



FRESH SEAFOOD **2020**



LOBSTER • SALMON • CLAMS • OYSTER • CATFISH • MUSSELS • CRAB • TUNA



Monterey Bay Aquarium

The Monterey Bay Aquarium (MBA) Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices.

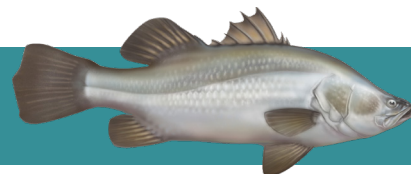


BEST CHOICE: Seafood in this category is abundant, well managed and caught or farmed in environmentally friendly ways.



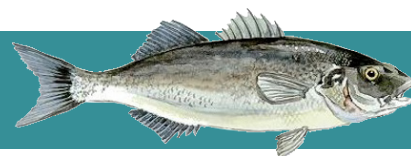
GOOD ALTERNATIVE: these items are an option, but there are some concerns with how they're caught or farmed, or with the health of their habitat due to human impacts.

➤ BARRAMUNDI



Item #	Pack/Size	Description	Brand	MBA
9069	1/22# avg	Barramundi Fillet 16/32 Oz Skin-On C0 Treated	Packer	

➤ BRANZINO



Item #	Pack/Size	Description	Brand	MBA
9215	1/22# avg	Branzino 1.25-1.5# Avg Whole Gutted Fresh	Packer	BC
9220	1/22# avg	Branzino Whole Scaled Skin-On Fillet Out	Packer	BC

➤ CATFISH



Item #	Pack/Size	Description	Brand	MBA
9099	1/10# avg	Catfish Fillet Boneless Skinless Fresh Domestic	Packer	BC

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CLAMS



Item #	Pack/Size	Description	Brand	MBA
9118	1/1# avg	Clam Geoduck .75-1 Lb Avg Fresh	Packer	
9115	1/5# avg	Clams Little Neck Live 5 Lb Avg Wt Bag	Packer	BC
9116	1/10# avg	Clams Little Necks Live 10 Lb Bag	Packer	BC
9117	1/15#	Clams Little Necks Live 15 Lb Carton	Packer	
9110	1/5#	Clams Manila Live Exact Weight 5 Lb Bag	Packer	BC
9112	1/5#	Clams Pasta Live Exact Weight 5 Lb Bag	Packer	

COD



Item #	Pack/Size	Description	Brand	MBA
9067	1/10# avg	Black Cod/Sablefish Fillet Skinless Fresh	Packer	
9066	1/10# avg	Black Cod/Sablefish Fillet Skin-on Fresh	Packer	
9076	1/10#	Cod Alaskan Fillet Skinless Hand Cut Line Caught	Packer	BC
9077	1/1#	Cod Salt Bacalhau 1 Lb Box	Sea Star	
9062	1/10# avg	Ling Cod Fillet Skinless Hand Cut Fresh	Packer	GA
9063	1/10# avg	Ling Cod Fillet Skin-On Hand Cut Fresh	Packer	GA
9061	1/10# avg	Red Rockcod Fillet Skinless Hand-Cut Fresh	Packer	GA
9075	1/10# avg	Red Rockcod Fillet Skinless Hand-Cut Line	Packer	GA
9078	1/ea	Red Rockcod Whole Grilled, Gutted, Scaled Head-On Fresh	Packer	GA
9055	1/10# avg	Rockcod Fillets Yellow Tail Skinless Fresh	Packer	
9060	1/10# avg	Rockcod Pacific Snapper Fillet Skinless Fresh	Packer	GA
9068	1/5# avg	True Cod Fillet Large Skinless Fresh	Packer	GA
9065	1/10# avg	True Cod Fillet Large Skinless Hand Cut Fresh	Packer	GA

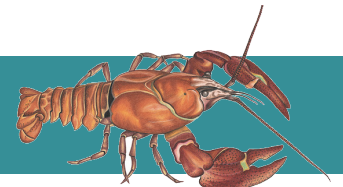
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➤ CRAB



