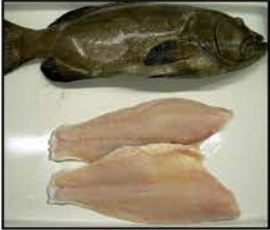




seafood features

week of
May 14-18, 2018



Atlantic Black Grouper Fillets, skinless, boneless

Black Grouper is considered to be the finest eating of the Grouper species. The boats are on cycle and arriving daily in Mexico. We target fish in the 10-20 pound range. These fish will produce thick fillets in the 2-5 pound range. Grouper is very versatile and will hold up well grilling, pan searing, steaming, broiling, or baking.



Icelandic Cod Loins, MSC Certified, skinless, boneless

Iceland's life blood is seafood, and Cod is its most important fish. This importance has resulted in a well-managed Cod population, receiving a Marine Stewardship Council endorsement for sustainability. This week we are featuring Icelandic Cod loins, harvested by Capt. Jonas Baldursson, on the F/V Hjalteyrin.

Capt. Jonas's Cod loins will have no belly flap, and the tail is squared off. The result is a 100 percent yielding Cod fillet. The Cod are processed fresh on his boat, then iced and off loaded at the dock, where they are immediately trucked to the airport.



Yellow Fin Tuna Loins, skin-on, boneless

We are sourcing these world travelers from Trinidad, as they traverse the Equatorial North Atlantic. Long line day trips land their Tuna at the port of Chaguaramas, Trinidad, where they are dressed, iced and airfreighted to Indian Ridge Provisions in 24 hours. We only buy 60/80 lb fish, which must grade out 2+ or #1.



Atlantic Red Snapper Fillets, skin-on, boneless

We are partnering with the South American country of Suriname Fishermen's Co-op this week for our Atlantic Red Snapper. Located on the Northern coast of South America, this Co-op fleet makes daily trips into the North Atlantic. The Red Snapper are landed, cleaned, and air freighted overnight to us. The fillets will weigh 8 to 10 oz.



meat features

week of
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Boneless Cervena Venison Loin

New Zealand's Cervena Appellation ensures that this farm raised Reindeer is the finest eating in the world. These Venison Loins will weigh 5 lbs on average, are sold by the piece, and are frozen.



USDA Choice Hanger Steaks

This traditional French Steak Frite cut is a great eating and affordable menu choice. An 8 oz portion goes to the plate for only \$4.75. Available in portion sizes of 4/6, 6/8, 8/10, and 10/12 oz.



Cucina Della Cucina Vegetable Mélange Ravioli

Cucina's location in the San Fernando Valley is ideally suited for sourcing the freshest vegetables. They blend roasted zucchini, carrots, sautéed spinach with fresh garlic, basil, and sundried tomatoes. The pasta is one side spinach and the other side tomato. This great Vegetarian option is Packed 120 pcs per case, approx. 1 oz. each.



Korean Style Beef Short Rib

These thin cut, Flanken Style, cross-cut short ribs, or Kalbi in Korean, are a signature dish at any Korean BBQ joint. Marinated then quickly grilled, they turn out tender and delicious.