-3 PBO
S/OFF FRESH 3-4 PBO
S/OFF FRESH 4-5 PBO
S/OFF FRESH 5-6 PBO
S/ON FRESH 2-3 PBO
S/ON FRESH 3-4 PBO
S/ON FRESH 4-5 PBO



F&S FRESH 8-10
F&S FRESH 10-12
F&S FRESH 12-14
F&S FRESH 14-16
F&S FRESH 16-18



S/ON FRESH 3oz PORT
S/ON FRESH 5oz PORT
S/ON FRESH 6oz PORT
S/ON FRESH 7oz PORT



Finfish

Salmon, Farmed - King

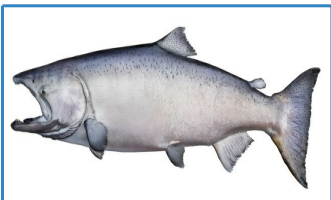
The King Salmon, also known as the Chinook Salmon, is one of the most common and most popular fish in the Pacific, with dozens of Alaskan charters dedicated to catching them. King Salmon thrive in freshwater as well as saltwater, making them a very versatile fish. Not only does salmon possess one of the highest omega-3 contents, it is also packed with tons of other vitamins and minerals as well.

Season: Available year-round in frozen form

Origin: Alaska, California, Oregon, Washington

Type: Wild

Fun fact: The King Salmon has historically played an integral part in some Native American tribes' culture and spirituality. Some still celebrate "first salmon ceremonies" annually.



Whole Fresh 4-5 KG
Whole Fresh 5-6 KG
Whole Fresh 6-8 KG



FILLET FRESH 3-4 S/ON



POR FRESH 7oz S/ON



Finfish

Salmon, Wild King

Wild King Salmon, commonly known as Chinook salmon, are the largest of all salmon, commonly caught weighing between 15-40 lbs, although 100 lb specimens have been recorded. They are the fattiest of the salmon family, boasting the highest levels of Omega-3 fatty acids, resulting from the long distance they must swim through the ocean before spawning in fresh water rivers.

Fun fact:

Once every four years, millions of salmon, including king (chinook) salmon, return home to Pacific Coast rivers from California up to Alaska.

Season: Available year-round

Origin: Alaska, California, Oregon, Washington

Type: Wild



Finfish

Salmon, Farmed - Scottish

Scottish Salmon is a premium farmed Atlantic salmon that is sustainably raised off the coast of Scotland. The frigid waters and strong currents produce salmon that are both strong and high in fat-content. Scottish Salmon is one of the more mild flavored salmon on the market. The higher-fat content of these fish lend to a buttery texture mouth-feel. The fish's feed is parasite-free making it safe for raw consumption.

Fun fact:

About 60% of Scottish farmed salmon is sold to British consumers. Export markets are led by the USA, which bought 30,000 tonnes of the fish in 2015, worth £160m.

Season: Available year-round

Origin: Scotland

Type: Farmed



Whole Fresh 6-7 KG
Whole Fresh 7-8 KG
Whole Fresh 8-9 KG



F&S Fresh 6-7 KG
F&S Fresh 7-8 KG
F&S Fresh 8-9 KG



FILLET FRESH 4-5 S/ON
FILLET FRESH 4-5 S/OFF



Finfish

Salmon, Farmed - Ora King

Season: Available year-round

Origin: New Zealand

Type: wild, Fresh

This king salmon from Ōra is sustainably raised in New Zealand's Marlborough Sounds as if it were in the wild. Ōra King Salmon is grown without antibiotics, steroids, growth hormones, vaccines or unnatural substance or chemicals. It has the highest Omega-3 content than any other salmon. The flesh is firm, moist, and oily and has a large flake. King salmon's attractive orange/red color, delicate texture and characteristic rich favor, make it very appealing when served either raw, cooked, or smoked.



Season: Available year-round

Origin: Varies by type

Type: Wild or farmed

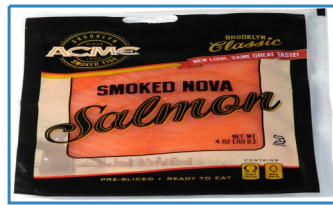
Finfish

Salmon, Smoked

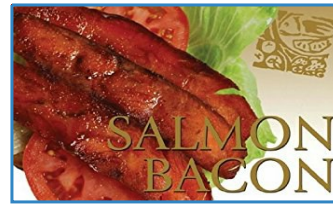
Smoked salmon is a preparation of salmon, typically a fillet that has been cured and hot or cold smoked. Due to its moderately high price, smoked salmon is considered a delicacy. Smoked salmon is a good source of protein, with more than 15 grams in each 3-ounce serving. It also contains B-complex vitamins, as well as vitamin D, magnesium and selenium. Salmon is also a good source of omega-3 fatty acids.



CAMBRIDGEHOUSE FRESH SLICED TRIM



ACME FROZEN SLICED TRIM



CAMBRIDGEHOUSE FROZEN SALMON BACON CUT



Finfish

Sole, Petrale

Season: Available year-round

Origin: Oregon, Washington, Canada, California

Type: Wild

The sand dab is one of California's better-kept seafood secrets. The catch is small, not because of a shortage of fish, but because sand dabs traditionally have been available only in restaurants. Sand dabs inhabit the Pacific from Alaska to Central America, but the commercial fishing is restricted to the Pacific coast. Sand dabs have a delicate, sweet flavor unmatched by any other Pacific flatfish.



FILLET



Finfish

Sardines, Pacific

Pacific sardines, also known as pilchards, are a very important part of the oceanic food chain and can form schools of up to 10 million fish. The Pacific sardine has an elongated body that is silver in color with dark blue on the back and shades of purple and violet along the sides. Black spots dot its back and sides, and the tail is forked. The sardine's head is compressed and has a small mouth containing no teeth. Small, fresh sardines have a delicate sweet flavor while larger sardines have a more full oily flavor.

Fun fact:

During World War I, commercial fishermen targeted Pacific sardine to fill an increased demand for nutritious food that could be canned and easily carried onto battlefields.

