



CHEFS UNDERSTAND QUALITY



Product:

PREMIUM LOBSTER HEAD MEAT

AKA: Spiny, Warm Water, Rock & Caribbean Lobster Meat/ Panulirus argus

Form: Frozen, Lobster Head & Body Meat Pieces

Brand: Marinos

Origin: Honduras

Allergens: Contains Shellfish/ Crustaceans

Ingredients: Lobster, Bisulfite (preservative)

Method of Capture: Traps/ Wild Caught

Pack: 10 x 1lb Pillow pack, 10lb case

Flavor Graph: Mild Medium **Full Flavored**

Texture Graph: Delicate Medium **Firm**

Suggested Cooking Methods: Baking Broiling Ceviche Flat Top **Frying** Grilling Sashimi **Sautee Soups**

Seasonality (Honduras): **Jan Feb** Mar Apr May Jun Jul **Aug Sep Oct Nov Dec**

Storage: Keep Frozen at -18C or Colder

Shelf Life (frozen): 24 months

Box Dimensions: L 10.75" x W 15" H 4"

Ti x Hi: 9x16

Thawing Instructions: Remove from bag and thaw under refrigeration for 4-6 hours or place under running water until thawed. DO NOT leave soaking in water, it will affect the flavor and texture of the product.

Thawed Storing Tips: Keep Refrigerated, use within 24 hours for best results.

NETUNO Item #	Size	Master GTIN	Master UPC
101332	n/a	10850000077246	850000077249

Nutrition Facts

Serving size (113g)

Amount Per Serving

Calories **100**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 450mg **20%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 19g **38%**

Vitamin D 0mcg **0%**

Calcium 91mg **8%**

Iron 0mg **0%**

Potassium 282mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



THE GLOBAL LANGUAGE OF BUSINESS



American Culinary Federation
The Standard of Excellence for Chefs