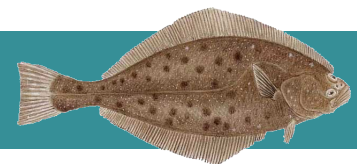
Item #	Pack/Size	Description	Brand	MBA	
9134	1/25#	Crab Dungeness Cracked & Cleaned Section/Bodies Fresh	Packer		BC
9570	1/25# avg	Crab Dungeness Frozen Whole Cooked 2 Lb/Up	Packer		
9120	1/5#	Crab Dungeness Fresh Combo Meat	Hallmark		BC
9126	10/1#	Crab Dungeness Fresh Combo Meat	Hallmark		BC
9125	1/25# avg	Crab Dungeness Fresh Whole Cooked 1.5 Lb/Up	Packer		BC
9122	1/30#	Crab Dungeness Frozn Whole Cooked 2 Lb/Up	Packer		
9590	1/30#	Crab Dungeness Or w/Ckd Frozen	Packer		BC
9592	6/1#	Crab Meat Pasteurized Special Fresh	Packer		
9133	6/5# avg	Crab Rock Salad Pack	Packer		
9119	4/12 ct	Crab Soft Shell Jumbo	Packer		BC
9121	1/ea crab	Dung Crab Whole No Back Ckd/Cld/Crkd Frozen	McCormick		
9208	1/5#	Shrimpmeat Oregon Fresh 300-500 Ct	Hallmark		

➤ CRAWFISH



Item #	Pack/Size	Description	Brand	MBA
9251	1/1 lb	Crawfish Meat (Product Of China)	Packer	

➤ HALIBUT



Item #	Pack/Size	Description	Brand	MBA	
9070	1/30# avg	Halibut Alaskan Head-On Guttred Fresh 20-40 Lb 1/Cs	Packer		BC
9079	1/25# avg	Halibut California Fresh 15-30 Lb 1/Cs	Packer		
9071	1/10# avg	Halibut Fillet Boneless Skinless Alaskan Fresh	Packer		BC
9073	1/5# avg	Halibut Fillet Skinless Alaskan Fresh	Packer		BC
9074	1/30# avg	Halibut Fillet Skinless Alaskan Fresh	Packer		BC
9072	1/10# avg	Halibut Fillet Skin-On Alaskan Fresh	Packer		BC

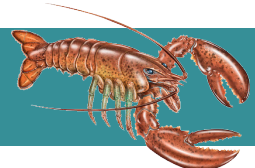
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➤ HERRING



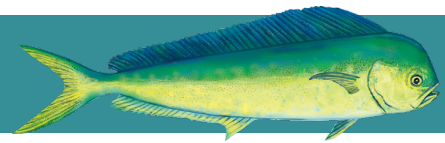
<u>Item #</u>	<u>Pack/Size</u>	<u>Description</u>	<u>Brand</u>	<u>MBA</u>
9192	1/8 lb	Herring Cut In Wine Sauce	Packer	

➤ LOBSTER



<u>Item #</u>	<u>Pack/Size</u>	<u>Description</u>	<u>Brand</u>	<u>MBA</u>
9230	1/25 lb	Lobster Bodies 25 Lb Exact Weight Case	Packer	
9231	1/10 Lb	Lobster Tail 8-10 Oz Australian Cold H20	Packer	

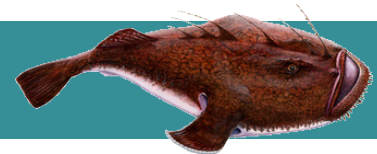
➤ MAHI-MAHI



<u>Item #</u>	<u>Pack/Size</u>	<u>Description</u>	<u>Brand</u>	<u>MBA</u>
9095	1/10# avg	Mahi-Mahi 3/5 Lb Skin-On Refresh CO Treated	Packer	

GA

➤ MONKFISH



<u>Item #</u>	<u>Pack/Size</u>	<u>Description</u>	<u>Brand</u>	<u>MBA</u>
9209	1/10# avg	Monkfish Fillet Skin-On Fresh	Packer	

➤ MUSSELS



<u>Item #</u>	<u>Pack/Size</u>	<u>Description</u>	<u>Brand</u>	<u>MBA</u>
9135	1/5# avg	Mussels Mediterranean Live 5 Lb Bag	Packer	
9130	1/5# avg	Mussels PEI Black Live 5 Lb Avg	Packer	
9131	1/10# avg	Mussels PEI Black Live 10 Lb Carton	Packer	
9132	1/15# avg	Mussels PEI Black Live 15 Lb Avg	Packer	

BC

BC

BC

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➤ OCTOPUS



Item #	Pack/Size	Description	Brand	MBA
9565	1/6-7#avg	Octopus Spanish Frozen 6-7 Lb Avg FAO 34	Packer	