Season: Available year-round

Origin: California, Oregon,
Washington, Mexico
Peru, Chile

Type: Wild



Finfish

Sea Bass, White

The body of the White Sea Bass is elongated with a ridge that runs along the length of its belly. The head is pointed with a large size mouth with a row of small teeth. The meat of the California White Sea bass is moderately fatty and has a mild taste with a flaky and firm texture. This fish is perfect grilled, broiled, or pan seared. It has a very firm texture for a white fish, which I especially like for grilling. This is not an ideal fish for smoking as it is not greasy.

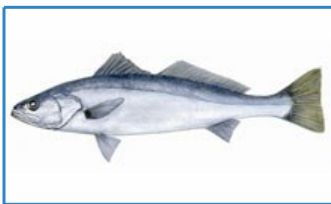
Fun fact:

The local stocking programs have allowed the White Sea Bass to make a tremendous comeback after nearly being fished out of California.

Season: Available year-round

Origin: Pacific (US, Mexico and
South America)

Type: Wild



WHOLE FRESH LOCAL



6oz S/OFF



FILLET FRESH S/OFF
FILLET FRESH S/ON



6oz FRESH S/OFF



Finfish

Sea Bass, Chilean

Have you ever heard of Patagonian toothfish? Well, chances are, you've eaten it — only when you ate it, it was called Chilean Sea-bass. The Chileans were the first to market toothfish commercially in the United States, earning it the name Chilean sea bass, although it is really not a bass and it is caught in many other waters outside Chile.

This large deep-water fish is found between the depths of 1600 - 3200 feet. The average weight of a commercially caught toothfish is 20 pounds with large adults occasionally exceeding 440 pounds. Big, moist tender flakes of flavor are the trademarks of Chilean Sea Bass. Meat from the raw Chilean Sea Bass is snow white. When cooked, the meat remains white, comparable to cod in appearance.

Fun fact:

The name "*Chilean Seabass*" was invented by a fish wholesaler named Lee Lantz in 1977. He was looking for a name that would make it attractive to the American market.

Season: Available year-round

Origin: Heard, McDonald Islands, Falkland Islands, Macquarie Island, South Georgia, Kerguelen Islands, Ross Sea, Crozet Islands, Prince Edward and Marion Islands, Chile

Type: Wild



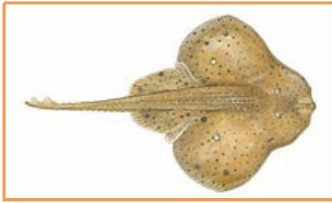
WHOLE FRESH H&G



FILLET FRESH S/ON DFRS
FILLET FRESH S/OFF FRS



Portions Fresh 7-9 S/OFF



Season: Available year-round

Origin: Virginia, Delaware,
Massachusetts, Maine

Type: Wild

Finfish

Skate

Skates are found worldwide in temperate and cold waters as well as deep, tropical waters. Skates are like sharks and have no bones, only cartilage. The edible portions of the skate are the wings and the cheeks. The wings are composed of strands of flesh, a layer of cartilage and then more strands of flesh. The skin should be removed before cooking and the cartilage can be easily removed after cooking. Skate has a shorter shelf-life in the summer months. The meat of the skate is reddish in color in the raw state and cooks up to an off-white. It is a moist fish with a firm texture. The strands of the flesh in the wing structure form an open-fan configuration and lead to a stringy texture. This can be misleading and most assume the meat will be tough, although the meat is rather delicate.

Fun fact:

Size varies greatly by species with the largest Skate reaching weights up to 200 pounds, but average commercial size is about 8-10 pounds whole fish.



Season: Available year-round

Origin: Canada, USA

Type: Wild

Finfish

Smelt

Smelt are small, silvery herring-like fish nicknamed the candlefish. Their color is olive to pale green with a broad silver strip on its side. Some smelt migrate to rivers from the sea for breeding, while others live entirely in freshwater. Smelt has a oily, mild taste and a soft texture. The 6-10 inch long fish has an odor and flavor like freshly cut cucumber. Lake smelt are considered less oily than saltwater smelt. Smelt are usually eaten whole- including head, bones, and all.

Fun fact:

Smelt are so fatty that Native Americans used them for making candles.



Finfish

Red Snapper, American

The term red snapper has been used to describe almost any fish that is red. There are also many other fish marketed as “snapper” so the buyer must be aware. The red snapper has large dog-like teeth, which gives it the “snapper name”. Red snapper is a low-calorie, lean source of protein that is rich in selenium, vitamin A, potassium and omega-3 fatty acids.

Fun fact:

American Red Snapper is the only species that can legally be labeled as such so it is almost always sold with the red skin on so that it is easier to identify.

Season: Sporadic Availability

Origin: North Carolina, Gulf of Mexico, South Atlantic

Type: Wild



WHOLE FRESH 1-2
WHOLE FRESH 2-3
WHOLE FRESH 4-5



FILLET FRESH S/OFF 1-10 LB
FILLET FRESH S/ON 1-10 LB
FILLET FROZEN S/OFF 1-15 LB



Finfish

Snapper, Tai

The Tai Snapper is actually not a snapper at all. It is a pink sea bream, or porgy, in the Sparidae family. The snapper title, according to legend, was given to this fish mistakenly by renowned eighteenth century British navigator Captain James Cook. With its pink and silvery scales, it does bear a close resemblance to the American Red Snapper, a common fish in Atlantic waters, which likely explains the confusion.

Season: Available year-round

Origin: New Zealand

Type: Wild, Fresh



Season: Sporadic Availability

Origin: Holland

Type: Farmed

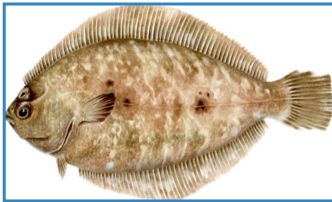
Finfish

Dover Sole

Dover sole are also known as “slime” or “slippery” sole because they excrete mucous that makes them difficult to hold. Dover sole is sold fresh and frozen whole, headed and gutted as well as dressed, and in fillets, however, it is nearly always filleted due to its slimy skin. Dover sole from the Pacific has a mild taste and delicate texture, although it is not as mild as European Dover sole. It is low in fat, high in protein and rich in essential nutrients like selenium, vitamin D, phosphorus and vitamin B-12.

