



# Boston Sword & Tuna

## 2022 Product Catalog



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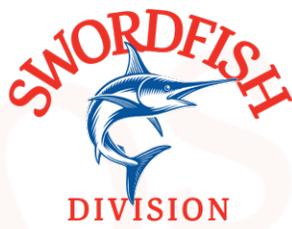


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Proudly Celebrating

1972 **50** 2022  
Years

as "America's One-Stop-Shop for Seafood"





## Our Story

It all started in Sicily, where the Scola family originated from, both on the docks lumping boats and on the boats as fisherman. When Peter Scola came overseas to America and continued lumping boats on the old Boston Fish Pier, his son - Paul P. Scola - soon followed his footsteps and got a working permit at age 15 to carry on the Italian family tradition.

Paul eventually partnered up with Roland Harrington and in 1972 founded the widely respected R&P Seafood/Shellfish right on the old Boston Fish Pier. R&P primarily specialized in groundfish, sourcing haddock and cod from Nova Scotia, Maine, and Chatham. It wasn't long before brothers Michael, Paul, and Steven Scola took the reins of R&P. Then, in 1999, they started adding divisions in pursuit to eventually become "America's One-Stop-Shop for Seafood" (BST). This goal led to us moving out of our old building in 2001, and into a brand new facility down the road on Seafood Way, doubling our size in space.

In 2003, Michael Scola and (retired) Tim Malley founded Boston Sword & Tuna. At this point, we began putting together our team of well-rounded seafood professionals who brought what was needed to the table in order for us to not only survive in this industry, but thrive. Mike Machado, for instance, one of our lead buyers, spent a decade fishing the Grand Banks before dropping anchor with BST. Likewise, Bobby Blaikie - our GM - grew up on the Boston Fish Pier. We even have a former five-star chef on our diverse team, Peter Safner.

As the years passed, we continued to grow, continued to extend our product line, and then in 2007 officially merged R&P and BST under Boston Sword & Tuna. Our continued success ultimately led to Larry Dore joining us as a partner in 2012. Larry is well respected in the seafood industry, and his knowledge of the fillet business made our 2012 expansion feel natural. In addition, we hired Chris Marchese in 2011 to run our newly rolled out salmon division, which took off and eventually led to Chris overseeing all daily operations. With this in place we then leased more space, adding more doors for shipping, and again doubled the size of our facility. This allowed us to expand our operations, adding a full range of fillets to our product line, as well as prepared foods.

Fast forward to present day and Boston Sword & Tuna has moved into it's very own, fully custom, free standing 50,000 sq/ft (soon to be 57,500 sq/ft with the addition we are adding on) state-of-the-art facility that has allowed us to continue our growth, expand our offerings and obtain our SQF Certification, the highest standard of food safety and operational management in the industry. Our value added program also plays a large role in this expansion as retail demand continues to adapt in the way people wish to purchase seafood!

We pride ourselves on being "America's One-Stop-Shop for Seafood" that we originally set out to be in 2003. Knowing which boats to buy from, which boats to not buy from, and establishing long-lasting relationships enables us to consistently source the best quality products on the market both locally and around the world. This is why Boston Sword & Tuna has quickly grown to become one of the largest and most reliable seafood distributors in the United States, and will expand on our success for years to come as the next generation prepares to step in and take over!



Here at BST, we have proudly held our SQF certification since September of 2020, and after moving into our brand new 50,000 square foot state-of-the-art facility at 10 Codfish Way, we have officially been re-certified as of September 2021. SQF certification stands for Safe Quality Food and is the only Global Food Safety Initiative (GFSI) recognized program that applies to the entire supply chain. From the second its caught, through transportation, and all the way onto a plate, SQF certification puts extensive procedures in place to guarantee that your food will be handled, processed, and transported in the safest possible manner. The COVID-19 pandemic has changed the way a lot of consumers think and shop, bringing sanitation very much to the forefront, and now more than ever consumers are looking for guarantees that the food they are eating is safe. With these changing trends in buying habits and consumer thinking, SQF keeps peace of mind that the product the consumer is buying is safe and high quality.



HACCP is a management system in which food safety is addressed through the analysis and control of biological, chemical, and physical hazards from raw material production, procurement and handling, to manufacturing, distribution and consumption of the finished product.



GFSI benchmarks existing food standards against food safety criteria, and also looks to develop mechanisms to exchange information in the supply chain, to raise consumer awareness and to review existing good retail practices.



The Marine Stewardship Council is a non-profit organization whose ambitions mission is to use their ecolabel and fishery certification program to contribute to the worlds oceans by recognizing and rewarding sustainable fishing practices, influencing the choices consumers make when purchasing seafood, and working with partners to transform the seafood market and sustainable biases. They create credible standards for sustainable fishing and seafood traceability and seek to increase the availability of certified sustainable seafood. Their vision is to see the world's oceans teeming with life and seafood supplies safeguarded for current and future generations.



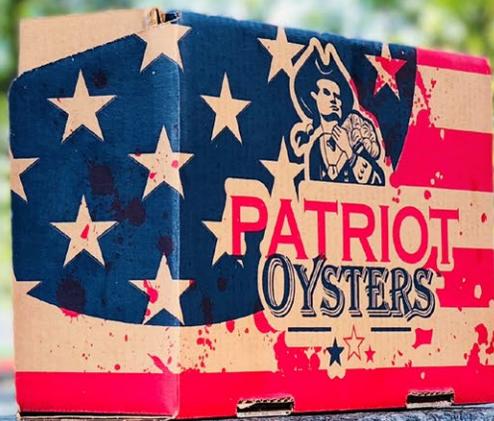
The ASA was founded in 1992 to foster a better public understanding of the importance of the scallop industry and to represent and promote the interests of the domestic, U.S. wild-caught, Atlantic sea scallop industry. Their aim is to support ASA members and all other affiliated interests to ensure a viable and long term future for the Atlantic sea scallop fishery through effective dialogue, consultation, collaboration and partnerships. Their mission is to collect, prepare, and disseminate information concerning the scallop industry to its members, the general public, and appropriate state and federal agencies and to support efforts to enhance the perception of excellence of quality of U.S. wild-caught, Atlantic sea scallops.



Save the Harbor/Save the Bay is the region's leading voice for clean water and continued public investment in Boston Harbor, the region's public beaches, and the Boston Harbor Islands. Our mission is to restore and protect Boston Harbor, Massachusetts Bay, and the marine environment and share them with the public for everyone to enjoy. Save the Harbor is committed to making Boston Harbor, the Islands, our beaches, and our programs inclusive, equitable, diverse, and accessible for everyone and anyone, knowing that racism and oppressive systems have prevented that from becoming a reality.



Over the past 4 years BST has partnered with the Massachusetts's Fallen Heroes Foundation to help raise money and support a great cause. Although we work with them year-round raising money, or donating fish, the month of July is our favorite because with every box of Patriot Oysters sold throughout the month, BST donates \$5 to the Massachusetts' Fallen Heroes. We have raised nearly \$50,000 throughout the past 4 years by promoting these oysters to our customers, and our customers have been amazing supporting the cause and promoting them to their customers. We are proud and excited every year to introduce this promotion to give back to such a great cause. This foundation is involved in honoring fallen heroes, supporting their families, and educating the community about their mission and goals. Choosing an organization like this is a big part of BST and Patriot Oyster's mission.



MASSACHUSETTS FALLEN HEROES MEMORIAL  
ESTABLISHED MAY 27, 2016

*Portioning Program*



# Portioning Program

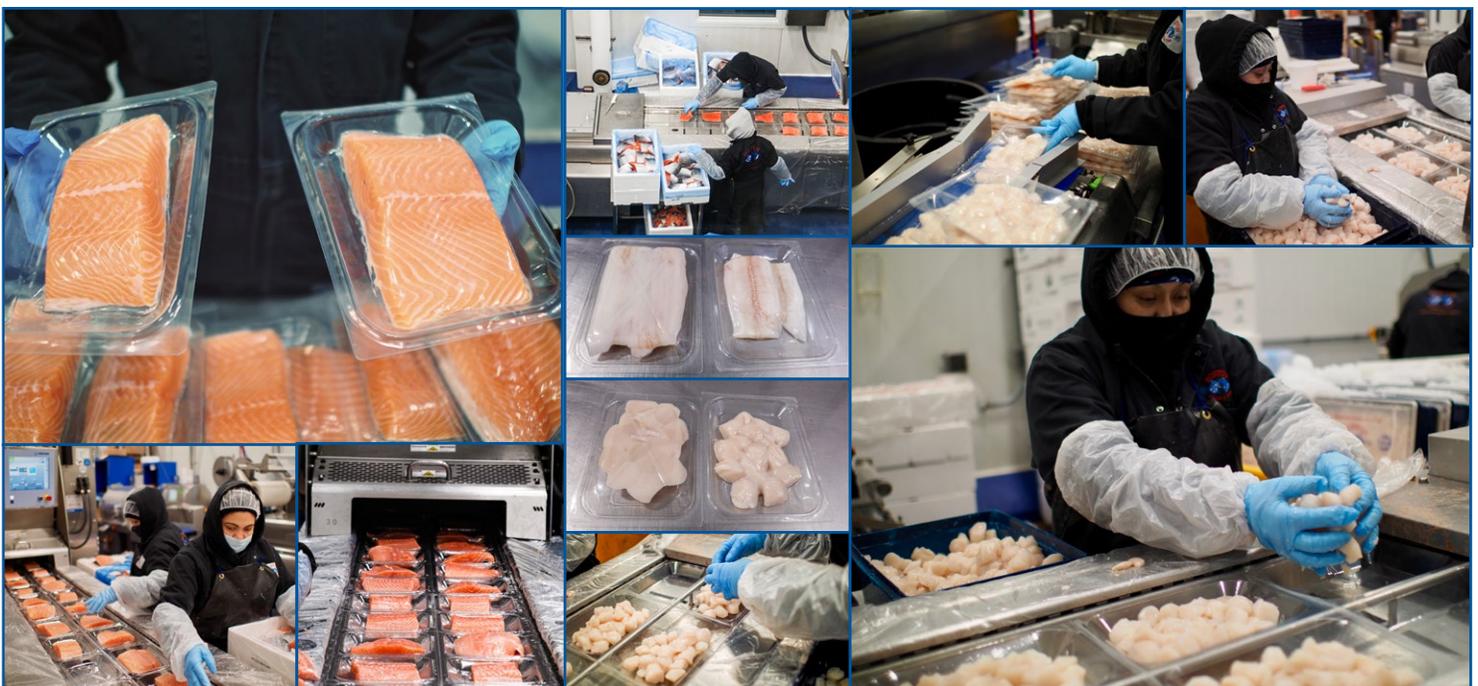


Boston Sword & Tuna's Prepared Seafood Division is a unique asset that we offer our customers. What started out as an investment to meet the needs of one of our valued super market customers has now turned into a product line / processing capability that completely removes the need for a retailer to handle the product whatsoever.

