



Disclaimer: Due to the nature of our business, products are subject to availability and prices are subject to change. While we endeavor to keep this price list as accurate as possible, for all current pricing please contact us at 437-2498.

Fish (“Pound”)

Billfish steaks	\$27.38/kg
Swordfish steaks	\$ 29.44/kg
Sailfish steaks (skin on)	\$ 14.55/kg
Sailfish steaks (skin off)	\$23.37/kg
Tuna steaks	\$ 25.13/kg
Dolphin steaks (Bone In)	\$29.21/kg
Kingfish steaks	\$25.20/kg

Fish (Fillets/Portions)

Flying Fish (10/pack)	\$30.00/pack
Mahi Mahi Portions	\$46.22/kg
Tilapia Fillets (Inzumadia)	\$80.30/kg
Center Cut Sashimi Tuna	\$100.17/kg
Norwegian Salmon Fillets (Whole)	\$71.50/kg
Norwegian Salmon (Portions)	\$74.44/kg
Scottish Sashimi Grade Fillets (Whole)	\$94.59/kg
Snapper Fillets (6 to 8oz)	\$16.33/each
Halibut Portions (8oz)	\$ 203.35/kg
Chilean Sea Bass Portions	\$257.04/kg
Cod Fillets (UK)	\$85.19/kg
Dover Sole	\$170.38/kg



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Lancaster,
St. James



Shrimp

13-15 P&D Shrimp	\$80.32/ 2LB bag
16-20 P&D Shrimp	\$67.45/ 2LB bag
21-25 P&D Shrimp	\$60.36/ 2LB bag
26-30 P&D Shrimp	\$56.54/ 2LB bag
61-70 P&D Shrimp	\$45.20/ 2LB bag
Head on fresh water 2/4	\$113.98
Head on salt water (tiger shrimp) 2/4	\$166.85
Head on salt water (tiger shrimp) 4/6	\$149.23

Shrimp prices listed above are per 2lb package

Smoked Salmon

St. James Smokehouse, Scotland's #1 award winning smoker

D-Slice Scotch Reserve	\$31.20/ 200g
D-Slice Scotch Reserve	\$16.27/100g
D-Slice Flavoured Scotch Reserve	\$33.14/ 200 g
D-Slice Flavoured Scotch Reserve	\$17.33/ 100g
D-Sliced Scotch Reserve Gravdlax	\$17.25/130g
Nordic Choice	\$74.40/ kg
Scotch Reserve (skinless/full trim)	\$111.39/ kg
Oak Roasted (Hot Smoked)	\$111.39/ kg
Smoked Loch Trout	\$16.27/100g
Smoked Haddock	\$109.66
Kippers	\$72.85/ kg



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Frozen Sushi Items

Kani Kama (Imitation Crab Sticks)	\$42.91/ 500g
Unagi (Barbecue Eel)	\$129.02/ kg
Ebi Shrimp	\$29.38/ tray
Edamame (Soy bean pods)	\$9.40/ 454g bag
Edamame (Shelled soy beans)	\$16.32/ 454g bag
Green Seaweed Salad	\$39.44/ kg
Spicy Baby Octopus Salad	\$63.33/ kg

CAVIAR SELECTION

Beluga Huso Huso (100% Beluga) 14g	\$291.40
Beluga Huso Huso (100% Beluga) 28g	\$415.09
Osetra Amber 14g	\$90.48
Osetra Amber 28g	\$180.95
Bowfin 28g	\$28.55
American Pride Herring Roe 28g	\$16.12
Smoked Trout 28g	\$21.97
Salmon Keta 28g	\$36.44

Hors D'oeuvres

Vegetable Spring Rolls (20 per pack)	\$23.65/ pack of 20
Vegetable Gyoza (Veg. Dumpling)	\$11.37/ pack



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Crab

Pasteurized Crab Meat- Lump (1lb tub)	\$100.82/ 1 lb. tub
Pasteurized Crab Meat- Claw (1lb tub)	\$85.46/ 1 lb. tub
King Crab Legs – Split	\$176.14/ kg
Jonah Crab Claws	\$116.36/ kg
Snow Crab Cocktail Claws	\$409.75/ kg

Octopus

Baby Octopus	\$39.36/ kg
Spanish Octopus	\$56.99/ kg
2-4 Octopus	\$48.08/ kg
Local Octopus (Sea Cat)	\$30.87/kg

Squid

3-5/5-8 Tubes and Tentacles	\$60.21/ kg
5-8 Tubes Only	\$65.27/ kg
U10 Tubes Only	\$37.56/ kg
Breaded Squid Rings	\$22.15/ 454g pack
Squid Ink	\$143.35/ 500ml bottle

Mussels, Clams & Oysters

Frozen Black Mussels	\$11.52/ 454g pack
Frozen Clams	\$16.16/ 454g pack



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Scallops

Baby (60-80) Scallops	\$51.81/kg
U10 Diver Scallops	\$250.94/kg

Seafood

Conch Meat (Market Availability)	\$44.09/ kg
Seafood Mix	\$28.49/ 454g pack
Local Lobster Tails	\$145.00/ kg
Maine Lobster Claw and Knuckle Meat	\$233.13/ kg