Fun fact:

The fact that sole tend to huddle together in deep water make it relatively easy for commercial trawlers to catch.



WHOLE 16-20 IQF 1-25LB
WHOLE 20-24 IQF 1-25LB



FILLET FRESH



Season: Available year-round

Origin: Great Kei River,
Cape Agulhas

Type: Wild, farmed

Finfish

Sole, East Coast Flounder

East Coast sole (*Austroglossus pectoralis*) are endemic, fast growing, and bottom dwelling species found on sandy or silty bottoms at depths shallower than 120m. Sole and flounder contain all of the essential amino acids, making it a high-quality source of protein and are good sources of B vitamins, magnesium and phosphorus.



Season: Available year-round

Origin: USA, Canada

Type: Wild

Finfish

Sole, Grey

These fish all have oval shaped bodies, dark on top, light on bottom and odd looking eyes on the same (top) side of their heads. They are bottom dwellers, propelling themselves with a wave like motion along the sandy bottom of the sea. With the exception of halibut, and some large flounders and turbot, most are small, in the 1 to 3 pound range.



Season: Available year-round

Origin: Oregon, Washington,
Canada, California

Type: Wild



FILLET FRESH



Season: Available year-round

Origin: Oregon, Washington,
Canada, California

Type: Wild



WHOLE

Finfish

Sole, Petrale

Petrade is a round or oval-shaped flounder with a big mouth and both eyes on its right side; the blind side is white and the eyed side is light to dark brown. Petrade sole is sold fresh and frozen, whole and in skinless fillets. Petrade sole is an excellent source of low-fat protein, calcium, and other nutrients.

Finfish

Sole, Rex

Rex Sole are actually a right-eyed Flounder, not a Sole, but are called "Sole" because the term is more marketable. They have a uniform light brown to grey colored skin on their upper side and are off-white on the belly. Rex sole grow to about 2 feet long with a maximum weight of 4 1/2 lbs, but most are caught at a weight of about 2 pounds. Like other Flounder, Rex Sole have mild, sweet flesh with small, firm flakes and flesh which is white when raw as well as when cooked. They are considered one of the better Pacific Flounders.

Fun fact:

The Maximum reported life span of the Rex Sole is known to be 24 years.



Finfish

Sturgeon, White

Instead of scales, five rows of bony plates (scutes) reach from its gills to its tail, covering its sandpaper like skin. It also has shark like qualities including a cartilaginous skeleton and a shark like tail. Farmed white sturgeon has a milder and more delicate flavor than green sturgeon. The flesh is similar in texture to chicken breast, lean and firm. Raw meat is a pale pink and cooks up white. Farmed in closed system tanks that release minimal effluent into surrounding waterways. Farmed white sturgeon is generally smaller than it's wild cousins and can take 10 to 12 years to reach market size.

Fun fact:

White sturgeon are the largest freshwater fish in North America. The largest on record weighed 1,500 pounds (628 kg).

Season: Available year-round

Origin: California, Washington, Idaho

Type: Farmed



Finfish

Swai

Swai is a white-flesh fish, with a flaky texture that makes it ideal for broiling, grilling or frying. The flavor is also quite mild, making it a popular option for those who don't want their fish to taste too briny.

Fun fact:

Swai fish is actually the common name of the iridescent shark, a type of catfish that is native to Southeast Asia.

Season: Available year-round

Origin: Vietnam, China, Taiwan

Type: Farm raised



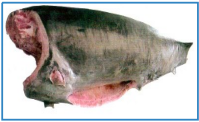
FILLET	7/9	IQF	1-15LB
FILLET	8/10	FRZ	1-22LB



Season: Available year-round

Origin: Atlantic, Pacific, and Indian Oceans

Type: Wild



WHOLE FRESH H&G



LOIN FRESH C/C

LOIN FRESH C/C
BL/OUT

Finfish

Swordfish

Swordfish are migratory and are found throughout tropical and temperate seas. The long flat bill is the Swordfish's most distinguishing feature, although it is rarely seen since the head and bill is usually removed before shipping. Swordfish quality can vary greatly because swordfish boats will be at sea for different lengths of time, from a few days to nearly a month. Swordfish has a firm, meaty texture and is a good source of selenium, niacin, vitamin B12, and zinc. Swordfish offers many health benefits, especially for people who are following low-carbohydrate, high-protein diets. It has no carbohydrates and contains essential amino acids and omega-3 fatty acids.

Fun fact:

Swordfish can grow to over 1,000 pounds but the average commercial size is between 50 to 200 pounds.



Season: Available year-round

Origin: Originated in the Middle East and Africa

Type: Farm raised



Whole FRZ 350-550 1-40 LB

Whole FRZ 550-750 1-40 LB

Finfish

Tilapia

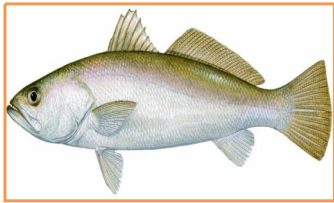
Tilapia is the common name for nearly a hundred species of cichlid fish from the tilapiine cichlid tribe. Tilapia are mainly freshwater fish inhabiting shallow streams, ponds, rivers and lakes and less commonly found living in brackish water. Tilapia is a pretty impressive source of protein. In 3.5 ounces (100 grams), it packs 26 grams of protein and only 128 calories. Even more impressive is the amount of vitamins and minerals in this fish. Tilapia is rich in niacin, vitamin B12, phosphorus, selenium and potassium.

Fun fact:

It's believed that the fish were first farmed in Egypt. In the Nile region, farming of Tilapia dates back thousands of years. In fact, there was even an ancient symbol, much like a word or letter, known as a hieroglyph, specifically for this staple protein.



