



FRESH SEAFOOD 2021



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.

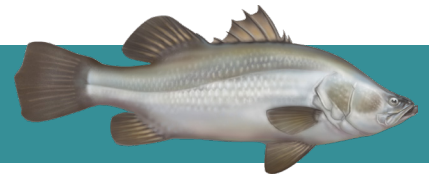


BEST CHOICE: Seafood in this category is abundant, well managed and caught or farmed in environmentally friendly ways.



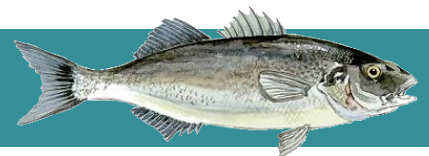
GOOD ALTERNATIVE: these items are an option, but there are some concerns with how they're caught or farmed, or with the health of their habitat due to human impacts.

➤ 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 Guttled Fresh	Packer	
9220	1/22# avg	Branzino Whole Scaled Skin-On Fillet Out	Packer	

➤ CATFISH



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

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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

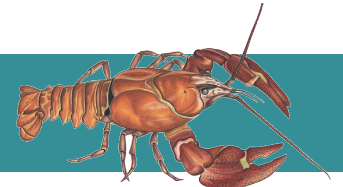
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➤ CRAB



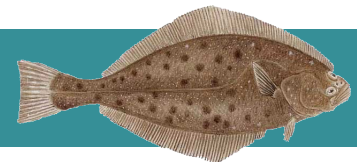
Item #	Pack/Size	Description	Brand	MBA	
9134	1/25#	Crab Dungeness Cracked & Cleaned Section/Bodies Fresh	Packer		BC
9570	1/25# avg	Crab Dungeness Frozen Whole Cooked 2 Lb/Up	Packer		
9120	1/5#	Crab Dungeness Fresh Combo Meat	Hallmark		BC
9126	10/1#	Crab Dungeness Fresh Combo Meat	Hallmark		BC
9125	1/25# 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 Gutted 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

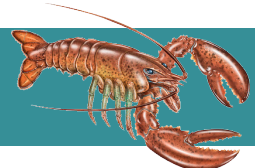
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➤ HERRING



<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 H2O	Packer	

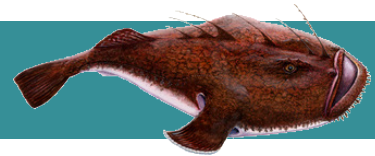
➤ MAHI-MAHI



<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

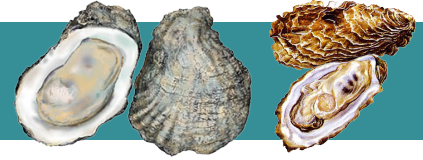
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OCTOPUS



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



<u>Item #</u>	<u>Pack/Size</u>	<u>Description</u>	<u>Brand</u>	<u>MBA</u>
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	
9018	1/10# avg	Salmon King Fillet Skinless PBO Fresh 4/Cs Wild	Packer	
9037	1/11# avg	Salmon King Whole Head-On Guttled 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 Guttled 2/Cs Fresh	Packer	



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SALMON (CONT.)



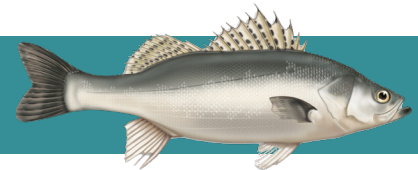
Item #	Pack/Size	Description	Brand	MBA
9032	1/50# avg	Salmon Whole Atlantic 8-10 Lb 6/Cs Fresh	Packer	
9042	1/11# avg	Salmon Whole Atlantic 10-12 Lb Head-On Guttred 1/Cs	Packer	
9030	1/22# avg	Salmon Whole Atlantic 10-12 Lb Head-On Guttred 2/Cs	Packer	
9033	1/50# avg	Salmon Whole Atlantic 10-12 Lb Head-On 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



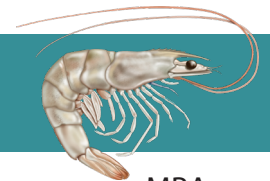
Item #	Pack/Size	Description	Brand	MBA
9197	1/5#	Scallops 10/20 Fresh Tub Chemical Free USA	Packer	GA
9193	1/5#	Scallops Bay 50-70 Ct Fresh Chemical Free	Packer	
9198	1/8#	Scallops Bay 60-80 Ct Fresh Chemical Free	Diver Select	BC
9199	1/8#	Scallops Bay 80-100 Ct Fresh Chemical Free	Diver Select	BC
9203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

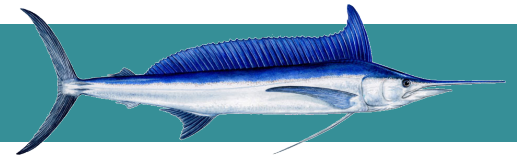
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SOLE



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



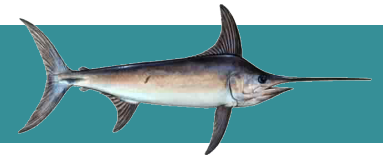
Item #	Pack/Size	Description	Brand	MBA
9053	1/15# avg	Spearfish Fillet Hawaiian Skinless Fresh	Packer	

SQUID



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

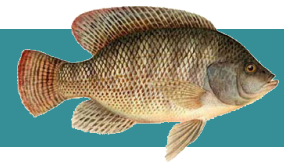
SWORDFISH



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

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➤ TILAPIA



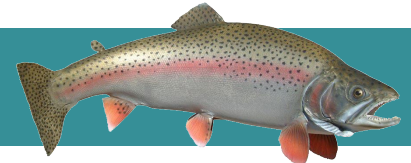
Item #	Pack/Size	Description	Brand	MBA
9211	1/10# avg	Tilapia Fillet Bl/SI Hand Cut Fresh	Packer	BC
9213	1/5# avg	Tilapia Fillet Bl/SI Hand Cut Fresh	Packer	

➤ TOBIKO



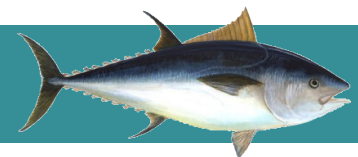
Item #	Pack/Size	Description	Brand	MBA
9227	1/1.1#	Tobiko Caviar Black Imported Japanese	Ocean Queen	
9228	1/1.1#	Tobiko Caviar Green Imported Japanese	Ocean Queen	
9225	1/1.1#	Tobiko Caviar Orange Imported Japanese	Ocean Queen	
9226	1/1.1#	Tobiko Caviar Red Imported Japanese	Ocean Queen	

➤ 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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