

East Coast Lobster Product List			
Product	Price	Product	Price
Chicken Products		Smoked Fish	
Chicken Finger Bag (1kg)	\$18.99 each	Smoked Coho Salmon (140g)	\$14.99 each
Chicken Finger Case (4kg)	\$68.99 each	Smoked Steelhead (70g)	\$7.99 each
Chicken Breast (4kg)	\$68.99 case	Smoked Mackerel (170g)	\$6.99 each
Chicken Brie & Apple	\$5.99 each	Smoked Kippers (Herring) (200g)	\$9.99 each
Chicken Kiev	\$3.99 each	Smoked Coho Salmon (454g)	\$32.99 each
Chicken Swiss	\$3.99 each		
Chicken Broccoli & Cheddar	\$3.99 each		
Breaded Fish		Raw Shrimp	
Breaded Haddock Fillets	\$16.99 per LB	26-30 Peeled Deveined Tail off	\$27.99 2LB bag
Gluten Free Breaded Haddock	\$19.99 per box		
Potato Crusted Cod	\$16.99 per LB	21-25 Peeled Deveined Tail on	\$29.99 2LB bag
Almond Crusted Sole	\$16.99 per LB	16-20 Peeled Deveined Tail on	\$32.99 2LB bag
Tortilla Tilapia	\$16.99 per LB	13-15 Peeled Deveined Tail on	\$36.99 2LB bag
Cod Nuggets	\$14.99 per LB	8-12 Jumbo Peeled Deveined Tail on	\$42.99 2LB bag
		Wild Argentinean EZ Peel (13-15)	\$39.99 2LB bag
Crab Legs		Cooked 21/25 PDO	
Jonah Crab Claw (1LB)	\$24.99 per bag	Cooked 31/40 PDO	\$29.99 2LB bag
Jumbo King Crab (6-9ct)	\$135.00 per LB	Salad Shrimp 1/2lb vac pack	\$7.99 each
Red King Crab (20/24 ct)	\$80.00 per LB		
Snow Crab Poppers (1LB)	\$60.00 per bag		
Snow Crab	\$36.00 per LB		
		Scallops	
		U10 Scallops (1LB Portions)	\$39.99 each
Breaded Shrimp		10/20 Scallops (1LB portions)	
Coconut shrimp (2LB)	\$29.99 per box	Scallop Medallions (1LB portions)	\$24.99 each
Tempura Shrimp (600g)	\$14.99 per bag	Bay Scallops (baby) 1/2LB vac pack	\$7.99 each
Oven Ready Butterfly Shrimp	\$11.99 per bag		
Oven Ready Coconut Shrimp	\$11.99 per bag		
Brd Butterfly Shrimp (2LB)	\$29.99 per bag	Frozen Shellfish	
ECL Round Shrimp (2LB)	\$32.99 per box	New Zealand Mussels Half Shell (2lb)	\$19.99 each
ECL Coconut Shrimp (2LB)	\$32.99 per box	Mussels (1LB)	\$6.99 per bag
		Pasta Clams (1LB)	\$6.99 per bag
Frozen Tuna		Stock	
Tuna Saku Block (10oz)	\$14.99 each	Fish stock (8oz)	\$9.00 each
Tuna Poke (1 LB)	\$21.99 each	Lobster Stock (4oz)	\$4.00 each
Tuna Steak (6oz)	\$8.99 each		
Crab Meat		Frozen Appetizers	
Jonah Crab Meat (1LB)	\$23.99 each	Bacon Wrapped Scallops (1LB)	\$29.99 each
Crab Claw Meat Tub (1/2LB)	\$16.99 each	ECL Seafood Pot Pies	\$12.00 each
Crab Claw Lump Meat (1LB)	\$36.99 each	ECL Fish Cakes (6 pack)	\$9.99 each
Snow Crab Claw Popper (1LB)	\$60.00 each	Crab Cakes (80g)	\$3.79 each
Crab Dip made in house	\$15.00 each	Clam Strips (100g)	\$4.99 per bag
Crabster Dip made in house	\$18.00 each	Seafood au Gratin	\$13.00 each
		Crab Sticks (600g)	\$9.99 per pack

Octopus/Squid		Salt & Pepper Calamari (2LB)	\$29.99 each
Squid Tubes	\$12.99 per LB	Lightly Dusted Calamari (2.5LB)	\$35.99 each
Squid Rings Tentacles	\$14.99 per LB	Escargot Tray (12 per)	\$10.99 each
Baby Octopus (1LB bag)	\$14.99 per LB	Lobster Cakes (80g)	\$5.79 each
Octopus medium (1-2 KG)	\$14.99 per LB		
Octopus large (2-3 KG)	\$14.99 per LB	Frozen Salmon	
		Atlantic Salmon fillet (random)	\$15.99 per LB
Salted Cod		Sockeye Salmon (1LB approx)	\$24.99 per LB
Salt Cod (Bone-Out)	\$17.99 per LB	Salmon Spinach Feta Pinwheels (5oz)	\$8.00 each
Salt Cod (Bone-In)	\$15.99 per LB	Maple BBQ Salmon (1LB approx)	\$24.99 per LB
		Mediterranean Salmon (1LB approx)	\$24.99 per LB
		Candied Salmon (1LB per)	\$33.99 per pack
Lobster		Smoked Peppered Salmon	\$29.99 per LB
10-12oz Carribean Tails	\$3.50 per oz	Salmon Burgers 2 pack	\$15.00 each
6oz Carribean Tails	\$3.50 per oz		
Canadian Lobster Meat (6oz)	\$34.99 per pack		
4-5oz Canadian Tails	\$3.75 per oz	Frozen Fish	
6-7oz Canadian Tails	\$3.75 per oz	Wahoo (4oz loin)	\$18.99 per LB
		Pacific Cod (4oz loins)	\$14.99 per LB
		Pacific Haddock (5oz loin)	\$14.99 per LB
Other Frozen Fish		Barramundi (6oz fillet)	\$18.99 per LB
Rainbow Trout	\$14.99 per LB	Swordfish (6oz)	\$16.99 per LB
Arctic Char	\$18.99 per LB	Snapper (6-8oz)	\$10.99 per LB
Pickrel	\$20.99 per LB	Black Cod (6oz)	\$13.99 each
		Mahi Mahi (6oz)	\$18.99 per LB
		Halibut (10-16oz)	\$39.99 per LB
		Grouper (8oz)	\$18.88 per LB