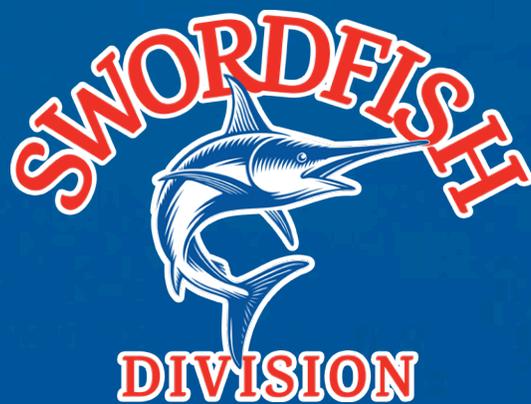
The motive behind this endeavor was simple: offer our fresh prepared seafood products in a retail-ready tray pack, packaged airtight with a sealant, and fully labeled. Simple right? Well it doesn't stop there. Not only do we label each tray pack with product information and ingredients, we also have the ability to label each tray pack with our customer's pricing based off the weight of the product contained in each tray pack at our customer's specific rates; and we even go as far as offering the option of labeling each tray pack with our customers' individual logos printed onto the label. That's right: we do everything.

In addition to tray packed items, we also offer laser-precision portioning for our wholesale prepared seafood products. This product line enables us to produce any fixed weight and fixed length our customers may want, ensuring that each portion meets the exact spec our customer needs. Our customers and their customers alike can now notice savings on labor, waste, and an overall more consistent quality fish. Our fresh, laser-precision portions are available for most of our products and available in all sizes, though generally ranging from 4-10 ounces.

The BST Prepared Seafood Division is the future. In a day and age where easier is better, this wholesale prepared seafood product line will not only make our customers lives easier, but it will in turn make their customers happier by quality assurance unmatched by any product offering like it. All you need to do is open the box and stock your shelves.

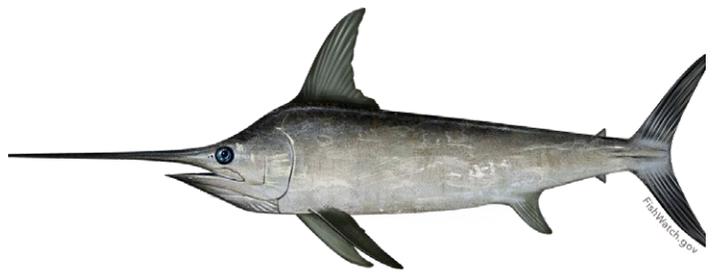


# *Swordfish*



# Swordfish

*Xiphias gladius*



Swordfish is a signature fish here at BST. With over 60 years of combined experience buying, selling, and catching swordfish, we can confidently provide a year-round supply from the finest fleets in the world. Our priority has always been U.S. caught fish, but we are partnered with the best in the business from around the globe as well to ensure supply is strong throughout the year. We only source from equally conservation minded countries who enforce strict quotas to ensure there will be fish for future generations to come. Our team that handles the fish are well trained and specialize in grading, sizing, and proper packing so our customers receive the right fish time and time again. Swordfish has often been called the King of the Sea. It has firm flesh that is high in fat and oil content, and can be grilled, baked, or broiled. It has a rich flavor and a texture that is as close to that of premium cuts of beef as any other fish available on the market. The health benefits are rich in selenium and Omega-3's making it a heart healthy fish that is welcomed in kitchens and restaurants throughout the world. At BST we pride ourselves on consistent quality, reliability in sourcing, and overall customer satisfaction with our product.



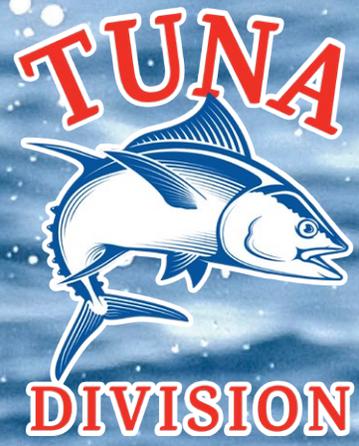
## FRESH

- Loins
- Steak Ready
- Kabobs
- Chops
- H&G – 33/49; 50/99; 100/up

## Frozen:

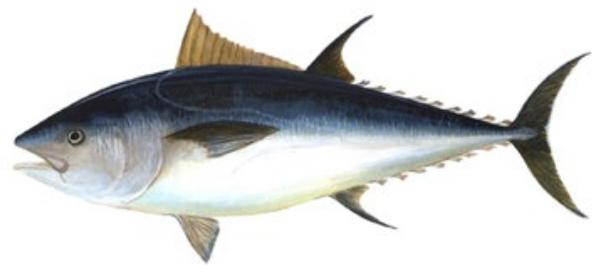
- Loins
- Kabobs
- Steaks (portions) – 4oz; 6oz; 8oz; 10oz

*Tuna*



# Bigeye

*Thunnus obesus*



Bigeye tuna is an incredibly popular tuna. The fishing grounds in the Northeast Atlantic are world famous for high quality bigeye, and we are fortunate to be located right where the best fish are produced. From early spring to late fall, our local boats make short trips to the fishing grounds and bring back day boat quality fish throughout the season. The fish are handled with great care and pride. Most of the fishermen we deal with have been with us for 20+ years and are true professional harvesters that are proud of what they do.

Bigeye is world renowned for its fat content and flavor, ranking second to bluefin in the sashimi world. When our local season is over, we draw from the rich Pacific fishing grounds and pride ourselves on a consistent year-round supply. Both Atlantic and Pacific fleets are extremely conservation minded and adhere to the strict global standards that protect the resource. At BST our priority is always respect the resource and encourage safe harvesting for the future, while consistently providing top of the line product for our customers.



## H&G

- 60-Up
- 50-59
- 40-49
- 30-39
- U-30
- #1
- 2+
- 2

## Other Product Forms:

- Loins
- Whole Head-On
- Kabob



# *Yellowfin*

*Thunnus albacares*

Yellowfin tuna is a prized fish, famous for its robust red flesh that is well known to sear perfectly and look amazing, whether sliced on a salad or straight off the cutting board and dipped in wasabi and soy sauce. Found all over the world, it is one of the most prolific tunas in the sea and is harvested sustainably from many different shores, including our own East and West Coast's. Stocks are abundant and readily available from sustainable fisheries around the world (during our off season.) Here at BST, we have worked hard to make sure supply is steady and available year-round for everyone to enjoy. In addition, we guarantee the quality our customers expect due to the years of experience our team has with grading tuna and handling it properly.



## H&G

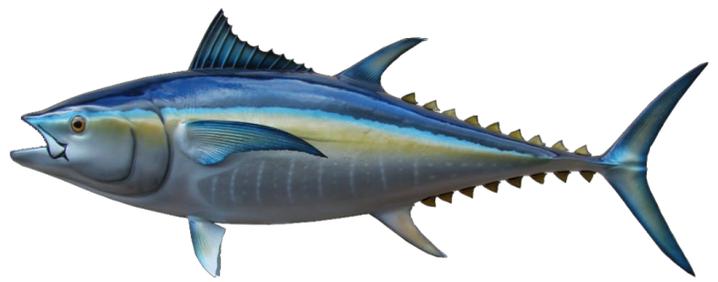
- 60-Up
- 50-59
- 40-49
- 30-39
- U-30
- #1
- 2+
- 2

## Other Product Forms:

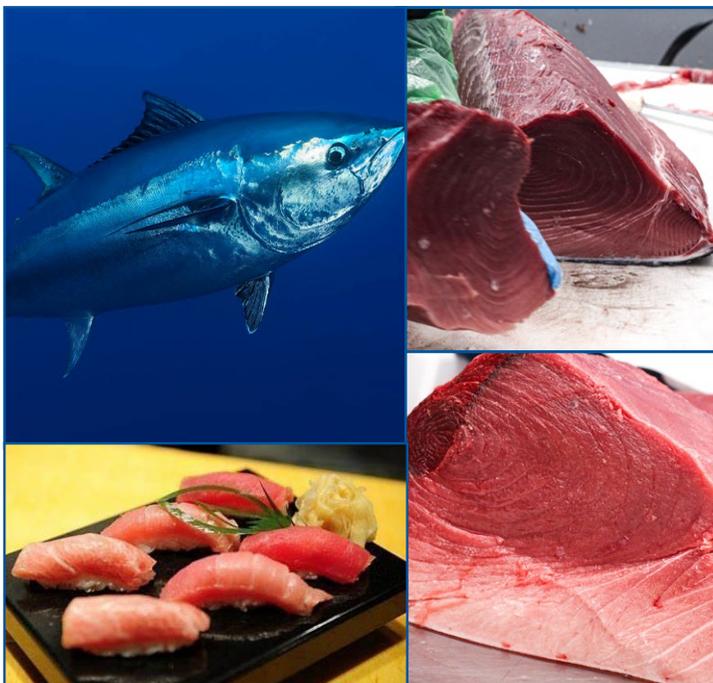
- Loins
- Kabob
- Whole Head-On

# Bluefin

*Thunnus thynnus*



Out of all the tuna species harvested, Bluefin tuna is the most highly regarded fish in the sea. World famous for its size and flavor, sushi chefs around the globe have made this fish a staple and we are proud to market and provide it to our customers. Like all tuna, bluefin are found globally, but the highest concentrations of fish have traditionally been the North-east, Gulf of Mexico, and Canada. They range in size from juveniles to 1500 plus pounds. The fat content and flavor results in the top cut for sushi and sashimi and has gained immense popularity in the past 10 years. We source most of our bluefin from the rod and reel fleet in the summer and our offshore long liners in the winter. All fish are recorded and reported with a tagging system that works off a yearly quota. When all tags are filled, the season is shut down and will not resume for 6 months at a time. This ensures new fish have a chance to reach harvestable size and still spawn. In the off season, we have deep relationships with South Atlantic and Mediterranean fishermen that keep us stocked with healthy fish just about year-round.