➤ OYSTERS



Item #	Pack/Size	Description	Brand	MBA
9190	1/64 oz	Oyster Meat Medium .5 Gallon Fresh	Packer	BC
9188	1/16 oz	Oyster Meat Small Fresh 1 Lb Tub	Packer	
9189	1/64 oz	Oyster Meat Small .5 Gallon Fresh	Packer	BC
9160	1/24 ct	Oysters Barron Point 24 Ct Bag Fresh	Packer	BC
9140	1/120 ct	Oysters Barron Point Bushel Fresh	Packer	BC
9176	1/24 ct	Oysters Blue Point Live Fresh 24 Ct	Packer	
9156	1/100 ct	Oysters Blue Point Live Fresh Bushel	Packer	
9161	1/24 ct	Oysters Buckley Bay Live Fresh 24 Ct	Packer	
9157	1/120 ct	Oysters Buckley Bay Live Fresh Bushel	Packer	
9165	1/24 ct	Oysters Chesapeake Bay 24 Ct Bag Fresh	Packer	BC
9145	1/100 ct	Oysters Chesapeake Bay Bushel Fresh	Packer	BC
9170	1/24 ct	Oysters Fanny Bay 24 Ct Bag Fresh	Packer	BC
9150	1/120 ct	Oysters Fanny Bay Bushel Fresh	Packer	BC
9177	1/24 ct	Oysters Hama Hama Live Fresh 24 Ct	Packer	
9158	1/120 ct	Oysters Hama Hama Live Fresh Bushel	Packer	
9171	1/24 ct	Oysters Hood Canal 24 Ct Bag Fresh Live	Packer	BC
9151	1/120 ct	Oysters Hood Canal Live Fresh Bushel	Packer	BC
9172	1/24 ct	Oysters Kumamoto Live Fresh 24 Ct	Packer	BC
9152	1/120 ct	Oysters Kumamoto Live Fresh Bushel	Packer	BC
9173	1/24 ct	Oysters Kusshi Live Fresh 2 Dozen	Packer	BC
9153	1/60 ct	Oysters Kusshi Live Fresh 5 Dozen	Packer	
9175	1/24 ct	Oysters Marin Bay 24 Ct Fresh	Packer	BC
9155	1/120 ct	Oysters Marin Bay Bushel Fresh	Packer	BC
9174	1/24 ct	Oysters Shigoku Live Fresh 2 Dozen	Packer	BC
9154	1/60 ct	Oysters Shigoku Live Fresh 5 Dozen	Packer	

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SALMON



Item #	Pack/Size	Description	Brand	MBA
9002	1/3# avg	Salmon Fillet Atlantic D Trim 2-3 Lb 1/Cs	Packer	
9006	1/6# avg	Salmon Fillet Atlantic D Trim 2-3 Lb Skin-On PBO	Packer	
9007	1/9# avg	Salmon Fillet Atlantic D Trim 2-3 Lb Skin-On PBO 3/Cs	Packer	
9000	1/12# avg	Salmon Fillet Atlantic D Trim 2-3 Lb Skin-On PBO 4/Cs	Packer	
9001	1/30# avg	Salmon Fillet Atlantic D Trim 2-3 Lb Skin-On PBO 10/Cs	Marine Harvest	
9004	1/4# avg	Salmon Fillet Atlantic D Trim 3-4 Lb Skin-On PBO 1/Cs	Packer	
9008	1/8# avg	Salmon Fillet Atlantic D Trim 3-4 Lb Skin-On PBO 2/Cs	Packer	
9009	1/12# avg	Salmon Fillet Atlantic D Trim 3-4 Lb Skin-On PBO 3/Cs	Packer	
9005	1/12# avg	Salmon Fillet Atlantic D Trim 3-4 Lb Skin-On 4/Cs	Marine Harvest	
9003	1/30# avg	Salmon Fillet Atlantic D Trim 3-4 Lb 8/Cs	Packer	
9022	1/6# avg	Salmon Fillet Atlantic E Trim 2-3 Lb Skinless Deep Skin FLO 2/Cs	Packer	
9020	1/12# avg	Salmon Fillet Atlantic E Trim 2-3 Lb Skinless Deep Skin FLO 4/Cs	Packer	
9011	1/3# avg	Salmon Fillet Atlantic E Trim 2-3 Lb Skinless 1/Cs	Packer	
9021	1/3# avg	Salmon Fillet Atlantic E Trim 2-3 Lb Skinless Deep Skin FLO 1/Cs	Packer	
9012	1/6# avg	Salmon Fillet Atlantic E Trim 2-3 Lb Skinless 2/Cs	Packer	
9013	1/9# avg	Salmon Fillet Atlantic E Trim 2-3 Lb Skinless 3/Cs	Packer	
9010	1/12# avg	Salmon Fillet Atlantic E Trim 2-3 Lb Skinless FLI 4/Cs	Marine Harvest	
9023	1/9# avg	Salmon Fillet Atlantic E Trim 2-3 Lb Skinless Deep Skin FLO 3/Cs	Packer	
9015	1/12# avg	Salmon Fillet Atlantic E Trim 3-4 Lb Skinless FLI 4/Cs	Packer	
9016	1/4# avg	Salmon Fillet Atlantic E Trim 3-4 Lb Skinless 1/Cs	Packer	
9026	1/4# avg	Salmon Fillet Atlantic E Trim 3-4 Lb Skinless Deep Skin FLO 1/Cs	Packer	
9014	1/8# avg	Salmon Fillet Atlantic E Trim 3-4 Lb Skinless 2/Cs	Packer	
9024	1/8# avg	Salmon Fillet Atlantic E Trim 3-4 Lb Skinless Deep Skin FLO 2/Cs	Packer	
9017	1/12# avg	Salmon Fillet Atlantic E Trim 3-4 Lb Skinless 3/Cs	Packer	
9041	1/10# avg	Salmon Fillet Atlantic E Trim 3-4 Lb Skinless Deep Skin FLO 3/Cs	Packer	
9025	1/12# avg	Salmon Fillet Atlantic E Trim 3-4 Lb Skinless Deep Skin FLO 4/Cs	Packer	
9040	1/11# avg	Salmon Fillet Atlantic Norwegian Skinless PBO Fresh	Blue Circle	
9038	1/10# avg	Salmon King Fillet Skin-On PBO Fresh Wild	Packer	GA
9018	1/10# avg	Salmon King Fillet Skinless PBO Fresh 4/Cs Wild	Packer	GA
9037	1/11# avg	Salmon King Whole Head-On Gutted Fresh 11 Lb	Packer	
9561	1/4# avg	Salmon Smoked Trimmings Frozen	Packer	
9029	1/20# avg	Salmon Whole Atlantic 8-10 Lb Head-On Gutted 2/Cs Fresh	Packer	

