



Fish ("Pound")

Billfish steaks	\$ 19.62/kg
Swordfish steaks	\$ 26.78/kg
Sailfish steaks (skin on)	\$ 13.23/kg
Sailfish steaks (skin off)	\$ 17.63/kg
Tuna steaks	\$ 20.94/kg

Fish (Fillets/Portions)

Flying Fish (10/pack)	\$ 25.00/pack
Mahi Mahi Portions	\$ 30.94/kg
Kingfish Portions	\$ 30.05/kg
Tilapia Fillets	\$ 25.90/kg
Cod Fillets	\$ 65.41/kg
Center Cut Sashimi Tuna	\$ 63.73/kg
Norwegian Salmon Fillets (Whole)	\$ 63.20/kg
Norwegian Salmon (Portions)	\$ 65.80/kg
Scottish Sashimi Grade Fillets (Whole)	\$ 85.48/kg
Snapper Fillets (4 to 6oz)	\$ 11.37/each
Grouper Fillets (4 to 6oz)	\$ 9.50/each
Halibut Portions (8oz)	\$ 203.35/kg
Chilean Sea Bass Portions	\$ 152.68/kg
Dover Sole	\$ 131.08/kg
Icelandic Cod Fillets	\$ 71.23/kg



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Lancaster,
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Shrimp

13-15 P&D Shrimp	\$ 67.45/ 2LB bag
16-20 P&D Shrimp	\$ 59.46/ 2LB bag
21-25 P&D Shrimp	\$ 49.59/ 2LB bag
26-30 P&D Shrimp	\$ 44.89/ 2LB bag
61-70 P&D Shrimp	\$ 38.31/ 2LB bag

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/ 200 g
D-Slice Flavoured Scotch Reserve	\$ 33.14/ 200 g
Nordic Choice	\$ 69.94/ kg
Scotch Reserve (skinless/full trim)	\$ 111.39/ kg
Oak Roasted (Hot Smoked)	\$ 111.39/ kg
Kippers	\$ 54.17/ kg

Frozen Sushi Items

Kani Kama (Imitation Crab Sticks)	\$ 29.50/ 500g
Unagi (Barbecue Eel)	\$ 122.79/ kg
Ebi Shrimp	\$ 29.38/ tray
Edamame (Soy bean pods)	\$ 9.40/ 454g bag
Edamame (Shelled soy beans)	\$ 10.99/ 454g bag
Green Seaweed Salad	\$ 32.56/ kg
Squid and Mountain Vegetable	\$ 53.90/ kg
Spicy Baby Octopus Salad	\$ 63.05/ kg



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Hors D'oeuvres

Vegetable Spring Rolls (20 per pack)	\$ 18.80/ pack of 20
Sesame Balls (Plum sauce filled)	\$ 10.36/ pack
Vegetable Gyoza (Veg. Dumpling)	\$ 11.37/ pack

Crab

Pasteurized Crab Meat- Lump (1lb tub)	\$ 48.18/ 1 lb. tub
Pasteurized Crab Meat- Claw (1lb tub)	\$ 29.38/ 1 lb. tub
Deep Sea King Crab Meat	\$ 125.66/ kg
King Crab Legs – Split	\$ 149.91/ kg
Jonah Crab Claws	\$ 58.02/ kg
Snow Crab Cocktail Claws	\$ 243.50/ kg

Octopus

Baby Octopus	\$ 36.79/ kg
Spanish Octopus	\$ 56.99/ kg
2-4 Octopus	\$ 36.92/ kg

Squid

3-5/5-8 Tubes and Tentacles	\$ 41.27/ kg
5-8 Tubes Only	\$ 46.96/ kg
U10 Tubes Only	\$ 30.56/ kg
Breaded Squid Rings	\$ 19.27/ 454g pack
Squid Ink	\$ 143.55/ 500ml bottle



