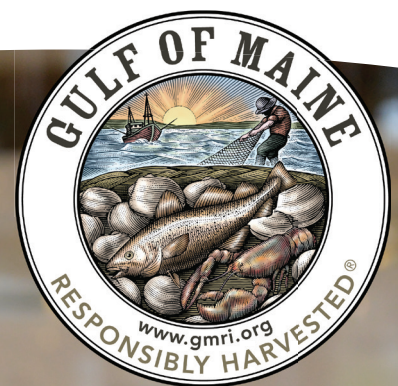


FROZEN CAPE SHARK FILLETS & BITES



Cape shark, also known as dogfish, is a lean, healthy protein alternative to more traditional and expensive fish options. Without bone structure, these white, mild-tasting fillets lend themselves to a variety of preparations including chowders, fish tacos, and fish & chips. This versatile fish is ideal for use in colleges, hospitals and other institutions.



U.S. ATLANTIC DOGFISH IS CERTIFIED AS A SUSTAINABLE FISHERY
BY THE MARINE STEWARDSHIP COUNCIL (MSC)

Natural, with absolutely no additives



CAPE SHARK

Cape Shark, commonly known as dogfish, are abundant and responsibly harvested in East Coast waters, from the Gulf of Maine to North Carolina. This locally wild caught fish is certified as sustainable by the Marine Stewardship Council. Cape Shark fillets are available year-round, allowing for both fresh and frozen product options; the shelf life of frozen fillets is 24 months.

BAKED CAPE SHARK TACOS

Ingredients: Cape shark fillet, eggs, milk, and bread crumbs

1. Cut Cape Shark into 1 inch cubes
2. Dip in egg and milk wash
3. Cover in your favorite seafood breading
4. Deep fry 3-4 minutes
5. Serve with Asian sweet & sour sauce, fries and cole slaw

Nutrition Facts

Serving Size 4 ounces (113g)

Servings Per Container varies

Amount Per Serving

Calories 150 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 105mg **4%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 22g

Vitamin A 4% • Vitamin C 0%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Dogfish (*Squalus acanthias*)

Packed by:
Seatrade International
New Bedford, MA

DESCRIPTION	PORTION	PACK SIZE
CAPE SHARK IQF FILLETS	4 oz	1x10 lb
CAPE SHARK IQF BITES	1 oz	2x5 lb

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