

PRODUCT LINE

# Seafood



**HARVEST SHERWOOD**  
FOOD DISTRIBUTORS









# SHRIMP

Choose shrimp not by size but instead by the count. Shrimp is catalogued by the count and number of pieces that equal a pound (lb). Smaller numbers refer to larger shrimp, for example: 16/20, it takes 20 shrimp to equal one lb. But in the case of 21/30 it takes 30 shrimp to equal one lb. In the case of U/10, it takes under 10 each of shrimp to equal one pound.

## Raw

### Cuts

EZ Peel

P&D (Peeled & Deveined)

HSLO (Headless Shell On)

Head On



## Raw

### Cuts

Cocktail Shrimp (larger Sizes) Tail On

Salad Shrimp (Tail Off)

Tail On

Tail Off



**Ask your Sales Account Manager for details.**





# WHOLE FISH

Fish are the fruit of the sea! Seafood fans everywhere appreciate the wide variety of textures, flavors and even colors that fish provide. Each species has its own traits, whether the meat is flaky, firm, or even rivals the texture of steak! Packed in several different ways, choose the style that works best. Perfect for grilling whole, pan frying portions, baking with skin on or making stew on a chilly day. We offer everything shown in the catalogue AND MORE! If you don't see what you're looking for, please don't hesitate to ask. We are here to delight you, our customer!

## Whole GGS

Gilled, Gutted, Scaled

## Cuts

- |              |                |
|--------------|----------------|
| Red Snapper  | Golden Pompano |
| Lane Snapper | Blue Runners   |
| Tilapia      | Kingfish       |



Ask your Sales Account Manager for details.



## Whole H&G

Headed & Gutted



## Cuts

Whiting

Croakers

Catfish

## Fin Fish-Filets



## Cuts

Salmon

Perch

Grouper

Tilapia

Flounder

Snapper

Swai

Cod

Mahi

Whiting

Haddock

Corvina



## Fin Fish-Steaks & Portions



## Cuts

Tuna

Mahi

Swordfish

Salmon

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# LOBSTER

A popular and delicious shellfish enjoyed around the world! Lobster shells come in several colors and the water temperature they live in creates variety in the flavor. The 'meat' has a satisfying texture and comes in sizes for every appetite. To enjoy the unique Lobster experience, get ready to crack the shell and enjoy!

### Tails



### Cuts

- Cold Water Tails
- Warm Water Tails
- Whole Cooked
- Claw & Arms



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# CRAB

Considered a delicacy by food lovers everywhere! Choose our ready-to-eat Crab Claw or Lump meat in cans or cups to make crab cakes, crab rolls, crab salad, cioppino and many more tasty dishes. Crack open crab legs, whole King Crab or Snow Crab to reveal the sweet treat inside!

## Crab

### Cuts

Snow Crab

King Crab



## Crabmeat

Pasteurized

### Cuts

Claw

Lump



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# MOLLUSCAN

Shellfish are versatile and beautiful on any plate. Oysters are prized for their delicate flavors whether eaten raw, in spicy Paella or on the grill. Mussels and Clams pair beautifully with pasta, and Conch makes a zesty salad or pairs with Octopus in Ceviche. Served raw or cooked Shellfish are legendary crowd pleasers!

## Shellfish

## Cuts

- Clams
- Mussels
- Oysters
- Scallops
- Conch



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## Squid



### Cuts

Squid Whole

Squid Tubes

Squid Tentacles

Squid Rings

## Octopus



### Cuts

Octopus, Whole

## Miscellaneous Seafood



### Cuts

Surimi

Alaskan Snow Leg Surimi

Seafood Mix

Premium Seafood Mix

Salted Pollock

Salted Cod

Pickled Mackerel

Smoked Herring

Breaded Oysters

Breaded Shrimp

### Form

Imitation Crab Meat – Flakes, Sticks, Shreds

Other species available upon request.



**Ask your Sales Account Manager for details.**















## BRANCHES

### East Division

Atlanta GA  
404-348-0001

Cleveland OH  
216-662-8000

Detroit MI  
313-659-7300

Miami FL  
305-687-0000

Orlando FL  
407-296-0818

### West Division

Western Box OR (Portland)  
503-284-3314  
800-547-9801

San Francisco CA (Newark)  
510-790-1915  
866-318-6328

San Diego CA  
619-477-0185  
800-653-2333

Los Angeles CA  
323-587-2383  
800-372-6581

Phoenix AZ  
623-936-0020  
800-883-6328

Salt Lake City UT  
801-972-4114

Denver CO  
720-857-2380  
800-306-6328

Kansas City KS  
913-371-2333  
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