## Product Forms

- Loins
- H&G

## Regional Offerings:

- Pacific Bluefin
- South Atlantic Bluefin
- Atlantic Bluefin



# *Albacore*

*Thunnus alalunga*

Albacore tuna is a great fish that doesn't always get the credit it deserves. It is mostly famous for canning and tuna salad sandwiches. In the last five years or so it is slowly gaining more and more interest as another "mainstream" tuna. They grow fast and reach a 30-40lb average in just a couple years, and can be caught throughout the Atlantic and Pacific Oceans. The meat is naturally rich in fat and has a light pink hue. It is good in sashimi applications, but can be baked and broiled as well. It's a light tuna, with a gentle flavor profile. It adapts well to sauces and seasonings and is a great way to enjoy fish, specifically tuna without breaking the bank.



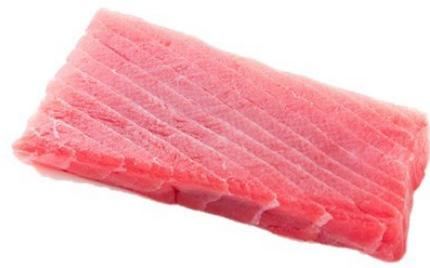
## H&G

- 30-Up
- U-30

## Other Product Forms:

- Loins
- Kabob

# *Ahi Tuna*



At BST, we have frozen forms of ahi tuna in addition to our fresh tuna options. Our frozen ahi is 100% dolphin safe and wild caught. We offer ground ahi as well as saku blocks and poke cubes, all of which are products of yellowfin tuna.

Our saku blocks are skinless and boneless, and come individually vacuum packed raw. They are AAA grade, and are wild caught using hand and pole line methods. These can be prepared as sashimi or as sushi whereas our ground Ahi Tuna is pre ground and ready for easy spicy tuna rolls. Our ahi tuna should be kept frozen until ready to use and should be thawed in a refrigerator overnight or under cold water before cooking.



*4oz Steaks*  
*6oz Steaks*  
*8oz steaks*

*Ground Ahi*  
*Loins*  
*Saku Blocks*  
*Poke Cubes*

*Specialty Seafood*



# *Escolar*

*Lepidocybium flavobrunneum*



Escolar is an oily, white fleshed fish that can be found in tropical temperate waters around the world. Escolar is marketed as two species of fish, *Lepidocybium flavobrunneum* and *Ruvettus pretiosus*. However, only *Lepidocybium flavobrunneum* is considered true escolar, while *Ruvettus pretiosus* is known as oilfish and is less desired because it has wax esters. These wax esters are the result of the fish's diet and are indigestible, with the potential to cause temporary stomach complications if over-consumed. As a result of this common mislabeling, escolar has a bad reputation however many chefs who use escolar regularly will argue that it is only the *Ruvettus pretiosus* that should be avoided, and true escolar is safe for consumption and delicious.

Escolar are caught almost exclusively as bycatch to long line tuna and are mostly imported into the US from countries like Fiji and Ecuador with warmwater tuna fisheries. When raw the meat is a bright white, creamy color, and when cooked up it turns snow white. The white meat is oil rich with an intense flavor great for grilling, and has a rich buttery texture.

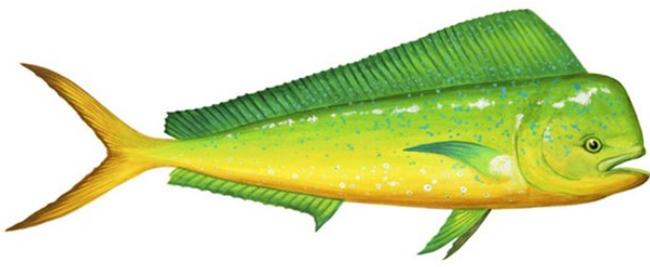


## Whole

- 10-Up
- U-10

## Fillet

- Fillets
- Frozen Saku Block



# *Mahi-Mahi*

*Coryphaena hippurus*

Mahi-Mahi; the fish so nice we named it twice! Distinguishable by its bright coloring of yellow, blue, and green, Mahi-Mahi is named after the Hawaiian word for dolphinfish. Originally, Mahi-Mahi were just fish accidentally caught by Sword and Tuna fishermen, but soon became a valued part of the seafood industry. They are normally caught with longlines and can reach weights over 50 pounds and lengths of over 6 feet long. However, the average size is between ten and twenty-five pounds.

Mahi are sourced throughout the world in tropic and sub-tropic water in the Atlantic, Pacific, and Indian Oceans. It has a sweet, but mild flavor, and is often considered to be similar to swordfish. Even though it is not as steak-like as tuna and swordfish, it is still a fairly firm fillet. It has thick skin that should be removed prior to cooking and does well on the grill or pan seared, and for a more mild flavor, trim away the darker meat.



## Fresh

- Whole Head-On
  - Fillets
  - Portions

## Frozen:

- Fillets

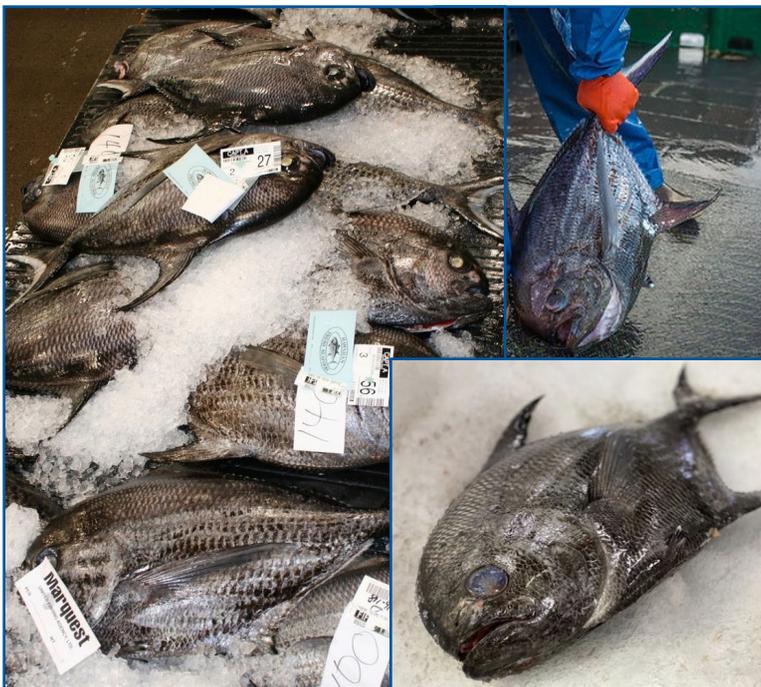
# Monchong

*Taractichthys Steindachneri*



Monchong refers to two species of pomfret; the sickle pomfret and the lustrous pomfret. The more common of the two is the sickle by far and they can be found in warm waters of the Pacific, but especially around Hawaii and in the Gulf of Mexico. Similar to opah in terms of versatility and quality, it only recently gained popularity outside Hawaii and is still seen as a highly under-appreciated fish.

The meat is pinkish to translucent white when raw and turns white when cooked. Monchong is firm in texture and has a mild to moderate taste. The meat is high in fat and oil content, making it one of the best fish for baking. Monchong is a sustainable fish and is not in danger of being overfished.



## Whole

- Pomfret

## Fillet

- Pomfret Fillets



# *Barracuda*

*Sphyraena*

Sphyraenidae is the group of fish known collectively as barracuda. Barracuda can be found in both tropical and sub-tropical waters around the world and most prefer top water levels near coral reefs and sea grass. Having a long slender body with tapered ends, the barracuda can reach speeds up to 35 miles per hour when pursuing its prey but typically moves slowly as it surveys for food most of the time. They are most notably known for their fang like teeth, being made up of two rows, the outer being smaller teeth meant for tearing through flesh, and the inner row is longer teeth for grabbing onto prey. Some teeth will actually be angled towards the rear of their mouth to improve grip upon its prey. Barracuda is full flavored and can be sweet. They are known to be 'fishier' than whitefish like haddock, but less intense than an anchovy.



## *Whole*

- 10-up

## *Fillet*

# Opah

*Lampris guttatus*



This gorgeous colored Hawaiian fish, also known as Moonfish, is another member of our specialty seafood division. Even though it is known as a Hawaiian fish, it is found worldwide in tropical and temperate waters. When fishing for Opah, you will most likely find them alone as they are not a fish typically found in schools. Almost all Opah are caught with longlines and sold fresh through the Honolulu Fish Auction in Hawaii, with the vast majority of other Opah coming from Brazil.

Opah has 4 different sections of the fish that can be filleted and eaten: The meat in the loin, cheek area, backbone area, and their fleshy sides. All 4 areas have different types of flesh, color, and overall appearance. The taste is considered to be a combination of both tuna and swordfish, and it does not have an overpowering flavor. The top loin part of Opah is great for sashimi and is often used as a specialty by chefs, whereas the rest of the fish is not good raw but is delicious once cooked. Opah is among the most versatile fish in the ocean suitable for any method of cooking, producing a flavorful yet mild result when grilled, pan-fried, or seared as well as served raw as sashimi, cured as pastrami, or ground as fish tacos, burgers, or even sausages!



## Fresh

- Head-On
- Racks - Lotted
- Top Racks
- Top Racks Fillet
  - Fillet

## Frozen:

- Top Loin



# Wahoo

*Acanthocybium solandri*

Wahoo is a high-speed fish which can be found in tropical and subtropical waters of the Atlantic, Pacific and Indian Oceans. It's best known for sport fishing due to its strong fight and fast swimming ability, along with its high-quality flesh, making it a valued game fish. In Hawaii they are known as ono, which translates to "good to eat." They have an elongated body with scales that are hardly visible. Its back is an iridescent blue color which fades to silver along its sides. It has irregular vertical blue lines along its side as well, which will rapidly fade once they die. Wahoo have a large mouth with razor sharp teeth and have been recorded up to over 8 feet long and can weigh as much as 185 pounds.

Wahoo are sometimes confused with barracuda based on their appearance; however, barracuda can be distinguished by their large prominent scales. Wahoo tend to be solitary or occur in loose knit groups of two to three fish making them less susceptible to industrial commercial fishing because they do not group together in schools like tuna. Wahoo are taken regularly as bycatch in various fisheries including tuna and mahi-mahi. The flesh is delicate to dense and highly regarded in many cuisines, with a taste similar to that of mackerel. Wahoo can easily be overpowered by other flavors so its best to use a simple marinade or seasoning, but it does well in a variety of preparations including pan-seared, baked, or even grilled.