FILLET	5-7oz	FRZ	IVP	1-10 LB
FILLET	3-5oz	FRZ	BULK	1-10 LB
FILLET	7-9OZ	FRZ	IVP	1-10 LB
FILLET	5-7oz	FRESH		1-10 LB



Finfish

Trout

Behind bass, panfish, and catfish, trout fishing are the 4th most popular fishing in North America. Trout always put up a good fight, are abundant from sea to shining sea, and are pretty tasty when anglers decide to keep them. Natives to most cold water tributaries of the Pacific Ocean, the West Coast is one of the best places to find trout of any size, species, or color.

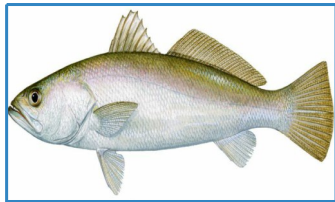
Fun fact:

Trout are most often found in cold water, and often live in moving water as they run up and down rivers and creeks.

Season: Available year-round

Origin: Pacific Ocean

Type: Farmed



WHT FRS WHOLE 16-32oz

WHT FRS BONE 10oz



RED FRESH BONED 10oz



WHT FRESH FILLET S/ON



RED FRESH DRESSED

Also available but not pictured is White Fresh Gourmet 8oz



Season: Available year-round

Origin: Fiji, Tahiti, Hawaii

Type: Wild

Finfish

Tuna, Albacore

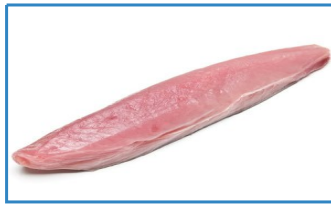
Found worldwide in tropical and temperate waters, including the Mediterranean, it is the only tuna species labeled as “white meat” in the United States. Known for its distinguished dark blue back and silver-white underside, Albacore can reach 5 feet long and weigh almost 90 pounds. The average weight caught commercially is 20 pounds.

Fun fact:

Albacore is able to swim at the speed of 50 miles per hour.



WHOLE FRESH



LOIN FRESH



Season: Available year-round

Origin: North Atlantic

Type: Wild

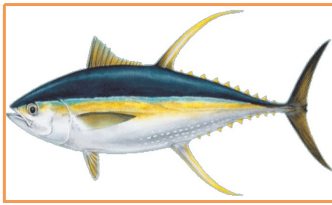
Finfish

Tuna, Bluefin

Bluefin are the largest tuna and can live up to 40 years. Bluefin tuna are made for speed: built like torpedoes, have retractable fins and their eyes are set flush to their body. They are tremendous predators from the moment they hatch, seeking out schools of fish like herring, mackerel and even eels. They hunt by sight and have the sharpest vision of any bony fish. There are three species of bluefin: Atlantic (the largest and most endangered), Pacific, and Southern. Most catches of the Atlantic bluefin tuna are taken from the Mediterranean Sea, which is the most important bluefin tuna fishery in the world.

Fun Fact:

They hunt by sight and have the sharpest vision of any bony fish.



Finfish

Tuna, Yellowfin

Yellowfin tuna are torpedo-shaped with dark metallic blue backs, yellow sides, and a silver belly. yellowfin tuna (sometimes referred to as “ahi”) is less fatty, offers eight more grams of protein than wild salmon, and is prized for its mild but not fishy flavor. Although wild salmon contains more fat, it also has more heart-healthy omega-3 fatty acids. Yellowfin contains many additional nutrients, including vitamins A and D, calcium and protein, and is commonly used to prepare sushi.

Season: Available year-round

Origin: North Atlantic

Type: Wild



H&G FRESH #1
H&G FRESH #2+



LOIN FRESH #1
LOIN FRESH #2+
LOIN FRESH Blood line cut #2+



POR #2+ 7oz



SAKU FRZ AAA IVP



STEAK FRZ 6oz
STEAK FRZ 8oz



Finfish

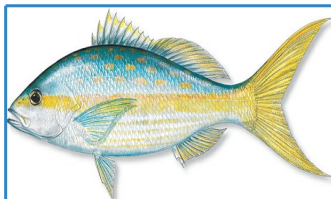
Tuna, Yellowtail

Though commonly considered tuna - and similar to a small tuna in appearance, yellowtail tuna actually belong to the amberjack species. Yellowtail are fast-swimming predatory fish common in U.S. Pacific Ocean waters. The flesh is lighter than tuna, but yellowtail has a similar firm, meaty texture. Yellowtail fillets grill particularly well, and whole yellowtail tuna are good baked. In Japan, yellowtail amberjack species are used for certain types of sushi and sashimi. Yellowfin tuna is less fatty, offers eight more grams of protein than wild salmon, and is prized for its mild but not fishy flavor.

Season: Available year-round

Origin: California, Mexico

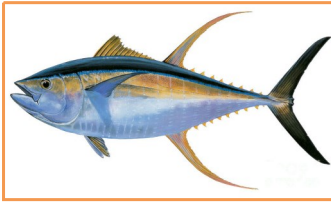
Type: Wild



WHOLE FRESH



FILLET FRESH S/OFF
FILLET FRESH S/ON



Finfish

Tuna, Hamachi

Though commonly considered tuna - and similar to a small tuna in appearance, yellowtail tuna actually belong to the amberjack species. Yellowtail are fast-swimming predatory fish common in U.S. Pacific Ocean waters. The flesh is lighter than tuna, but yellowtail has a similar firm, meaty texture. Yellowtail fillets grill particularly well, and whole yellowtail tuna are good baked. In Japan, yellowtail amberjack species are used for certain types of sushi and sashimi. Yellowfin tuna is less fatty, offers eight more grams of protein than wild salmon, and is prized for its mild but not fishy flavor.