Beef

USDA (Choice and Prime)

4oz CAB Beef Burgers (4 patties)	\$12.42/ pack of 4
6oz CAB Beef Burger Patties (4 patties)	\$28.28 /pack of 4
Waygu 8oz burgers	\$29.02/pack of 4
Waygu ground beef	\$62.86
6oz End Cut Striploin	\$14.48/ each
8oz End Cut Striploin	\$19.54/ each
10oz Ribeye (Prime)	\$ 137.48/ kg
Ribeye Roast	\$122.20/ kg
T Bone/Porter House	\$ 152.32/ kg
Whole Tenderloin	\$126.48/ kg



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Beef cont'd

Certified Angus

Ground Beef	\$29.25/ kg
7oz Tenderloin Steaks	\$453.67/ kg
22oz Bone in Ribeye	\$ 208.29/ kg

Veal

Veal Chop (bone in)	\$254.33/ kg
Veal Cutlets	\$122.35/ kg
Veal Racks	\$206.21

Lamb

New Zealand Frenched Lamb Rack	\$96.50/ kg
US Frenched Lamb Rack	\$145.41/ kg
New Zealand Bone in Lamb Leg	\$29.21/kg
New Zealand Boneless Lamb Leg	\$40.95/kg
New Zealand Lamb Shank	\$29.90/ kg

Poultry

Maple Leaf Duck Breast	\$171.84/ kg
Local Duck breast	\$86.00/kg
Local Duck legs	\$68.80/kg
Duck Confit	\$34.33/kg



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Grocery Items

Oils/Vinegars

Roland Extra Virgin Oil	\$23.86/bottle
Roland Pure Sesame Oil 500ml	\$16.25/bottle
Roland Pure Grapeseed Oil	\$26.91/bottle
Roland Garlic Infused Oil	\$15.23/bottle
Roland Ginger Infused Oil	\$16.86/bottle
Japanese Sesame Oil	\$11.16/bottle
Roland Balsamic Tamarind Glaze 380ml	\$27.00/bottle
Roland Balsamic Tamarind Glaze 150ml	\$16.04/bottle

Dececco Italian Pastas

Penne	\$7.48/ 500g pack
Fettucelle	\$6.43/ 500g pack
Fusilli	\$5.63/ 500g pack
Spaghetti	\$9.37/ 500g pack
Linguine	\$6.22/ 500g pack

Grains

White Quinoa	\$14.28/ pack
Red Andean Quinoa	\$19.15/ pack
Tri Colour Quinoa	\$17.75/ pack
Couscous	\$ 9.34/ pack

Miscellaneous

Sushi Rice (1lb bag)	\$15.00/ 1lb. bag
Sushi Vinegar	\$25.66/ 16oz
Pink Ginger	\$ 14.00/ lbs
Coconut Milk 17% (CHAOKOH)	\$ 6.70/ each
Coconut Milk 17% (AROY-D)	\$11.46/ each



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Coconut Milk UHT (AROY-D)	\$ 17.06/ each
Aroy D Curry Paste-Green/Red/Yellow	\$ 27.00/ each
Aroy D Fish Sauce	\$ 9.40/ each
Tempura Flour Crispy	\$7.05/ 500g
Vermicelli Bean Noodles	\$ 2.60/ pack
Panko Flakes 300g	\$ 9.64/ pack
Roland Rogan Josh Mild curry braising sauce	\$17.18/bottle
Sweet Chilli Sauce (920g)	\$10.00/920g bottle
Lionel's BBQ Sauces	\$8.20/ bottle
Lionel's Pepper Sauces	\$6.20/bottle
Old Duppy pepper Sauce	\$11.75/ bottle
Old Duppy BBQ Sauce	\$24.00/bottle
Premium Seafood Seasoning	\$9.45/ bottle
"That's my Jam" Pepper Jelly	\$16.90/bottle
"That's my Jam" Strawberry Lemonade	\$16.90/bottle
"That's my Jam" Spied Cranberry Orange	\$19.50/bottle
"That's my Jam" Apple Pie Jam	\$16.90/bottle
"That's my Jam" Garlic Rosemary Jelly	\$16.90/bottle
"That's my Jam" Sorrel Jam	\$19.90/bottle
"That's my Jam" Corn Relish	\$20.80/bottle
"That's my Jam" Christmas Berry Jam	\$20.80/bottle
Flourish Kale Pesto	\$28.21/bottle
Flourish Classic Chive Vingegrette	\$22.62/bottle
Flourish Aioli	\$13.52/bottle
M&H Choice Basil Garlic Paste	\$9.10/bottle
M&H Choice Lemon Ginger Paste	\$9.10/bottle
Priva Culinary Tamarind Chilli Dressing	\$16.00/bottle
Priva Culinary Tumeric Herb Dressing	\$16.00/bottle
Priva Culinary Chilli Garlic Dressing	\$16.00/bottle



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