## H&G

- 10-Up
- U-10

## Product Forms:

- Fillets

**GROUNDFISH**



**DIVISION**

*Groundfish*





# Haddock

*Melanogrammus aeglefinus*

Haddock is a saltwater ray-finned fish with populations found on either side of the north Atlantic Ocean. They are usually found at depths between 80-200m in water between 39-50 degrees F and are fished year-round. Haddock can reach up to 37 inches and nearly 24 pounds, however they are rarely over 31 inches with the majority being between 12 and 27 inches. They are caught using gear such as seine nets, trawlers, longlines and gill nets, and are often caught in mixed species fishery with other groundfish species such as cod and whiting. They have a distinctive black mark under their dorsal fin which has come to be known as 'St. Peter's thumbprint,' left behind when he pulled this fish from the sea.

The main fishing grounds are the Eastern Atlantic Barents Sea around Iceland, around the Faeroe Islands in the North Sea and Celtic Sea, and in the English Channel. They can also be found in the Western Atlantic in Georges Bank, where the stock is collectively managed by the US and Canada transboundary management guidance committee which was established in 2000.

Haddock is a mild, slightly sweet tasting fish without an overpowering fishy flavor. Its white flesh is lean, with low levels of oiliness, and fine flakes that are firm and tender once cooked. This is a great choice for anyone who does not like strong flavored seafood, and makes it one of the most sought after groundfish in the industry.



## Fresh

- Fillet (Skin-on and Skinless) – Snapper, scrod reg, 12up, Icelandic (8/12, 12up, 16up), Norwegian (12up, 16up)
- H&G - Norway 2kg+, LG Norway, scrod Norway
  - Whole - Large, Snapper, Scrod

## Frozen:

- Fillet (skin-on and skinless) – PF Scrod, PF Lg, PF Sm 4-8, breaded fillets 8-10oz
- H&G - Russian, Norwegian Scrod, Jumbo
  - Slacked - Sm, Lg, Scrod

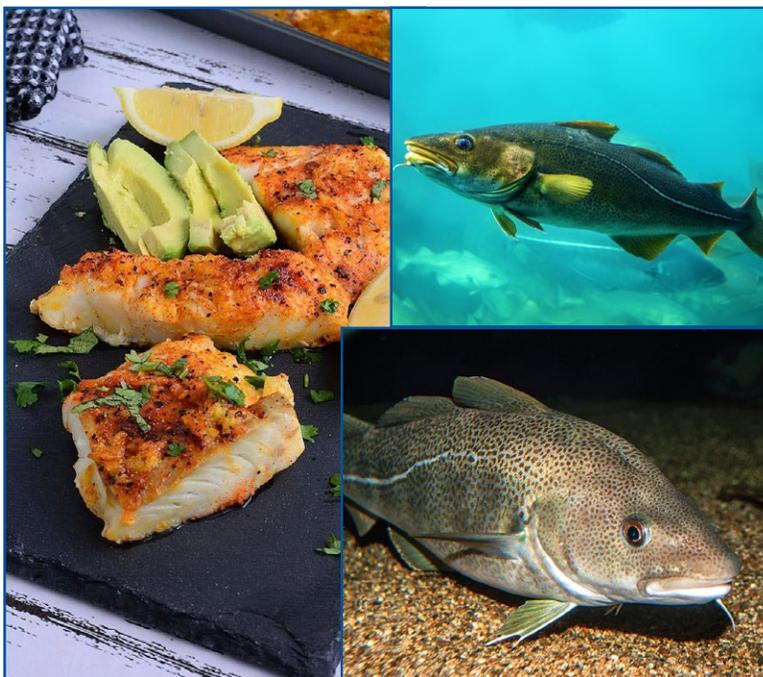
# Cod

*Gadus morhua*



There are two main species of cod: Atlantic cod and Pacific cod. Atlantic cod are wild caught, and not usually seen any further south than Cape Cod Massachusetts, while the coast of New England up to Nova Scotia offer some of the most plentiful cod in North America. We offer Atlantic cod from Iceland, Norway, and Canada. Norway has the largest stock of Atlantic cod with its coastal cod and its Norwegian arctic cod. Coastal cod spends its entire life close to the seabed and in shallow waters along the coast whereas Norwegian arctic cod is the cornerstone of the Norwegian fishing industry. Every winter skrei (prime Norwegian Arctic cod) returns from the icy waters of the Barents Sea to their original spawning grounds. This migration developed strong muscles and incredibly firm flesh, producing unsurpassed taste and texture. Pacific cod can be found in the Bering Sea, Gulf of Alaska, and the Aleutian Islands from Alaska, Washington, and Oregon. Their habitat is protected by gear restrictions and area closures, and we offer Alaskan cod as our Pacific selection.

Cod has a mild flavor, with Atlantic cod being slightly more sweet than Pacific cod. They both have large flakes when cooked and tend to be less firm when compared to haddock. Pacific cod has slightly more moisture than Atlantic cod, causing its meat to be less firm. Cod is opaque and creamy white, and a good source of low-fat protein, phosphorus, niacin, and vitamin b-12.



## Fresh

- Whole
- Fillets
- Portions

## PF

- Fillets
- Whole Head-On
- H&G



# *Pollock*

*Pollachius virens*

At BST, our Atlantic pollock is available year-round with peak season being November through January. Atlantic pollock are wild caught in the US Northwest Atlantic Ocean from Maine to Massachusetts found most commonly on the western Scotian Shelf. Atlantic pollock has a sweet and delicate taste. It is largely considered a whitefish, yet possesses a stonger flavor than most other whitefish. These are often used as cheaper more versatile alternatives to cod or haddock.

Alaskan pollock (aka walleye pollock) is available fresh from January to April and again from June to October and available frozen year-round. These are caught wild in the US throughout the northern Pacific Ocean, but mainly in the Bering Sea and the Gulf of Alaska. Alaskan Pollock have a mild taste similar to that of cod or haddock and has a relatively fine texture, well suited for a variety of preparations. Pollock is very low in saturated fat and carbohydrates, and is an excellent source of protein, vitamin b-12, phosphorus, and selenium.



## Whole

- Pollock Small
- Pollock Medium
- Pollock Large

## Fillets

- Fresh Fillets
- IQF Fillets
- Froz. 4-6oz Fillets
- Frozen portions

# Ocean Red Perch

*Sebastes fasciatus*



Ocean red perch, also known as Acadian Redfish, can be found in the Atlantic Ocean from the coast of Norway to Georges bank and are USA wild caught from Maine to New York. They are available year-round and are found over rocky, muddy, or clay ocean bottoms. Off New England, they are most common in the deep waters of the Gulf of Maine and tend to move off the bottom at night to feed. The ocean red perch is orange to flame red in color with a light underbelly. They have large eyes and a large mouth that is lined with many small teeth.

Ocean red perch can grow up to 18 to 20 inches long and live for more than 50 years! Ocean red perch can be used as a substitute for haddock or cod, as they have a mild taste and are a slightly sweet white meat fish. The texture has a medium firmness and is moist and flaky.

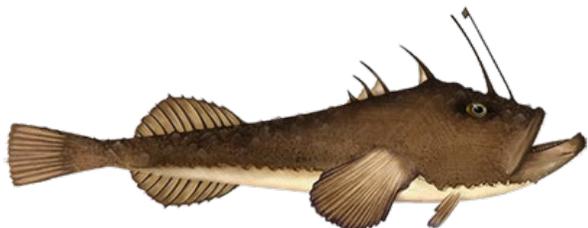


## Fresh

- Ocean Perch Fillet

## Frozen

- IQF Perch Fillet

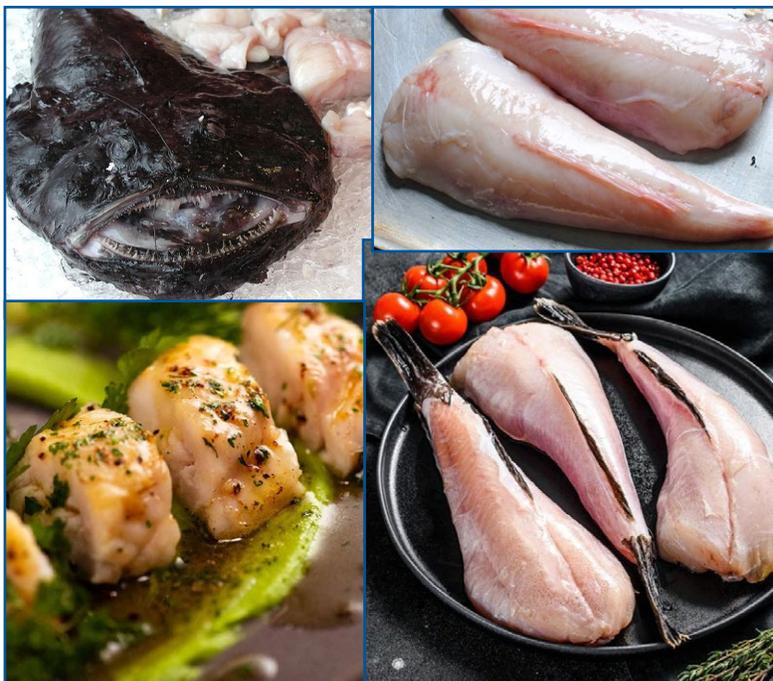


# Monkfish

*Lophius americanus*

The scary looking monkfish is a delicious fish you do not want to overlook. Monkfish have two stocks, one is the Gulf of Maine/Northern Georges Bank stock, and the other is the Southern Georges Bank/mid-Atlantic stock. They are wild caught from Maine to North Carolina and are available year-round with peaks in the late spring and fall, and can tolerate a wide range of water temperatures and depths. They are caught using bottom trawls, sink gillnets, and sometimes even scallop dredges and spawn from February to October.

Adult monkfish mainly eat fish, including other monkfish, as well as crustaceans, mollusks, seabirds, and diving ducks. Raw monkfish is covered in a blue-gray membrane which should be removed before cooking. They have a mild taste, and the texture of the tail meat is firm, dense, and relatively boneless. The meat is not flakey and has a texture similar to that of lobster meat. Monkfish is low in sodium and a very good source of protein, phosphorus, and selenium.



- Fillets
  - Small
  - Large
- Tails
  - Small
  - Large

- Other Forms
  - Head-On Whole
    - Liver

# *Flatfish*





# Halibut

*Hippoglossus hippoglossus*

The two main species of halibut are Atlantic and Pacific, and although we can and do bring in Pacific halibut for specific customers, here at Boston Sword & Tuna we sell mostly Atlantic. This halibut is typically caught by longlines in the Eastern Canadian Maritime, headed and gutted, packed up and shipped to us directly from the boats. We offer this item fresh year-round, but peak season is June through October. In the off season when we do not have any fresh halibut, we offer frozen or slacked out halibut as well, on top of Farmed Norwegian halibut! Although the farmed is different and less desired, it is a great option when fresh, wild halibut isn't available!