Season: Available year-round

Origin: Japan

Type: Farmed



FILLET	FRESH	4-5 LB
FILLET	IVP	4-5 LB



Finfish

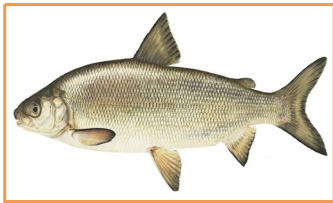
Turbot

Turbot is a large flatfish farm-raised in Iceland. It is sometimes referred to as European turbot, but should not be confused with Greenland turbot which is closely related to arrowhead flounder. Wild turbot can be found in the Mediterranean, eastern Atlantic, and North Sea. Turbot is highly prized for its delicate flavor and firm texture. The white flesh is thick and meaty. It is one of the most outstanding flatfish to eat. The turbot are being raised indoors in recirculating above ground tank systems. The benefits of using an above ground, indoor tank system is that there is no effluent being released into the ecosystem. The farm is using Icelandic sea water for salinity and geo-thermal water from Icelandic volcanoes for natural temperature control.

Season: Available year-round

Origin: Mediterranean, Norwegian Sea, Iceland, Spain

Type: Farm raised



Finfish

Whitefish - Great Lakes

Lake Whitefish, a pale, shy member of the trout/salmon family (Salmonidae), has long been a mainstay of the commercial catch in the Great Lakes because of its exceptional flavor, convenient size, and habit of schooling. Until recently, few sport anglers had discovered the special techniques required to catch Lake Whitefish, but this situation is changing, and any angler who has learned to fish whitefish successfully will find it well worth the effort.

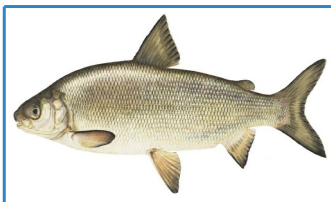
Fun fact:

"the whitefish is most esteemed for the richness and delicacy of its flavour, and there is a universal acquiescence in the opinion formerly advanced by Charlevoix, 'that whether fresh or salted, nothing of the fish kind can excel it'" Henry Schoolcraft 1820

Season: Available year-round

Origin: Lake Superior

Type: Wild



WHOLE FRESH MEDIUM
WHOLE FRESH LARGE
WHOLE FRESH JUMBO



FILLET FRESH MEDIUM
FILLET FRESH LARGE
FILLET FRESH JUMBO



Shellfish

Clams, East Coast

Littlenecks are the smallest of the hard shell clam family. For that reason, they are tenderer and mellower tasting than their Cherrystone and Topneck cousins – exceedingly sweet and reminiscent of an ocean mist.

Fun fact: From the mid- to the late-1800s small hard shell clams from Little Neck Bay, Long Island were served in the best restaurants of New York and several European capitals. Eventually, the term "Little Neck" or "Littleneck" came to be used as this size category for hard clams, regardless of origin.

Season: Available year-round

Origin: USA

Type: Wild



LITTLENECK FRESH 5-6 CT
LITTLENECK FRESH 15-17 CT



VENUS FRESH



Season: Available year-round

Origin: USA

Type: Farmed, Fresh

Shellfish

Clams, Manila

This important clam is not a native of North America, but was accidentally introduced to Washington State in oyster seed shipments from Japan. The animal quickly acclimated to our waters and is now found from British Columbia to northern California. They are similar in size and appearance to littlenecks; however, they are oblong in shape, being more long than compared to littlenecks. This clam, like the native littleneck, is normally prepared by steaming. They are summer spawners. Clams are surprisingly high in iron. So high, in fact, that T-bone steaks and beef liver don't compare. A three-ounce serving of cooked clams, or about nine small clams, has about 24 milligrams of iron.



Season: Pre-order Only

Origin: USA

Type: Wild, Frozen

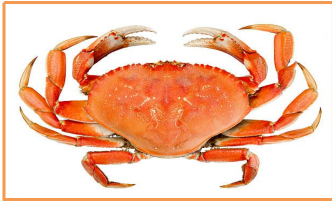
Shellfish

Blue Crab

The blue crab is so named because of its sapphire-tinted claws. Its shell, or carapace, is actually a mottled brownish color, and mature females have red highlights on the tips of their pincers. Prized by humans for their sweet, tender meat, these wide-ranging, ten-legged crustaceans are among the most heavily harvested creatures on the planet. Blue crab meat is a great source of natural protein with a low calorie count.

Fun fact:

Their scientific name, *Callinectes sapidus*, means "savory beautiful swimmer."



Shellfish

Crabs, Dungeness Crab

The Dungeness crab, *Metacarcinus magister* or *Cancer magister*, is a species of crab that inhabits eelgrass beds and water bottoms on the west coast of North America. It typically grows to 20 cm (7.9 in) across the carapace and is popular seafood prized for its sweet and tender flesh. Its common name comes from the port of Dungeness, Washington. These crabs are the nutritional prince to the king crab, yet still share a royal dose of zinc, selenium, and a comparable amount of protein and B12.

Fun fact:

Adult crabs can live up to 10 years, with females reaching reproductive maturity around two to three years of age.

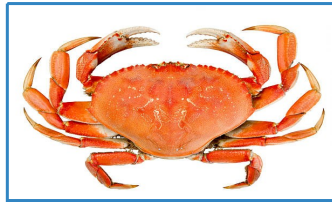
Season: Available year-round

Origin: California,
Pacific Northwest

Type: Wild



CLUSTER FROZEN 1-25 LB



WHOLE FRZ 2UP 1-30 LB



FRESH MEAT TUB 1 LB



Shellfish

Red King Crab

The king crab is one of the largest crabs, weighing 5 kg (11 pounds) or more. Its size and tasty flesh make it a valued food, and large numbers are commercially fished each year. King crab legs are an especially popular delicacy that offers many nutritional benefits, including a healthy dose of omega-3 fatty acids, protein and many vitamins and minerals.

Fun fact:

King crab can walk distance of 100 miles during the annual migrations. It usually travels one mile per day.