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➤ SALMON (CONT.)



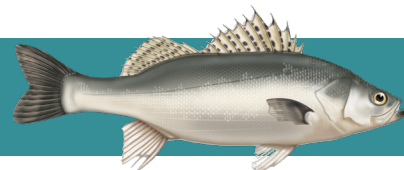
Item #	Pack/Size	Description	Brand	MBA
9032	1/50# avg	Salmon Whole Atlantic 8-10 Lb 6/Cs Fresh	Packer	
9042	1/11# avg	Salmon Whole Atlantic 10-12 Lb Head-On Guttred 1/Cs	Packer	
9030	1/22# avg	Salmon Whole Atlantic 10-12 Lb Head-On Guttred 2/Cs	Packer	
9033	1/50# avg	Salmon Whole Atlantic 10-12 Lb Head-On Guttred 5/Cs	Packer	
9035	1/26# avg	Salmon Whole Atlantic 12-14 Lb Head-On Guttred 2/Cs	Packer	
9031	1/30# avg	Salmon Whole Atlantic 14-16 Lb Head-On Guttred 2/Cs	Packer	
9034	1/60# avg	Salmon Whole Atlantic 14-16 Lb Head-On Guttred 4/Cs	Packer	

➤ SCALLOPS



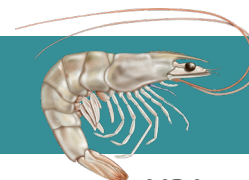
Item #	Pack/Size	Description	Brand	MBA
9197	1/5#	Scallops 10/20 Fresh Tub Chemical Free USA	Packer	GA
9193	1/5#	Scallops Bay 50-70 Ct Fresh Chemical Free	Packer	
9198	1/8#	Scallops Bay 60-80 Ct Fresh Chemical Free	Diver Select	BC
9199	1/8#	Scallops Bay 80-100 Ct Fresh Chemical Free	Diver Select	BC
9203	1/5#	Scallops U/6 Fresh Chemical Free	Packer	GA
9195	1/5#	Scallops U/10 Fresh Tub Chemical Free Wild	Packer	GA
9196	1/5#	Scallops U/12 Fresh Tub Chemical Free USA	Packer	GA

➤ SEABASS



Item #	Pack/Size	Description	Brand	MBA
9212	1/10# avg	Sea Bass Chilean Fillet Skinless Refreshed	Packer	
9210	1/10# avg	Sea Bass White Fillet S/L Hand Cut Fresh	Packer	