When raw, halibut has an almost translucent color to it. However, the size of the fillets varies depending on the size of the halibut, which on average range between 10 and 200 pounds. Halibut is a lean fish with fine grained, dense meat, which when cooked, produces a snow-white color and a flakey texture, while also delivering a very mild, yet sweet flavor! It is low in saturated fat and sodium, and is an excellent source of protein, niacin phosphorus, and selenium; all of which are essential for a healthy mind and body. Halibut is best enjoyed on the grill or in the oven finished with a pan-sear. However, it is important that you do not over-cook it because halibut tends to dry out when over-cooked.



## Wild

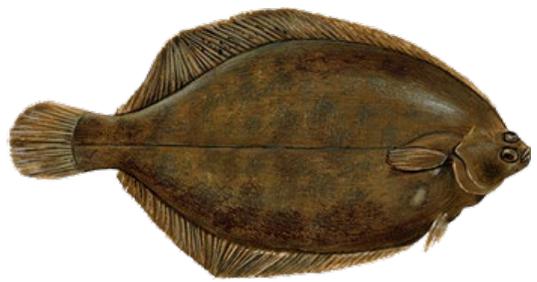
- H&G
- Fillet
- Steaks
- Portions (Fresh & Frozen)
  - PF Fillet
  - Cheeks

## Farmed

- Head on Whole
  - Fillet

# Lemonsole

*Microstomus kitt*



Lemonsole is a flatfish native to shallow water seas around Northern Europe. They live on stony bottoms at depths of around 200 meters. They can grow as large as 26 inches and can weigh from 6 to 8 pounds. However, they typically measure between 8 and 12 inches. They are a right eyed fish with a small head and mouth with smooth slimy skin.

Lemonsole are a reddish brown color mottled with pink and orange and flecks of green and yellow. They have a predominant orange patch typically found behind the pectoral fin, and the underside of the fish is white. Lemonsole breeding season is April through August and their flesh is delicate and sweet in taste. The most popular preparation is either pan-seared or baked, both of which produce savory, flakey lemonsole fillets.



Whole



Fillet



# Dabs

*Limanda limanda*

Dabs are flatfish that are part of the flounder family. They are native to shallow seas and are caught from Georges Bank north to Canada. Dabs live on sandy bottoms at depths of around 100 meters. They can reach up to 16 inches and nearly 2 pounds, but on average are no larger than 7 to 9 inches. Both eyes are usually on the right side of their head and are pale brown with scattered dark spots and speckles, which act as camouflage on the sea floor. This helps them blend in with its surroundings and camouflage themselves from prey, only striking once within range.

Dabs are known for being voracious eaters, and their diet consists of mostly zoobenthos organisms such as marine worms, mollusks, sand eels, crustaceans, and small pieces of fish. Dabs are available here at BST from February through early winter, and they have a delicate and sweet flavor, unmatched by any other pacific flatfish. They are often pan-dressed (headed and gutted), then pan-fried or grilled with the bone in so the meat stays moist and juicy.



## Whole

- Dabs Small
- Dabs Medium
- Dabs Large

## Fillet

- Fresh Fillets

# Fluke

*Paralichthys dentatus*



Fluke are left-eyed flatfish available year-round here at BST and are sold whole or in fillets. They can be found in the Atlantic Ocean from Nova Scotia to the East coast of Florida. US wild caught fluke are found mainly in the mid-Atlantic region from Cape Cod MA down to Cape Fear, North Carolina. Adults spend most of their lives on or near the seafloor burrowing in the sand. They have earned themselves the nickname the “chameleon of the sea” because of their ability to change both color and texture to blend in with the seafloor where it lives.

Flukes migrate inshore and offshore seasonally with the changes in water temperature, heading offshore from winter to early spring where they are found near the outer edge of the continental shelf, and head back inshore in late spring and early summer to shallow coastal waters and estuaries. The skin is edible, and the meat has a delicate flavor that does well either broiled or grilled. The texture is flakey and fine, and fluke is a good source of B vitamins and niacin.

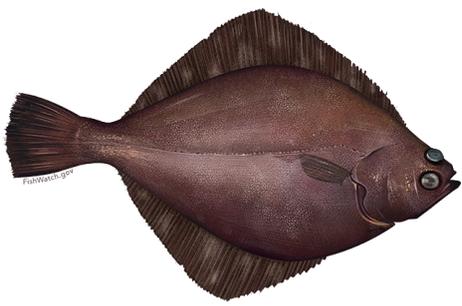


## Whole

- Medium Fluke
- Large Fluke
- Jumbo fluke

## Fillet

- Medium Fluke Fillet
- Large Fluke Fillet
- Jumbo Fluke Fillet
- Frozen Fluke Fillet

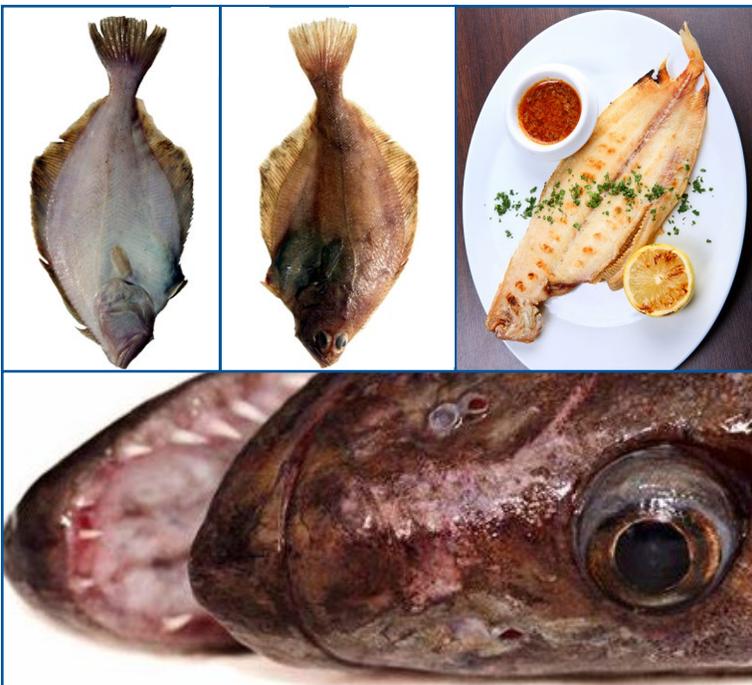


# *Flathead*

*Hippoglossoides elassodon*

Flathead is a right eyed flatfish that can be found in the North Pacific in the Sea of Japan, the Sea of Okhotsk, and the Bering Sea along the western coast of America to Pt. Reyes, California. Their upper body ranges from olive green to a reddish gray-brown while its belly is white with some translucence. They are covered in dark splotches on its upper side as well as on its dorsal and anal fins. They can reach lengths of up to 20 inches in length and weigh up to 3 to 4 pounds and are found at depths up to 1,050 meters.

Flathead can be found over soft ocean bottoms and have been known to seek deeper waters in the continental shelf from February to April to spawn. They are a demersal species and also are nocturnal feeders, often consuming bottom dwellers such as worms, crustaceans, and clams as well as squid and smaller fish. They serve as an important food source for bigger fish such as Pacific cod, Alaska Pollock, Greenland turbot, and Pacific halibut. The flesh of flathead is very white, firm, and tender with a mild taste, doing well when prepared grilled, baked, or pan-seared.



## Whole

- *Flathead Fz*
- *Flathead Slacking*

## Fillet

- *IQF Flathead Fillets*

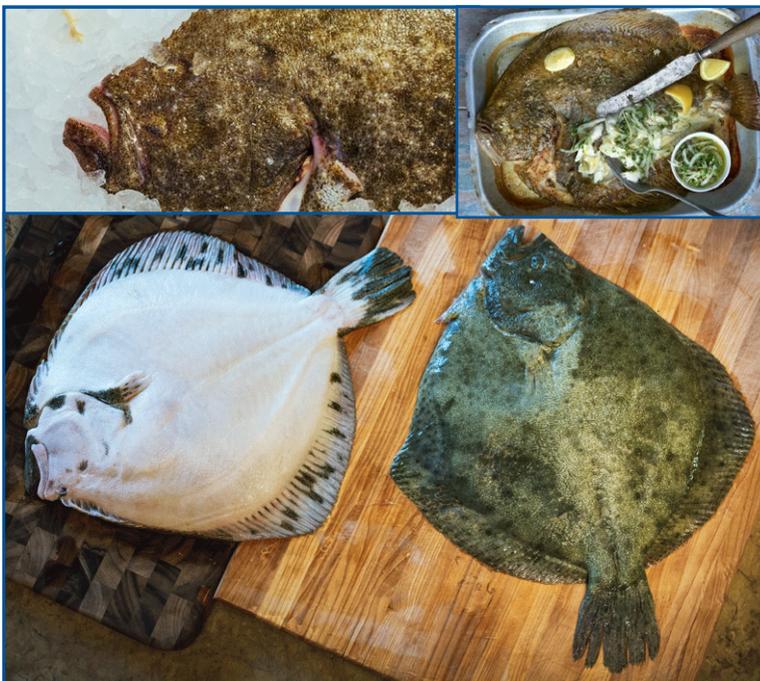
# Turbot

*Reinhardtius hippoglossoides*



Turbot is available year-round here at BST and is a close relative to halibut. They live near the ocean floor, prefer cold temperatures and soft, muddy bottoms, and are caught using bottom trawls or longlines. They have large mouths along with large teeth and can reach up to 25 pounds.

Turbot are are found throughout the Bering Sea and Aleutian Islands, as well as less commonly in the Gulf of Alaska regions. Turbot can also be found in Northwestern Atlantic Ocean in cold arctic waters and deep bays around Newfoundland, and the Gulf of St. Lawrence. They have a sweet, rich flavor which is similar to halibut, and a dense texture. Because turbot flesh is quite delicate, wet heat cooking methods such as steaming or poaching are preferable, but not necessary. Dry heat methods such as pan-frying and grilling add flavor but should be implemented gently.



## Fresh

- Turbot Fillets

## Frozen:

- Turbot Fillets
- Slacked Turbot Fillets

*Farmed Salmon*



# Perfekt Salmon



At BST, we decided from the very beginning that we would only sell the very best and most consistent product on the market. That is why we went to the foot of the Atlantic Ocean, in the icy fjords that surround the island of Froya in Northern Norway, where the cool climate along with the cold, clean waters, and deep fjords provide the ideal conditions for salmon to thrive. We formed a partnership with a select group of farmers who pay extra attention to detail, which is needed to produce the highest quality Atlantic Salmon. Furthermore, this led to the creation of BST's exclusive brand of 'Perfekt Salmon'.