Season: Available year-round

Origin: Alaska

Type: Wild, Farmed



LEG RED FRZ 16-20 1-20 LB
LEG RED FRZ SPLT 16-20 1-20 LB



Shellfish

Crabs, Meat

Season: Available year-round

Origin: Southeast Asia

Type: Wild

Crab meat or crabmeat is the meat found within a crab. It is used in many cuisines across the world, prized for its soft, delicate, sweet taste. Brown crab, blue crabs, blue swimming crabs, and red swimming crabs are among the most commercially available species of crabmeat globally. In some fisheries, crab meat is harvested by declawing of crabs. This is the process whereby one or both claws of a live crab are manually pulled off and the animal is then returned to the water. The practice is defended because some crabs can naturally shed limbs and then about a year later after a series of moults, regenerate these limbs.



CLAW TIN 1 LB



SPECIAL TIN 1 LB



BACKFIN TIN 1 LB



LUMP TIN 1 LB



JUMBO LUMP TIN 1 LB



AQUAMAR FLAKE IMITATION



AQUAMAR STICK IMITATION



Shellfish

Crabs, Snow Crab

Snow crab usually have a brown to light red protective shell and a yellow or white abdomen. They have five pairs of spider-like legs; four pairs of walking legs and one pair of claws. Their eyes are green or greenish blue. Snow crab are prized for their sweet, delicate flavor.

Fun fact:

Canada is the world's largest producer of Snow crab, accounting for about two-thirds of the global supply.

Season: Available year-round

Origin: Bering Sea, Chukchi Sea,
Western Atlantic Ocean,
South Maine, Alaska,
Canada

Type: Wild



CLUSTER FRZ 5/8 1-20 LB

CLUSTER FRZ 10UP 1-20 LB



CLAW COCKTAIL FRZ 16/20 1-20 LB



Shellfish Lobster

Lobsters have long bodies with muscular tails, and live in crevices or burrows on the sea floor. Three of their five pairs of legs have claws, including the first pair, which are usually much larger than the others. Lobster is a rich source of copper and selenium and also contains zinc, phosphorus, vitamin B12, magnesium, vitamin E and a small amount of omega-3 fatty acids.

Season: Available year-round

Origin: East coast of North America,
Massachusetts, Rhode Island, Maine

Type: Wild

Fun fact:

Lobsters were originally gathered by hand. It wasn't until the mid-19th century that lobster trapping became popular.



LIVE	MAINE	1 LB	
LIVE	MAINE	1¼ LB	
LIVE	MAINE	1½ LB	
LIVE	MAINE	1¾ LB	
LIVE	MAINE	2-3 LB	
LIVE	MAINE	3-4 LB	
LIVE	MAINE	CULL	SML
LIVE	MAIEN	CULL	MED
LIVE	MAIEN	CULL	LRG



TAIL	5oz FRZ	WW	1-10 LB
TAIL	6oz FRZ	WW	1-10 LB
TAIL	7oz FRZ	WW	1-10 LB
TAIL	8oz FRZ	WW	1-10 LB
TAIL	9oz FRZ	WW	1-10 LB
TAIL	10-12oz FRZ	WW	-10 LB



TAIL	3-4oz	FRZ	CW	1-10 LB
TAIL	4-5oz	FRZ	CW	1-10 LB
TAIL	5-6oz	FRZ	CW	1-10 LB
TAIL	6-7oz	FRZ	CW	1-10 LB
TAIL	7-8oz	FRZ	CW	1-10 LB
TAIL	8-10oz	FRZ	CW	1-10 LB
TAIL	10-12oz	FRZ	CW	1-10 LB



MEAT	CK	FRZ	12/1 LB
MEAT	CKL	FRZ	12/1 LB



SLIPPER MEAT FRZ U-1



LANGOSTINO MEAT FRZ
100/200 COOKED FRZ



Season: Available year-round

Origin: New Zealand

Type: Wild, Farmed,

Shellfish

Mussels, New Zealand Greenlip

New Zealand green-lipped mussels are bivalve molluscs from the family Mytilidae. They are also known as the New Zealand mussel as well as the greenshell mussel. Its scientific name is *Perna canaliculus*. Being invertebrates, they don't have an internal skeleton made of bone. Mussels are rich in omega-3 fatty acids, and by reducing production of leukotrienes (inflammatory molecules) and prostaglandins, may have the same anti-inflammatory effects as fish oil.

Fun fact:

Freeze-dried green-lipped mussel powder and lipid extracts are a popular natural treatment for osteoarthritis and may have anti-inflammatory effects against asthma and rheumatoid arthritis.



GREEN LIP FRZ ½ SHELL



Season: Available year-round

Origin: Rhode Island

Type: Wild, Farmed , Fresh

Shellfish

Blue Mussels

Shaped like a rounded triangle, the blue mussel is a hinged, filter-feeding bivalve found in Rhode Island waters. The blue mussel has a slender, brownish foot that allows it to temporarily hold onto a substrate. A strong, thread-like anchor, called a byssal thread, allows the blue mussel to attach itself securely to almost any substrate.

Fun fact:

Unlike the ribbed mussel, blue mussels are edible and are regularly harvested in Rhode Island.



Shellfish

Mussels, Prince Edward Island

PEI Mussels are filter feeders and obtain all their food from the natural aquatic environment. - PEI Mussels are healthy, nutritious, and are rich in protein and minerals; low in fat, cholesterol and sodium. The Prince Edward Island mussel industry is Canada's top producer and exporter of rope cultured blue mussels.

Fun fact:

PEI's aquaculture industry contributes over \$60 million to the Island economy, with more than \$11 million paid in salaries annually.

Season: Available year-round

Origin: Prince Edward Island, Canada

Type: Wild, Fresh



Shellfish
Octopus

The octopus is a soft-bodied, eight-armed mollusc of the order Octopoda. Like other cephalopods, the octopus is bilaterally symmetric with two eyes and a beak, with its mouth at the center point of the arms. The soft body can rapidly alter its shape, enabling octopuses to squeeze through small gaps. They trail their eight arms behind them as they swim. A 3-ounce serving of octopus has less than 150 calories and more than 25 grams of protein. Octopus is naturally low in fat, but it is high in cholesterol, which can be harmful if you consume too much. This type of seafood is full of several key nutrients, including trace minerals and vitamin B-12.