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Mussels, Clams & Oysters

Frozen Black Mussels	\$ 10.75/ 454g pack
Frozen Clams	\$ 10.75/ 454g pack

Scallops

Baby (60-80) Scallops	\$ 51.80/ kg
U10 Dry Scallops	\$ 126.92/ kg
U10 Soaked Scallops	\$ 101.62/ kg

Seafood

Conch Meat	\$ 44.09/ kg
Seafood Mix	\$ 12.93/ 454g pack
Caribbean Lobster Tails	\$ 155.42/ kg
Maine Lobster Claw and Knuckle Meat	\$ 233.13/ kg

Beef

USDA (Choice and Prime)

4oz Beef Burgers (4 patties)	\$ 12.42/ pack of 4
6oz End Cut Striploin	\$ 12.25/ each
8oz End Cut Striploin	\$ 15.30/ each
10oz Ribeye (Prime)	\$ 130.86/ kg
Ribeye Roast	\$ 71.23/ kg
T Bone/Porter House	\$ 152.32/ kg
Whole Tenderloin	\$ 117.65/ kg



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Beef cont'd

Certified Angus

Ground Beef	\$ 26.43/ kg
7oz Tenderloin Steaks	\$ 336.81/ kg
7oz Tenderloin (Prime)	\$ 389.98/kg
22oz Bone in Ribeye	\$ 208.29/ kg

Veal

Veal Chops	\$ 224.72/ kg
Veal Cutlets	\$ 124.85/ kg

Lamb

New Zealand Frenched Lamb Rack	\$ 88.48/ kg
US Frenched Lamb Rack	\$ 123.75/ kg
New Zealand Bone in Lamb Leg	\$ 29.21/kg
New Zealand Boneless Lamb Leg	\$ 37.43/kg
New Zealand Lamb Shank	\$ 25.26/ kg

Poultry

Maple Leaf Duck Breast	\$ 104.44/ kg
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Grocery Items

Oils/Vinegars

Di Augusto Extra Virgin Olive Oil	\$ 32.90/ bottle
Di Augusto Chilli Oil	\$ 34.66/ bottle
Di Augusto Balsamic Vinegar	\$ 32.55/ bottle



Grocery Items

Dececco Italian Pastas

Penne	\$ 5.80/ 500g pack
Fetucelle	\$ 4.64/ 500g pack
Fusilli	\$ 4.68/ 500g pack
Spaghetti	\$ 7.74/ 500g pack
Linguine	\$ 4.64/ 500g pack

Grains

White Quinoa	\$ 14.28/ pack
Red Andean Quinoa	\$ 19.15/ pack
Tri Colour Quinoa	\$ 17.50/ pack
Cous Cous	\$ 9.35/ pack

Miscellaneous

Sushi Rice (1lb bag)	\$ 14.00/ 1lb. bag
Sushi Vinegar	\$ 19.15/ 16 oz
Pink Ginger	\$ 16.45/ lb
Coconut Milk 17% (CHAOKOH)	\$ 6.70/ each
Coconut Milk 17% (AROY-D)	\$ 6.70/ each
Coconut Milk UHT (AROY-D)	\$ 10.00/ each
Aroy D Curry Paste-Green/Red/Yellow	\$ 25.00/ each
Aroy D Fish Sauce	\$ 9.40/ each
Tempura Flour Crispy	\$ 8.28/ 500g
Vermicelli Bean Noodles	\$ 2.00/ pack
Tamarind Paste (BLOCK) (500g)	\$ 9.99/ 500g block
Panko Flakes	\$ 5.88/ pack
Patak's Vindaloo Spice Paste	\$ 15.20/ bottle
Patak's Tikka Spice Paste	\$ 15.20/ bottle
Patak's Tandoori Spice Marinade	\$ 15.20/ bottle





Grocery Items

Miscellaneous cont'd

Sweet Chilli Sauce (920g)	\$ 10.00/920g bottle
Lionel's BBQ Sauces	\$ 8.46/ bottle
Lionel's Pepper Sauces	\$ 7.28/ bottle
Premium Seafood Seasoning	\$ 7.00/ bottle



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