Our fillets are cut pre-rigor in Akura, Norway and flown to our facility the very same day, where we then remove the pin bones in house, custom trim each fillet, grade, and pack our fresh product. Each fillet is hand selected and our Perfekt fillet is 100% useable with zero waste to our customers.

The super green cooling method we use allows us to control the temperatures of our fish safely and accurately. This environmentally friendly method not only extends the shelf life of our product for up to 6 days, but also guarantees a fresh, cool, and dry packed salmon all year round.



## Fillet

- 2/3 Fillet
- 3/4 Fillet
- Scaled 3/4 Fillet
- 4/5 Fillet
- D-Trim Fillet
- E-Trim Fillet
- F-Trim Fillet

## Other

- Sushi Grade Whole Fish
- Salmon Steaks
- 6oz Retail Bag
- 4, 6, 8oz Fz Portions
- Machine Cut Fresh Portions

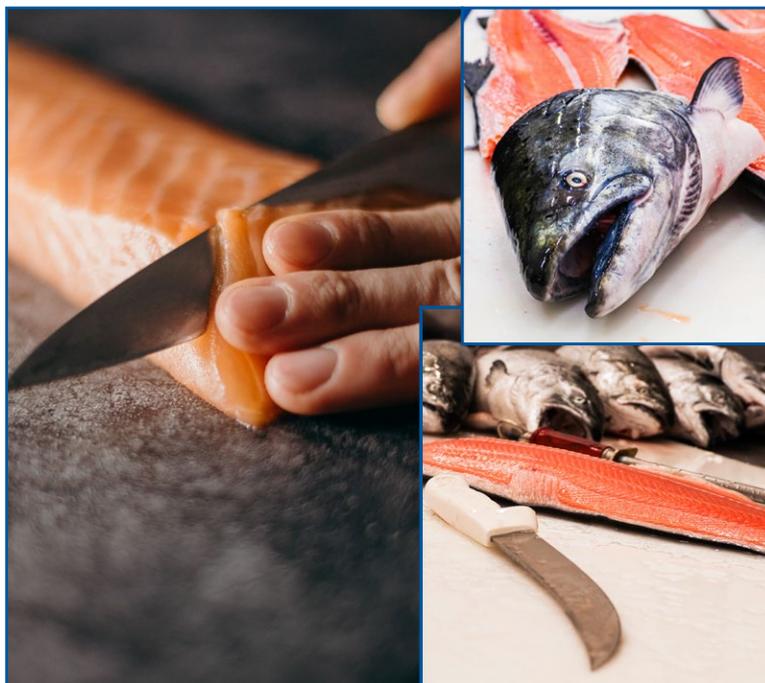


# Atlantic Salmon

*Salmo salar*

Atlantic Salmon are farm raised salmon grown in coastal areas around the world. These countries include Norway, Canada, Chile, Iceland, The Faroe Islands, Scotland, and recently in the United States in land based facilities. Atlantic salmon are spawned in land hatcheries until they are large enough to be transferred to new pens in the coastal waters, which are enclosed cages submerged in aquatic environments.

Atlantic salmon have a rounded body that is broad in the middle and tapered at each end. Its shape flattens towards the sides as is typical with most salmon species and has a relatively small head. Salmon Farming is one of the most resource efficient methods of producing protein compared to other animal food production. Both wild and farmed salmon get their distinct pigment from consuming foods rich in carotenoids, particularly astaxanthin. Astaxanthin in wild and farmed Atlantic salmon is identical, and they are never fed or injected with dyes, and the color added in farmed salmon comes from their natural feed. Atlantic salmon have a buttery rich taste with a firm, fatty texture and are rich in Omega 3s. Atlantic salmon is incredibly versatile and can be prepared in a variety of ways from pan fried to grilled; they can even be cooked on a cedar plank!



## Fillet

- 2/3 Fillet
- 3/4 Fillet
- Scaled 3/4 Fillet
- 4/5 Fillet
- D-Trim Fillet
- E-Trim Fillet
- F-Trim Fillet

## Other

- 4-6-8oz Fz Portions
- Machine Cut Fresh Portions
- Sushi Grade Whole Fish
- Salmon Steaks

**SALMON**



**DIVISION**

*Wild Salmon*



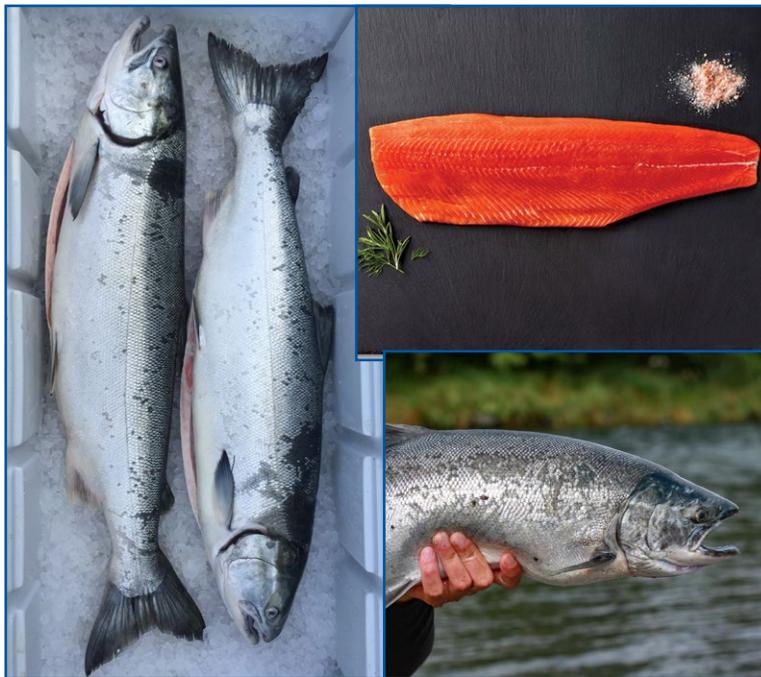


# *Coho*

*Oncorhynchus kisutch*

Coho salmon, also commonly called silver salmon, start their life growing and feeding in freshwater streams, estuaries, and associated wetlands. When they spawn in freshwater they are dark with reddish-maroon sides, but once the juveniles are mature enough to head into the ocean, they gain a darker color on their back and a lighter color on their belly, and this coloration is consistent with mature coho salmon living in the ocean. While coho salmon are in the ocean, they gain small black spots on their back and upper lobe of their tail. Once in the ocean, they spend the rest of their life foraging in the ocean before returning to the streams and tributaries where they were born.

Coho salmon are mostly caught by trolling, and any fishing gear used to catch them rarely comes in contact with the ocean floor and has minimal environmental impact on the habitat. Coho salmon are found throughout the North Pacific Ocean and in most coastal streams and rivers from Alaska to central California. They are available fresh from early summer to late fall and available frozen year-round. They are found throughout the North Pacific Ocean and in coastal streams and rivers from Alaska to central California. Coho salmon are low in sodium and their flesh is a reddish-orange color which tends to be pinker than chum salmon, but paler than chinook or sockeye salmon. They have a high oil content, which makes them feel soft when raw but become firm and flakey once it is cooked. Small coho salmon have a delicate flavor whereas the larger ones are more of a mild taste.



*H & G*  
*Head-on*

*Fillet*

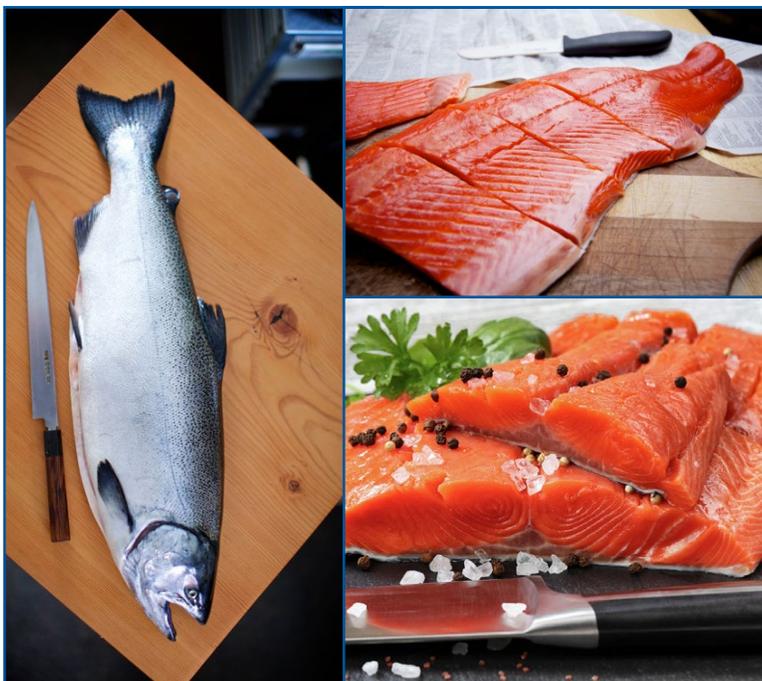
# Chinook 'King' Salmon

*Oncorhynchus tshawytscha*



Chinook salmon, also known as king salmon, are the largest of the Pacific salmon and can reach lengths of up to 4.9 feet and weigh up to 129 pounds. They are available wild in North America from the Yukon River of Alaska down to the Monterey Bay area of California, but are also available farmed. They are anadromous fish and spend their early life growing and feeding in freshwater streams, estuaries, and associated wetlands before heading to the ocean to spend the remainder of their life foraging in the saltwater before returning to the streams and tributaries where they were born to spawn. In the ocean, king salmon are blue-green on their back and top of their head and have silver sides with a white belly. All Chinook salmon die after spawning, and their carcasses are a valuable source of energy and nutrients to the river ecosystem by contributing nitrogen and phosphorous compounds to streams.

Chinook 'King' Salmon are available fresh mainly in the summer and early fall, although availability can vary by area and fishery. In addition to our wild king salmon, we also offer organic farmed king salmon here at BST, which are farmed on the west coast of British Columbia's Vancouver Island at Canada's only organic Chinook Salmon producer. These are raised in the shimmering, pristine waters of the Clayoquot Sound and are renowned for their pleasing red color, firm flesh, delicate texture and big flavor. Each farmed fish comes with a "certified organic" gill tag to guarantee both origin and quality of the king salmon. Chinook are the most prized salmon in the culinary world. Their color is almost always red and never pink, with the exception of the rare white meat variety which taste the same as the darker variety. They are low in sodium and have a pronounced, buttery, rich taste along with an oily texture that is flaky and meaty.



