

East Coast Lobster Product List			
Product	Price	Product	Price
Chicken Products		Smoked Fish	
Chicken Finger Bag (2kg)	\$31.99 each	Sockeye Salmon 500g	\$55.99 per pack
Chicken Finger Box (4kg)	\$62.99 each	Mackerel 170g	\$6.99 per pack
Chicken Wings (4kg)	\$62.99 case	Nanuk coho 300g	\$27.99 per pack
Chicken Breast (4kg)	\$62.99 case	Nanuk coho 140g	\$13.99 per pack
Chicken Broccoli	\$2.99 each	Raw Shrimp	
Chicken Kiev	\$2.99 each	26-30 Peeled Deveined Tail on	\$27.99 2LB bag
Chicken Swiss	\$2.99 each	21-25 Peeled Deveined Tail on	\$29.99 2LB bag
Chicken Apple and Brie	\$4.29 each	16-20 Peeled Deveined Tail on	\$32.99 2LB bag
Breaded Fish		13-15 Peeled Deveined Tail on	\$36.99 2LB bag
Potato Crusted Cod	\$14.99 per LB	8-12 Jumbo Peeled Deveined Tail on	\$42.99 2LB bag
Almond Crusted Sole	\$14.99 per LB	Black Tiger Head On Shrimp (16/20)	\$16.99 1LB pack
Breaded Shrimp		Argentinean Shrimp (16/20)	\$29.99 800g bag
ECL Breaded Shrimp (2.5 LB)	\$32.99 per box	13-15 Herb & Garlic EZ Peel	\$39.99 2LB bag
Coconut shrimp (2LB)	\$29.99 per box	Frozen Shellfish	
Tempura Shrimp (600g)	\$13.99 per bag	Mussels (1LB)	\$8.99 per bag
Oven Popcorn Shrimp (680g)	\$12.99 per bag	Mussels (2LB)	\$13.99 per bag
Oven Crunchy Shrimp (680g)	\$12.99 per bag	Pasta Clams (1LB)	\$5.99 per bag
Frozen Tuna		Frozen Appetizers	
Tuna Saku Block (8oz)	\$24.99 per LB	Bacon Wrapped Scallops (1LB)	\$23.99 bag
Tuna Poke (1 LB)	\$19.99 each	Coquille St Jaques (160g)	\$5.99 each
Tuna Steak (6oz)	\$7.99 each	Crab Au Gratin (113g)	\$6.99 each
Seared Tuna slice packs	\$5.99 each	Crab Cakes (80g)	\$2.99 each
Crab Meat		Dynamite Calamari (1LB)	\$9.99 per bag
Jonah Crab Meat (1LB)	\$23.99 each	Salt & Pepper Calamari (1LB)	\$9.99 per bag
Cooked Crab Meat (1LB)	\$33.99 each	Clam Strips (100g)	\$4.99 per bag
Crab Claw cooked (1LB)	\$17.99 each	Crab Sticks (600g)	\$7.99 per pack
Octopus/Squid		Escargot Tray (12 per tray)	\$9.99 per pack
Squid Tubes	\$12.99 per LB		
Baby Octopus (2LB) bag	\$10.99 per LB	Frozen Salmon	
Octopus medium (1-2 KG)	\$13.99 per LB	Atlantic Salmon fillet (random)	\$14.99 per LB
Octopus large (2-3 KG)	\$13.99 per LB	Sockeye Salmon (1LB approx)	\$19.99 per LB
Salted Cod		Maple BBQ Salmon (1LB approx)	\$26.99 per LB
Salt Cod (Bone-In)	\$15.99 per LB	Wine & Herb Salmon (1LB approx)	\$26.99 per LB
Salt Cod (Bone-Out)	\$16.99 per LB	Scallops	
Crab Legs		10/20 Sea Scallops (jumbo)	\$32.99 per LB
King Crab	\$59.99 per LB	Bay Scallops (baby)	\$15.99 per LB
Jumbo King Crab	\$79.99 per LB	Frozen Fish	
Snow Crab	\$22.99 per LB	Pickrel (2-4 fillets per pack)	\$19.99 per LB
Lobster		Pacific Cod (4 oz loin)	\$12.99 per LB
4oz Canadian Tails	\$3.40 per oz	Pacific Haddock (4oz loin)	\$12.99 per LB
6-7 oz Canadian Tails	\$3.40 per oz	Baramundi (6-8oz)	\$15.99 per LB
6oz Carribean Tails	\$3.26 per oz	Snapper (6-8oz)	\$10.99 per LB
9oz Carribean Tails	\$3.26 per oz	Orange Roughy (6-8oz)	\$16.99 per LB
16-20oz Carribean Tails	\$3.26 per oz	Black Cod (6oz)	\$15.99/Pack

Canned Lobster 11.3 oz	\$ 33.99/Can	Mahi Mahi (6oz)	\$17.99 per LB
Shelless lobster tails	\$3.12 per oz	Halibut fillet (random weight)	\$32.99 per LB