Fun fact:

Octopus can change their color and texture of the skin to blend with environment and become invisible.

Season: Available year-round

Origin: North and West Africa, Spain, Tunisia, Indonesia, Thailand

Type: Wild



WHL SPAIN FRZ 4-6 1-28 LB



WHL WILD INDONESIA FRZ 2-4 1-30 LB



WHL WILD PHILIPPINES FRZ 1-2 1-30 LB
 WHL WILD PHILIPPINES FRZ 2-4 1-30 LB
 WHL WILD PHILIPPINES FRZ 6-8 1-30 LB



BABY WILD FRZ 16/25 1-24 LB



COOK SLICE IQF FRZ 1-24 LB

Fresh Oysters



Eastern

The eastern oyster —also called Wellfleet oyster, Atlantic oyster, Virginia oyster, or American oyster—is a species of true oyster native to the eastern seaboard and Gulf of Mexico coast of North America.



Chincoteague

Chincoteague Oysters are one of the oyster appellations from the Chesapeake Bay region off the Maryland and Virginia coasts. The island is a maze of oyster bars and reefs, both natural and man made. The clean salty ocean water provides an ideal environment for the growth of oysters.



Misty Point

Misty Points are raised on exclusive grounds in the pristine seaside waters of Popes Bay, Virginia. The flavor profile is high salinity up front that fades into bright, sweet hints of celery and grass.



Fanny Bay

Fanny Bays were one of the first BC oysters to become widely available, and they're still considered the archetypal BC oyster—smooth, but with a pronounced cucumber finish. The town of Fanny Bay sits on Baynes Sound, but faced with a choice on an oyster list between a Baynes Sound and a Fanny Bay, which would you go for? The shells are beautifully fluted, as we expect for a tray-raised oyster. You never get a bad Fanny Bay. Somebody is practicing rigorous quality control in the Fanny Bay culling house.



Kumamoto

Sweet, fruity, nonintimidating, and everybody likes it. Many consider it the perfect oyster. There are major Kumo farms in Oakland Bay (Puget Sound), Humboldt Bay (California), and Baja (Mexico).



Paradise

Paradise Oysters are grown with love in the pristine, cold waters of Deep Bay in Southern Baynes Sound, British Columbia, Canada. Each oyster is handled with care to ensure that only the best quality product is delivered to our customers. These sweet and crispy British Columbia oysters pair great with bubbly, and after slurping one, it will definitely



Kumiai

These Pacific Oysters are grown using the rack and bag method in the pristine waters of the Guerrero Negro Lagoon, located next to the Vizcaino Bay which is influenced by the local California Current. The constant upwelling brings nutrient-rich bottom waters to the surface providing a high phytoplankton diet for the oysters, resulting in good meat yield year round.



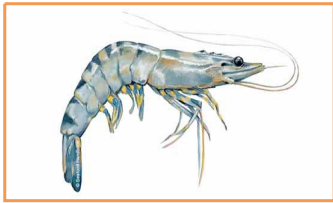
Kusshi

Still a rarity on East Coast menus, Kusshis are all the rage out West, due to their small size and ultra-clean flavor. Grown by Keith Reid, a highly innovative grower in Deep Bay, Kusshis are grown in floating trays and tumbled very aggressively. This breaks off the thin growing edge and forces them to deepen and thicken their shells. The resulting oyster, called a Kusshi, Japanese for “precious,” is almost as deep as it is long—just over two inches. The unusual cornucopia shape and stunning smooth purple-black shell are due to the tumbling, which smoothens off any frills. The depth and pillowy softness inside make the Kusshi resemble a Kumamoto, but it’s a plain-old Pacific that’s been tumbled into bonsai form.



Shucked Oysters Fresh Half Gallon

EKONE ½ Shell Frozen 8oz 44ct



Shellfish

Shrimp, Black Tiger

Season: Available year-round

Origin: Asia

Type: Farm raised

Striped like its jungle namesake, the black tiger shrimp is available year-round and is one of Asia's major aquaculture products. Most tiger shrimp is farmed, though a significant amount is harvested from the wild by trawlers working mud bottoms from very shallow water to depths beyond 300 feet. Shrimp is the savory solution to a high-protein, low-fat diet. Naturally fat free and rich in omega-3 fatty acids.

Fun fact:

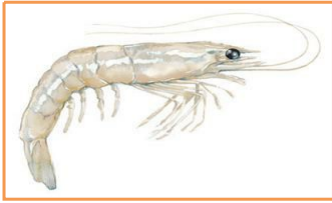
The largest of 300 commercially available shrimp species worldwide, tigers can grow to 13 inches.



HLSO	FRZ	6/8
HLSO	FRZ	8/12
HLSO	FRZ	U/15
HLSO	FRZ	16/20
HLSO	FRZ	21/25
HLSO	FRZ	26/30
HLSO	FRZ	31/40



P&D	T/ON	IQF	13/15
P&D	T/ON	IQF	16/20
P&D	T/ON	IQF	21/25
P&D	T/OFF	IQF	16/20
P&D	T/OFF	IQF	21/25
P&D	T/OFF	IQF	71/92



Shellfish

Shrimp, White

U.S. white shrimp are caught from August to November, and are usually available frozen as tail meat year-round. White shrimp is low in saturated fat and is a very good source of selenium and vitamin B12.

Season: Available year-round

Origin: Farmed: Thailand, Mexico, Vietnam, Ecuador

Wild: Mexico to Peru

Type: Wild and farmed

Fun facts:

White shrimp progress through several life history stages in a short amount of time, mature quickly, and typically live for less than a year.