## Wild

- Head-on TRO: u/7, 7/11, 11/18, 18/up
  - H&G: U/10, 10/up
  - Fresh fillet
- Patagonian: 11/18, 18/up

## Farmed

- Fillet: Frozen, Fresh
- Organic: fillet, 8/10, 10/12, 12/14, 14/16



# *Sockeye*

*Oncorhynchus nerka*

There are hundreds of sockeye salmon stocks in Alaska, and the majority of sockeye harvested in the United States comes from Alaska. They are primarily harvested in net fisheries, being caught using gillnet or purse seines and less often in reef nets. Most sockeye salmon are anadromous and spend their first 1 to 3 years of their life in freshwater lakes, streams, estuaries and associated wetlands that provide vital nursery grounds for them before they reach maturity and head for the ocean to further grow, feed and mature. Once matured, they leave the ocean and return to fresh water and migrate miles upstream to spawn, often times in their stream or lake of birth.

Sockeye salmon is one of the smaller species of Pacific salmon, measuring 1.5 to 2.5 feet in length and weighing between 4 and 15 pounds. Sea going sockeye salmon have iridescent silver flakes, a white belly, and a metallic green-blue top and are often referred to as blueback salmon. Some fine black speckling may occur on the back, however the large spots typical of other pacific salmon are absent. As they return to their spawning grounds, their heads begin to turn green, and their bodies begin to turn bright red. Sockeye salmon are available fresh in the summer and early fall, and frozen, canned, or smoked year-round. We source our sockeye salmon during peak seasons, and our bulk buying power through the relationships we have built over the years allow us to remain incredibly competitive on market price compared to other wholesalers. They have a rich flavor that rivals that of chinook salmon and their consistency is firm and fatty. They are low in sodium and high in Omega 3's. Their raw meat has a bright red, or bright reddish-orange color, and their flesh is the reddest of all the wild salmon species, making them the preferred species for canning.



## Fillet

- IQF Fillet
- PF PBO Fillet
- PF PBI Fillet
- Fresh Fillet

## Other

- H & G
- H & G (Frozen)
- Portion

SCALLOP



DIVISION

*Scallops*





# Sea Scallops

*Placopecten magellanicus*

Sea scallops are bivalve mollusks that can be found in all of the world's oceans, but are never found in freshwater. Their shells are held together by the adductor muscle, which is the part of the scallop typically eaten by Americans. They have a saucer-shaped shell with smooth edges, with the upper shell usually reddish pink or brown in color and the lower shell white or cream. Scallops can live up to 20 years, and the largest ever recorded was about 9 inches in shell height; however, they seldom exceed 6 inches. They spawn in late summer or early fall, but can also spawn in the spring, especially in the Mid-Atlantic Bight but are available year-round.

Scallops propel themselves through the water by snapping its upper and lower shell together using its adductor muscle, which helps protect it from predators. They feed on phytoplankton and other small organisms out of the water column, and actually help to improve the water quality by removing suspended materials. Adult scallops live in close groups, called beds, on sandy or gravelly parts of the ocean floor at depths between 100-300 feet. We source our scallops daily from prime locations such as Georges Bank closed areas 1 and 2, as well as true channel scallops which are found 30-60 miles off of Provincetown, MA to the Bay of Fundi. Sea scallops have a sweet, rich taste that can be mild or briny, with a firm, lean texture. Raw scallops are shiny and creamy white, sometimes having an orange or pinkish tint that is completely natural and does not affect taste or quality. High quality scallops have an ivory translucence and should keep their shape. Scallops are graded and sold by size, and by how many scallops it takes to make a pound.



## Sizes

- U/10
- U/15
- 10/20
- 20/30
- 30/40
- 40/50
- Scallop Pieces

## Packaging

- Full Gallons (8 lbs)
- Half Gallons (4 lbs)
- Bags (50 lbs)

# Bay Scallops

*Aquiptecten irradians*



Bay scallops, when compared to sea scallops, are considerably smaller. With counts that average 50-110 to make a pound, rather than 10-20. They are inhabitants of shallow waters of bays and estuaries, and in the United States can be found from Maine to the Gulf of Mexico. Their shell size can reach up to three inches, but seldom exceeds that and their adductor (which is the part we eat) averages about  $\frac{1}{2}$  an inch in diameter. They are caught most commonly using scallop dredges, but can also be caught using suspension nets. When compared to sea scallops, bay scallops are more tender and have a sweeter flavor, which is why a lot of people prefer them over sea scallops.



## Sizes

- 40/60
- 60/80
- In Shell

## Packaging

- Gallons (8 lbs)
- Half Gallons (4 lbs)

*Shellfish*

**SHELLFISH**



**DIVISION**



# Oysters

*Crassostrea virginica*



At Boston Sword & Tuna, we handle a wide variety of oysters that will suit whatever taste and size you are looking for. Like your favorite wine, these delicious bivalves will vary depending on where they are grown and the method in which they are harvested. Oysters are filter feeders and can siphon up to 50 gallons of water a day through their system. They are also an excellent source of iron and omega-3's. Luckily for us, some of the best oysters in the world are grown not far from our facility in Boston, MA. Cape Cod, Maine, Rhode Island, and Connecticut produce some of the world's best tasting oysters and we source many of our products from these farms 7 days a week. We have built relationships with sustainable oyster growers from the Mid-Atlantic all the way to PEI and Newfoundland, Canada who take care of the product from the time they start off in the hatcheries until they are mature enough to make the move to the ocean farms where they can be grown in a variety of ways. We work directly with the best farmers in the industry to make sure you are getting the highest quality oysters on the market.



## Varieties (100 count)

- Patriot (MA)
- Wellfleets (MA)
- Beach Plums (MA)
- Plymouth 102's (MA)
- Duxburys (MA)
- Bluepoints (CT)
- Beaver Tails (RI)
- Taunton Bays (ME)
- Malpeques (PEI)
- Savage Blondes (PEI)
- Chebooktooks (NB)
- Merasheen Bays (NF)

## Shucked

- Standards Gal
- Selects Gal
- 8 oz cups (12 per cs)



# *Patriot Oysters*

Patriot oysters are a celebration of the history of America. They represent our founding fathers and all the true Patriots who fought with them to make this great country. These delicious bivalves have been enjoyed in New England for many centuries and when you shuck one and eat it you can feel good knowing that the likes of George Washington and Thomas Jefferson were eating these very same oysters as they were founding America.

Patriot Oysters begin their life at the tidal flats of Crowes Pasture Beach in East Dennis, MA where the Quivett Creek and Cape Cod Bay meet. These flats are one of the few protected marine nurseries in Massachusetts and are known as a breeding ground for horseshoe crabs, striped bass, squid, and lady crab. Our very own Patriot Oysters are a perfect example of what a Cape Cod oyster should be. With a lovely tear drop shape splashed with olive and lime greens, deep cups and plump meats, these oysters are sure to leave their mark on anybody who has the chance to enjoy them. Patriot oysters are grown elevated roughly 3-4 inches off the bottom of the sea floor. The oysters are tumbled and sized bi-annually into Australian Aquatrays measuring 3'x3' which are stacked three trays high. The oysters feed off phytoplankton brought by large flushing tides from Cape Cod Bay and the freshwater from the nearby Quivett Creek.

When you slurp down a Patriot oyster you get a burst of salty ocean water upfront that mellows to some sweet vegetal notes, and a hint of cream. When you're feeling patriotic and longing for a refreshing taste of history that's wholesome and savory, do the right thing and shuck open a Patriot Oyster.



## *Count Offerings*

- *25 Count*
- *50 Count*
- *100 Count*

## *Shucking knife*

- *Brown handle (wooden)*
- *White handle (plastic)*

# East Coast Clams



At Boston Sword & Tuna, we offer a variety of hard shell and soft shell clams year round. They are a very versatile seafood that can be used in a variety of different dishes and can be served raw on the half shell or cooked. Hard shell clams are bivalve mollusks with hinged shells that are native to the eastern shores of North America, with some of the most desirable clams coming from Cape Cod and Rhode Island. Hard shell clams are referred to by a variety of different names; Countneck, littleneck, topneck, cherrystone and most commonly, quahog. These names are actually indicators of the size of the clams with countnecks being the smallest and quahogs the biggest. At BST, we carry all the aforementioned sizes. We carry wild caught clams from Maine and Cape Cod, and farm raised countnecks from all the way down in Virginia. Aquaculture clams (farm raised) have been around for many decades and are a major reason why these mollusks are available 12 months a year. We have built relationships with some of the best clam growers in the business to ensure our customers have a steady and consistent supply all year.

Soft shell clams, also known as steamer clams, are a staple here in New England. They have a very soft and fragile shell and a protruding dark neck, known as a siphon. These clams are often steamed before serving, as the name implies. These wild clams burrow themselves 6-12 inches below the surface and are hand dug or raked at low tide. Shucked whole belly clams, or fryers, are the meats of steamer clams, and rather than steamed are usually deep fried as a Massachusetts summer tradition. Soft shell, just like our hard shell clams, are available year-round.



## Styles

- Fryers
- Strips
- Chopped

## Varieties

- Countnecks
- Topnecks
- Maine Oceans
- Cherrystones
- Quahogs
- Steamers
- Cleaned Quahog shells



# *Mussels*

*Mytilus Edulis*

At Boston Sword & Tuna, we carry two of the best mussels on the market: the popular Canadian blue mussels and Dutch Style mussels from Maine. Both options are farm raised in the most optimal growing conditions to ensure a high quality and delicious product. We know that customers have plenty of options when it comes to mussels which is why we choose to carry only the best. Canadian blue mussels are 100% natural, rope-cultured in Newfoundland and are certified to the Canadian Organic Aquaculture Standard. The rugged and wild North Atlantic Ocean has the perfect conditions for harvesting mussels, with ideal temperature, salinity and depth which result in some of the most succulent and sweet-tasting mussels in the world. The clear, chilled waters of Newfoundland provide a pure and clean growing environment that is rich in nutrients and pollution free. They have a unique, sweet taste and succulent texture. Selective harvesting, careful processing, and thorough inspection before shipping ensure BST's mussels are superb in quality, size, and taste.

Our Dutch Style Mussels come from just outside of Bar Harbor, Maine and are grown in the icy, cold waters of Mt. Desert Island Narrows. They are the only "Dutch Style" mussels grown in North America and come from a fifth-generation mussel farmer, whose family produces some of the world's finest mussels. The "Dutch Style" technique originated in the Netherlands and had been around for a very long time before it was brought to the United States. These mussels are known as a bottom cultured mussel which allows them to feed off a greater variety of nutrients from the ocean floor. Both mussels are unique in their aquaculture methods and are a very sustainable seafood option.



