


FRESH NEVER FROZEN CATCHES OF THE DAY

SHAD

Sweet, salty, and freshly fishy. Texture is silky and oily, and melts in your mouth.

★ WILD CAUGHT

IN THE NORTHEAST ATLANTIC OCEAN (MARCH TO MAY) 

SWORDFISH

TOP PICK
SWEET & MEATY!

Sweet and meaty without a strong fishy flavor. Very dense texture similar to steak. Less flaky than other fish.

★ WILD CAUGHT

IN THE NORTHEAST ATLANTIC OCEAN 

AHI TUNA (SUSHI GRADE)

Oily and juicy with a creamy, buttery, salty, and savory flavor with no fishy smell.

★ WILD CAUGHT

IN THE OCEANS OF THE ORIENT

RAINBOW TROUT

Very mild flavor, a little nutty with slightly sweet undertones. Delicate in texture.

SUSTAINABLY FARMED IN THE PACIFIC NW FRESH WATERS 

ARCTIC CHAR

TOP PICK
MILD & DELICATE!

Mild, delicate flavor that is a cross between salmon and trout.

SUSTAINABLY FARMED IN THE ATLANTIC OCEAN OFF THE COAST OF ICELAND

CATFISH

Mild, sweet flavor with a slight earthy taste. Firm but tender texture.

SUSTAINABLY FARMED IN THE SOUTHERN WEST FRESH WATERS 

BRONZINO (WHOLE)

Mild, sweet flavor. Light and flaky.

SUSTAINABLY FARMED IN THE MEDITERRANEAN SEA

GOLDEN TILE

Mild, sweet flavor that's similar to lobster or crab. Firm and flaky.

★ WILD CAUGHT

IN THE DEEP WATERS OF THE ATLANTIC OCEAN 

STRIPED BASS

Sweet and briny with enough fat to make it seem almost buttery, but not oily.

★ WILD CAUGHT

AND SUSTAINABLY FARMED IN THE ATLANTIC OCEAN 

WALLEYE

Very lean, fine-flake, firm, and mildly sweet. Some call this the best-tasting fresh water fish.

★ WILD CAUGHT

IN MID-WEST FRESH WATERS 

ATLANTIC WHITE FISH (HAKE)

Mild, slightly sweet flavor. Delicate texture and a clean finish.

★ WILD CAUGHT

IN THE NORTHEAST ATLANTIC OCEAN 

MAHI MAHI

Semi-mild and slightly sweet. Very firm and dense.

★ WILD CAUGHT

IN THE CARIBBEAN SEA

MONK FISH

Mild, sweet flavor. No fishiness. Tight, meaty flesh that often compares to lobster meat.

★ WILD CAUGHT

IN THE NORTHEAST ATLANTIC OCEAN 

GROUPER

Mild, slightly sweet flavor with a firm, flaky, and meaty texture.

★ WILD CAUGHT

IN THE CARIBBEAN SEA

