



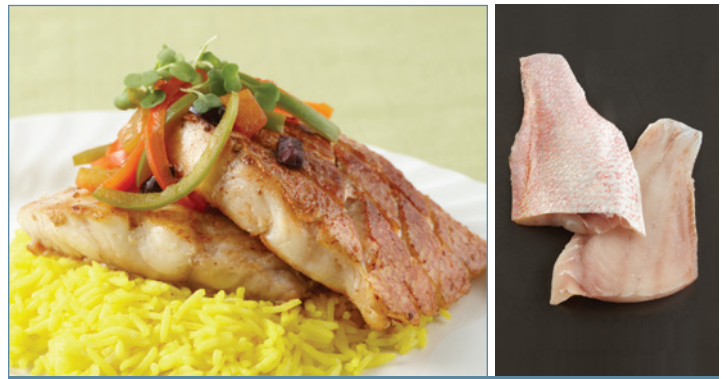
**OceanJewel**<sup>TM</sup>

## Caught in the wild!

Ocean Jewel's Grouper and Snapper portions are wild-caught in their natural habitat in open waters off the shores of Thailand. Both are extremely versatile fish to work with, lending themselves to many different cooking methods, making them popular choices for chefs and diners.



Ponzu Glazed Grouper with Steamed Black and White Chinese Rice



Smoky Spanish-Style Snapper With Rice

## Grouper

*Grouper is a versatile fish popular with chefs and diners. It has an appealing texture, large flakes and a mild, sweet taste. Although grouper can be cooked many different ways, it is ideal for grilling because it holds moisture better than most lean fish. Grouper is often blackened and served in a sandwich. It's also an excellent fish for making soups and chowders.*

Features	Benefits
<ul style="list-style-type: none"> <li>• Wild-caught</li> </ul>	<ul style="list-style-type: none"> <li>• Many people prefer the taste and texture.</li> <li>• Fish live in open water and eat a natural diet; less exposure to antibiotics.</li> </ul>
<ul style="list-style-type: none"> <li>• Boneless, skinless portions</li> </ul>	<ul style="list-style-type: none"> <li>• Less prep required - labour savings</li> </ul>
<ul style="list-style-type: none"> <li>• Variety of portion sizes available</li> </ul>	<ul style="list-style-type: none"> <li>• Control portion sizes and manage costs</li> </ul>
<ul style="list-style-type: none"> <li>• Individually wrapped portions</li> </ul>	<ul style="list-style-type: none"> <li>• Defrost only what you need - reduce waste</li> </ul>
<ul style="list-style-type: none"> <li>• Mild taste with appealing texture</li> </ul>	<ul style="list-style-type: none"> <li>• Broad customer appeal</li> </ul>

## Snapper

*Snapper can be prepared in a variety of ways, making it a staple in many restaurants. It is a succulent fish, sweet in taste and delicate in texture. Whether seasoned and dressed, or simply prepared to allow the natural flavour to come through, snapper is always a popular choice for diners. Serve with the skin on for an impressive and flavourful dish.*

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<ul style="list-style-type: none"> <li>• Individually wrapped portions</li> </ul>	<ul style="list-style-type: none"> <li>• Defrost only what you need - reduce waste</li> </ul>
<ul style="list-style-type: none"> <li>• Naturally sweet taste; milder flavour than other fish</li> </ul>	<ul style="list-style-type: none"> <li>• Popular choice for diners; great for those who aren't familiar with eating fish.</li> </ul>
<ul style="list-style-type: none"> <li>• Skin-on</li> </ul>	<ul style="list-style-type: none"> <li>• Skin is flavourful and enhances plate presentation.</li> </ul>

PRODUCT	SIZE	CODE	PACK	NET WEIGHT	SCC CODE	Nutrition Facts Per 100 g				
							GROUPER	SNAPPER		
<b>Grouper Portion:</b> boneless, skinless, individually wrapped portions	4-6 oz	SF03139	1 x 10 lb	10 lb	20059371781951	Amount	% Daily Value	Amount	% Daily Value	
	6-8 oz	SF00209	1 x 10 lb	10 lb	20059371407073	<b>Calories</b>	90	100		
	8-12 oz	SF00210	1 x 10 lb	10 lb	20059371776261	<b>Fat</b>	1 g	1 %	1.5 g	2 %
<b>Snapper Portion:</b> skin-on, boned, individually wrapped portions	6-8 oz	SF03164	1 x 10 lb	10 lb	20059371782309	Saturated + Trans	0.2 g 0 g	1 %	0.3 g 0 g	2 %
						<b>Cholesterol</b>	35 mg		35 mg	
						<b>Sodium</b>	55 mg	2 %	65 mg	3 %
						<b>Carbohydrate</b>	0 g	0 %	0 g	0 %
						Fibre	0 g	0 %	0 g	0 %
						Sugars	0 g		0 g	
						<b>Protein</b>	19 g		21 g	
						Vitamin A		4 %		4 %
						Vitamin C		0 %		2 %
						Calcium		2 %		2 %
					Iron		6 %		2 %	

For recipe ideas visit [www.oceanjewelseafood.com](http://www.oceanjewelseafood.com)

For further product information call 1-800-387-2200 or email us at [info@oceanjewelseafood.com](mailto:info@oceanjewelseafood.com)

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