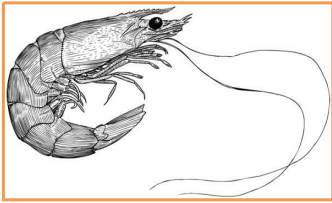
HLSO FRZ U/15
 HLSO FRZ 16/20
 HLSO FRZ 21/25
 HLSO FRZ 26/30
 HLSO FRZ 31/35
 HLSO FRZ 36/40
 HLSO FRZ 41/50



P&D T/ON IQF 8/12
 P&D T/ON IQF 13/15
 P&D T/ON IQF 16/20
 P&D T/ON IQF 21/25
 P&D T/ON IQF 26/30
 P&D T/ON IQF 31/40



P&D T/OFF IQF 21/25
 P&D T/OFF IQF 26/30
 P&D T/OFF IQF 31/40
 P&D T/OFF IQF 41/50
 P&D T/OFF IQF 71/90



Shellfish

Shrimp, Mexican

You can always tell a good shrimp by its source. Free swimming Wild Mexican White Shrimp are harvested in pristine unspoiled waters near Baja California and therefore have an ideal flavor profile. They are harvested by artisan fishermen who use hand drawn nets out of small panga boats. This method results in little to no by catch and minimal impact on the resource and surrounding environment. Wild shrimp feed on a natural, nutrient-rich diet giving them an extra firm texture and higher content of Omega 3, protein, minerals and vitamins over farmed varieties.

Season: Available year-round

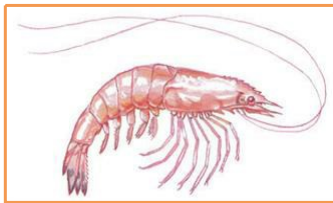
Origin: Mexico

Type: Wild, farmed



WHT	WILD	HLSO	FRZ	U/8
WHT	WILD	HLSO	FRZ	U/10
WHT	WILD	HLSO	FRZ	U/12
WHT	WILD	HLSO	FRZ	U/15
WHT	WILD	HLSO	FRZ	16/20
WHT	WILD	HLSO	FRZ	21/25

WHT FARM HLSO FZR 16/20



Shellfish

Shrimp, Ecuadorian

Ecuador is the world's third largest producer of Litopenaeus vannamei (Whiteleg shrimp) and the largest in South America. Its shrimp sector is unique in terms of the high level of vertical integration and the large share of shrimp produced in extensive production systems.

Season: Available year-round

Origin: South America, Ecuador

Type: Wild, farmed

Fun fact:

In China shrimp from Ecuador has consolidated as a premium product in the restaurant sector.



WHT	HLSO	FRZ	FM	41/50
WHT	HLSO	FRZ	FM	51/60
WHT	HLSO	FRZ	FM	71/90



Season: Available year-round

Origin: Southern Asia

Type: Farmed



H/ON 2-4
H/ON 4-6



Season: Available year-round

Origin: Florida, Mexico

Type: Wild



P&D T/OFF 71/90

Shellfish

Shrimp, Freshwater

Freshwater shrimp is shrimp which lives in fresh water. This includes Any Caridea (shrimp) which live in fresh water, especially the family Atyidae Species in the genus Macrobrachium: Macrobrachium ohione, the Ohio River shrimp, Macrobrachium carcinus, sometimes called the American giant freshwater prawn and Macrobrachium rosenbergii, also known as the giant river prawn or cherabin.

Shellfish

Shrimp, Rock

Rock shrimp get their moniker from their shell which is "hard as a rock." They live and spawn in warm deep waters, 120 to 240 feet below the surface. And, until machines were invented to process them, rock shrimp were popular only with avid fishermen and divers because getting to the meat through the hard shell was such a chore. Today, rock shrimp are readily available, fresh and frozen, head on or off, split and/or deveined. Rock shrimp are lean, firm with a delicious sweet flavoring.

Fun fact:

The largest commercially available rock shrimp are 21 to 25 to the pound and are about 2 inches in length.



Shellfish

Shrimp, Breaded

Breaded shrimp are enjoyed all over the world in the classiest of restaurants and the most humble bars. While the actual breading part of breaded shrimp can vary, there is a specific process that must be followed in order to get golden brown and crispy shrimp.

Season: Available year-round

Origin: Varies

Type: Wild or Farmed



IQF 21/25



Shellfish

Shrimp, Cooked

Cold cooked shrimp are tasty when served with cocktail sauce or added to salads. You can also heat cooked shrimp in just a few minutes. Heat cooked shrimp carefully to preserve their taste and texture. Avoid overcooking, which alters the flavor and toughens the shrimp.

Season: Available year-round

Origin: Varies

Type: Wild



WHT T/ON IQF 16/20

WHT T/ON IQF 21/25

WHT T/ON IQF 31/40



WHT T/OFF IQF 71/90

WHT T/OFF IQF 100/200



Shellfish Squid

Season: Available year-round

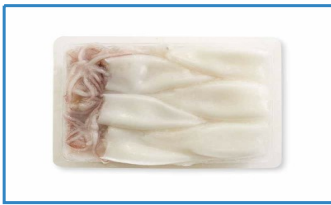
Origin: Northwest Atlantic Ocean,
Gulf of Mexico, Hawaii,
California

Type: Wild

Squid are cephalopods of the order Teuthida, which comprises around 304 species. Like all other cephalopods, squid have a distinct head, bilateral symmetry, a mantle, and arms. Squid, like cuttlefish, have eight arms arranged in pairs and two, usually longer, tentacles. Squids contain large amounts of phosphorus, similar to fish and shrimps. This mineral is necessary for stimulating calcium and building the bones and teeth. A great source of vitamin B12, squids are known to lower homocystein levels in the body, which can otherwise increase the rate of strokes and heart attacks.

Fun fact:

Squid are strong swimmers and certain species can "fly" for short distances out of the water.



WILD CHINA FRZ 3-5 T/T 4/2.5 LB
WILD CHINA FRZ 5-8 T/T 4/2.5 LB



WILD CHINA STEAK FRZ 4/2.5 LB



WILD CENSEA STEAK FRZ 6/5 LB



WILD CENSEA FRZ 3-5 T/T 12/2.5 LB
WILD CENSEA FRZ 5-8 T/T 12/2.5 LB



TUBE FRZ 5-8 4/2.5 LB



WILD NEW ZEALAND JUMBO FRZ 38.5 LB



WILD INDIA FRZ 3-5 T/T 10/2 KG

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