



Product:

WHOLE LOBSTER

INDIV. WRAPPED, WHOLE ROUND, FROZEN AT SEA

AKA/ Species: Spiny Lobster, Warm Water & Caribbean Lobster / Panulirus argus
Form: Frozen, Whole Lobsters
Origin: Honduras, Jamaica
Allergens: Contains Shellfish / Crustaceans
Ingredients: Lobster, Bisulfite (Preservative 80-100ppm)
Method of Capture: Traps/ Wild Caught
Processed: Processed Live, Flash Frozen at Source
Flavor Graph: Mild **Medium** Full Flavored
Texture Graph: Delicate Medium **Firm**
Suggested Cooking Methods: **Baking Broiling Ceviche** Flat Top **Frying Grilling** Sashimi **Sautee Soups**
Seasonality: **Jan Feb** Mar Apr May Jun **Jul Aug Sep Oct Nov Dec**
Storage: Keep Frozen at -18C or Colder **Shelf Life (frozen):** 24 months
Thawing Instructions: Remove from bag and thaw under refrigeration for 4-6 hours or place under running water until thawed.
Thawed Storing Tips: Keep Refrigerated, use within 24 hours for best results.
Pack: Individually Wrapped, 22lb Corrugated Case, Double Strapped
Box Dimensions: L 16.6" x W 24.6" H 4.55" **Ti x Hi:** 7x7

**FROZEN AT SEA.
FISHERY IMPROVEMENT
PROJECT IN PLACE.**



THE GLOBAL LANGUAGE OF BUSINESS



American Culinary Federation
The Standard of Excellence for Chefs

Item Number	Size Grams	Avg. Units per 22lb Case	Master GTIN 14	Master UPC
102303	300-350g	29	10850037285102	850037285105
102041	350-400g	26	10850000077994	850000077997
101460	400-460g	23	10850636007938	850636007931
101462	460-520g	20	10850636007945	850636007948
101463	520-575g	18	10850636007952	850636007955
101461	575-630g	16	10850636007969	850636007962
101464	630-690g	15	10850636007976	850636007979
101465	690-785g	13	10850636007983	850636007986
101169	785-900g	12	10850636007990	850636007993
101466	900-1200g	9	10850636007303	850636007306
100916	1200-1350g	8	10850636007211	850636007214
101293	1350-1500g	7	10857907007000	857907007003
101467	1500-2000g	6	10857907007017	857907007010

Nutrition Facts	
Serving size	(113g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 450mg	20%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 0mg	0%
Potassium 282mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.