➤ SHRIMP



Item #	Pack/Size	Description	Brand	MBA
9205	1/4#	Shrimp U/10 White Head-On Domestic Wild	Packer	BC
9207	1/8# avg	Shrimp White 51/70 Ct Peeled Tail/Off	Laughing Bird	

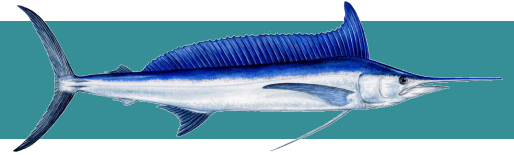
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SOLE



Item #	Pack/Size	Description	Brand	MBA
9104	1/10# avg	Rock Sole Fillet Skinless Hand Cut Fresh	Packer	GA
9103	1/10# avg	Rock Sole Fillet Skin-On Hand Cut Fresh	Packer	GA
9102	1/10# avg	Rock Sole Fillets Skinless Hand Cut Fresh	Packer	GA
9105	1/10# avg	Sand Dab Fillets Ocean Run IQF	Packer	
9114	1/5# avg	Sand Dab Trim Fresh	Packer	
9101	1/10# avg	Sole Dover Fillets 3-6 Oz Skinless Fresh	Packer	GA
9100	1/10# avg	Sole Petrale Fillet Skinless Hand Cut Fresh	Packer	GA
9106	1/10# avg	Sole Petrale Fillet Skinless Hand Cut Fresh	Packer	GA
9111	1/5# avg	Sole Petrale Fillet Skinless Hand Cut Fresh	Packer	
9107	1/10# avg	Sole Petrale Fillet Skin-On Hand Cut	Packer	GA
9113	1/10# avg	Sole Petrale Round Whole Order 1st Am	Packer	

SPEARFISH



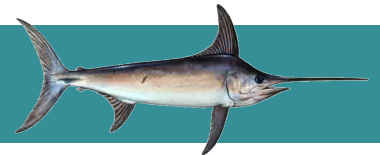
Item #	Pack/Size	Description	Brand	MBA
9053	1/15# avg	Spearfish Fillet Hawaiian Skinless Fresh	Packer	

SQUID



Item #	Pack/Size	Description	Brand	MBA
9575	1/10# avg	Squid Whole Fresh	Packer	

SWORDFISH



Item #	Pack/Size	Description	Brand	MBA
9050	1/10# avg	Swordfish Fillet Round #1 Fresh	Packer	GA

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➤ TILAPIA



Item #	Pack/Size	Description	Brand	MBA	
9211	1/10# avg	Tilapia Fillet Bl/SI Hand Cut Fresh	Packer		BC
9213	1/5# avg	Tilapia Fillet Bl/SI Hand Cut Fresh	Packer		

➤ TOBIKO



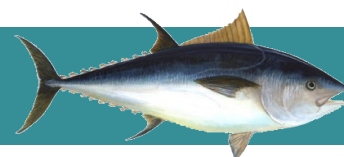
Item #	Pack/Size	Description	Brand	MBA	
9227	1/1.1#	Tobiko Caviar Black Imported Japanese	Ocean Queen		
9228	1/1.1#	Tobiko Caviar Green Imported Japanese	Ocean Queen		
9225	1/1.1#	Tobiko Caviar Orange Imported Japanese	Ocean Queen		
9226	1/1.1#	Tobiko Caviar Red Imported Japanese	Ocean Queen		

➤ TROUT



Item #	Pack/Size	Description	Brand	MBA	
9201	1/5# avg	Trout 8 Oz White Boneless Farmed Fresh	Packer		BC
9202	1/5# avg	Trout 10 Oz Boneless Farmed Fresh	Packer		BC
9204	1/5# avg	Trout Red Dressed 8 Oz Fresh	Packer		
9200	5/2# avg	Trout White Smoked Fillet Skin-On	Packer		

➤ TUNA



Item #	Pack/Size	Description	Brand	MBA	
9080	1/10# avg	Tuna Ahi Loin #1 Skin-On Bloodline-Out Fresh	Packer		GA
9086	1/10# avg	Tuna Ahi Loin #2 Skinless Center Cut	Packer		GA
9108	1/10# avg	Tuna Ahi Loin #2 Plus Skin-On Bloodline-In Fresh	Packer		GA
9085	1/15# avg	Tuna Ahi Loin #2 Plus Skin-On Bloodline-In Fresh	Packer		GA
9087	1/10# avg	Yellow Tail Jack Fillet Skin-On Hand Cut Fresh	Packer		GA

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NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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