

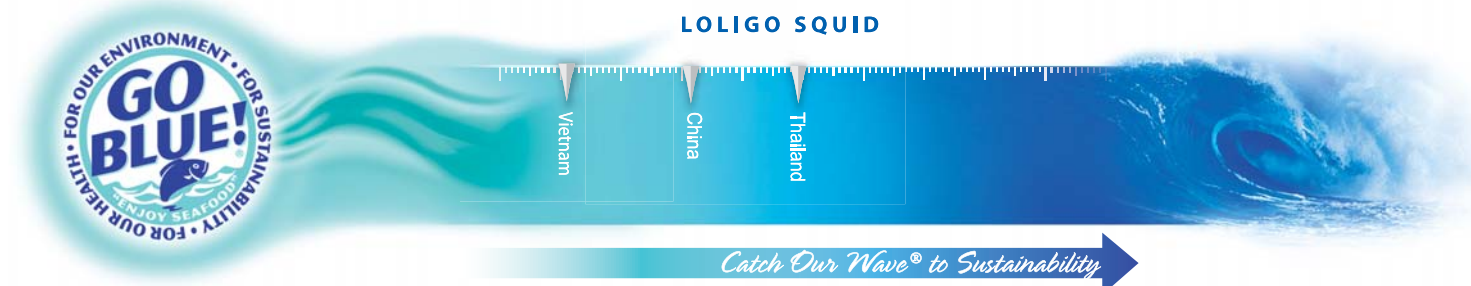


www.cport.net

SQUID *Loligo spp.*



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



	Tubes & Tentacles	Ring	Ring & Tentacle	Tentacle
Size	3/5 & 5/8 inches	cut from 3/5" tube, 2cm width	ring cut from 3/5" tube, 2cm width	
Pack	12x2.5 LB Block	8x3 LB IQF	8x3 LB IQF	8x3 LB IQF
Specs	65% tube, 35% tentacle		80% ring, 20% tentacle	
	Fully cleaned			

For full package details, visit our website.

Squid is a versatile product that is not strongly flavored, but considered by many to possess a kind of sweetness. The meat is tender and succulent. Frozen tubes should be ivory-white throughout and have no distinct odor. Sea Port's Premium Calamari (Squid) selection is made to meet the needs of all restaurants whether white tablecloth establishments, sports bars or take-out operations. When you select our premium *Loligo spp.* variety you will find a flavorful, tender offering ready for your recipes to please the most discerning palate of your guests. For Health & Nutrition benefits go to: www.cport.net

SEASONALITY Low High
 Jan Feb Mar April May June July Aug Sept Oct Nov Dec

FLAVOR Mild Medium Strong Sweet

TEXTURE Soft Medium Firm Meaty

For more detailed seasonality, visit our website



Squid Salad

Use our Premium Squid in your favorite recipe. Squid can be served marinated as an ingredient in a salad, or as the main element of a Calamari Fritti.

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container about 10	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 250mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	
Vitamin A 4%	Vitamin C 4%
Calcium 6%	Iron 6%

INGREDIENTS: Squid, salt.

METHOD OF HARVEST: Wild Harvest; Trawl **FAO 57, 61**
COUNTRY OF ORIGIN(S): Thailand, China, Vietnam

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