## *Canadian Mussels*

- 10 pound bag
- 2 pound bag

## *Dutch Style Mussels*

- 10 pound bag

# Crab Meat



No matter what the occasion, crab is a great way to liven up any party. From crab cakes to crab dips, there are endless possibilities that will truly wow any guest. At BST we offer colossal, jumbo lump, lump, backfin, and special crab meat year-round from both red and blue crabs as well as jonah crab cocktail claws. Crabs migrate into deeper water during the cold months so the best catch comes between March and October. Jumbo lump is prized for its delicate nature, sweet taste and satisfying size and is made up of meat that forms the muscle of a crabs swimming fins. Jumbo lump meat is sturdy with a fine texture and is perfect for chilled seafood cocktails and crab salads. Lump crab meat is made up of pieces that are slightly smaller than jumbo, but still sturdy meat that's great for pasta dishes, crab pies and crab cakes. Backfin crabmeat is a mix of broken up lump and small pieces of meat from the body of the crab and is usually flakey and fine making it ideal to be utilized in stuffings, dips and soups. Special grade meat comes from the crabs body and tends to be the sweetest of all the crab meat selections. Claw meat, of course comes from the claws of the crab, however is darker meat and tends to be less sweet with a stronger flavor overall than lump and backfin.



## Blue or Red Meat

- Colossal
- Jumbo Lump
- Lump
- Backfin
- Special
- Claw

## Jonah Crab

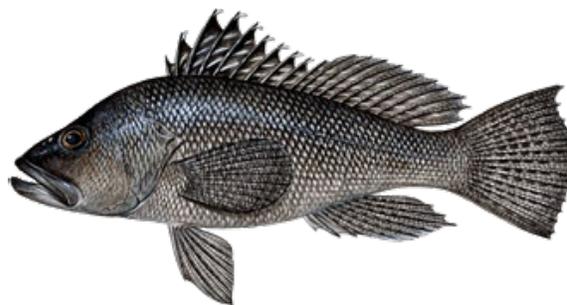
- Cap off Copcktail claws (16/20ct)
- Jonah Crab Meat

*Headfish*



# Black Seabass

*Centropristis striata*



Black seabass, as their name hints, are usually black in color with a slightly pale belly. They are a migratory fish with two stocks, one in the Mid-Atlantic and one in the South Atlantic and they can be caught along the east coast of the United States from Cape Cod down to the Gulf of Mexico. Black Seabass migrate offshore and south during the fall and return north and inshore to coastal areas and bays in the spring.

Usually caught using trawls or rod and reel, black seabass can also be caught using other methods like longline, handline, pot, trap, gillnet, dredge, and spear. They can grow up to 2 feet and nearly 9 pounds. An interesting fact about this creature is that most will start their lives as females and as they mature and grow, they become males. They spawn in coastal areas from January to July, but fishing for black seabass is best starting in May and continuing throughout the summer.

Black Seabass eat whatever prey is available, but especially like crab, shrimp, worms, small fish, and clams. The flavor of black seabass is mild, and the texture is tender and firm. When raw, the meat is pale and translucent, and it turns a bright white once it is cooked.



## Whole

- Jumbo
- Large
- Medium
- Frozen

## Fillets



# *Tilapia*

*Pollachius virens*

With both farmed and wild options, BST is able to offer tilapia year-round. It is a freshwater fish which mainly feeds on algae or plant-based food and can be found in shallow streams, lakes, rivers, or ponds. It is the fourth most consumed fish in the United States, behind only tuna, salmon, and Alaskan pollock and on average, each American will consume more than 1 pound of tilapia each year. It has earned the nickname the “aqua chicken” because it can be produced on a mass scale, allowing them to be widely available at a high quality and a low price.

Tilapia is a flakey white fish that is easy to prepare and cook. It is low in fat, low in calories, high in protein and has very low mercury levels. We process our whole tilapia here at BST into skinless, boneless (pin bone out) fillets which usually yield 35% depending on the size of the fillet and the final trim. Most tilapia on the US market is either blue, Mozambique, or Nile. The flavor is very mild but has a slight sweetness, similar to that of a red snapper or striped bass.



*Whole*

*Fresh Fillet*

# Squid

*Loligo*



There are over 300 species of squid in the world's oceans, however, less than a dozen make up the entire global market for culinary use. Here at BST, we carry Loligo. The word calamari comes from the Italian word for squid, but is better known in the United States as a battered, deep fried appetizer. The popular dish of fried calamari came into the public eye in 1975 thanks to an article published in the New York Times. However, it didn't really gain popularity until the early 1980's. Prior to gaining its popularity in the 80's, it was a very exclusive dish, being offered only in very high class and exotic restaurants in prominent cities such as New York and Boston. The meat is firm and white with a mild, slightly sweet, almost nutty flavor. Small fried squid are often firm and chewy, but they should not be rubbery. Fried calamari usually gets served with a garlicky aioli or a marinara sauce for dipping, and in any preparation, squid readily takes on the flavor of the dish.



## Whole (dirty)

- Tubes and tents
- Tubes only
- Rings & tents

## Frozen

- Whole dirty
- Tubes and tents
- Tubes only
- Rings & tents
- Squid ink



# Spanish Octopus

*Octopus Vulgaris*

Spanish Octopus is captured in what is known as the best fishing area in the world and the meat from these octopus shows, meeting the highest quality standards. They come from waters with a heavy swell, and as a result the octopus is forced to fight in order to get the food it needs, which helps give the octopus meat its firm texture. Being such a selective animal, the octopus eats the best that they can capture in the sea, which gives a special and appreciated flavor to the product. The flavor is similar to sea scallops: delicate and slightly sweet. Spanish octopus is great broiled, roasted, but perfectly cooked when its grilled!



## Raw

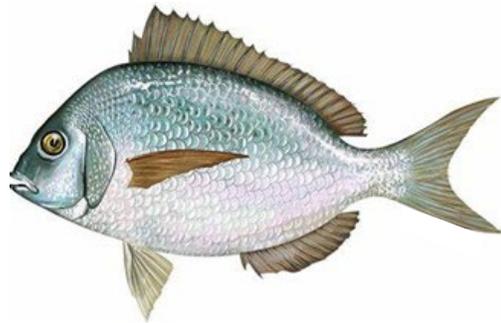
- Raw 2/4 Octopus
- Raw 4/6 Octopus
- Raw 6/8 Octopus
- Raw 8 Up Octopus

## Cooked

- Cooked Legs
- Cooked 10oz Legs

# Scup

*Stenotomus chrysops*



Scup are available year-round and can be found in the North-west Atlantic Ocean, primarily between Cape Cod, Massachusetts and Cape Hatteras, North Carolina. They have a brown color on its back and bright silvery reflections below. They can reach sizes of up to 20 inches and nearly 4 pounds.

Scup spawn over weedy or sandy areas in southern New England from Massachusetts Bay south to the New York Bight from May through August, with peak activity in June. Roughly 75% of the commercial landings of scup are caught using otter trawls, while the remaining percentage are caught with floating traps and hand lines. It is a white meat fish that is low in sodium and provides a low-fat source of protein. They have a mild taste with lean and flaky flesh and are often prepared whole, which is how we sell them here at BST.

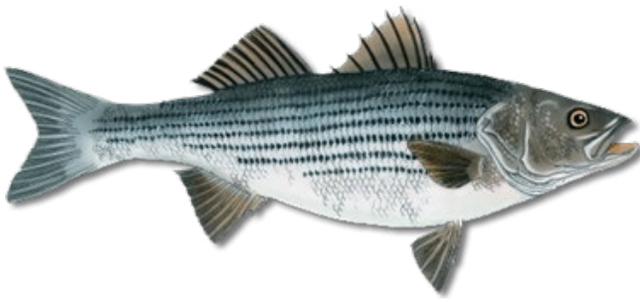


## Fresh

- Whole Large
- Whole Medium
- Whole Lg.Medium/Medium

## Frozen

- Whole Frozen

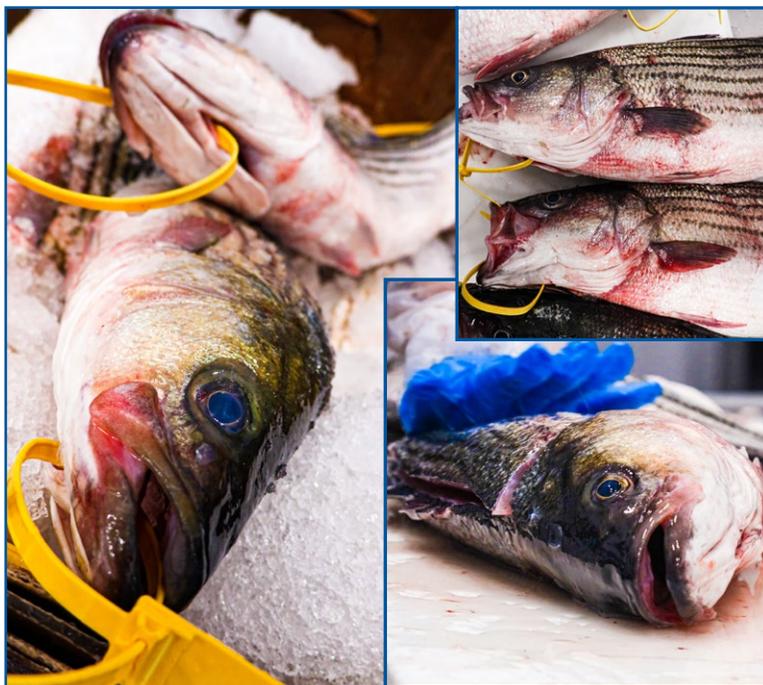


# *Striped Bass*

*Morone saxatilis*

Striped bass is a staple here at BST, and available both farmed and wild year-round. They can be identified by their seven to eight horizontal stripes, which run from the gills to the tail on both sides of their body. Wild striped bass are caught along the east coast of North America from the St. Lawrence River in Canada down to the St. John River in Florida, as well as in the Gulf of Mexico from Florida to Louisiana. They are caught using gear that has minimal impact on their habitat such as gill nets, hook-and-line, pound nets and trawls.

Striped bass can grow up to 5 feet long and weigh up to 77 pounds. Adult striped bass will eat almost any kind of small fish as well as most invertebrates, particularly crab and squid. They have a light-colored meat that is firm in texture, presents a slightly sweet flavor and has firm meat with large flakes. Striped bass have rather strict regulations in place regarding catch limits and size restrictions, particularly in New York. If a striper meets the required specifications to be kept in New York, it is known as “New York legal” and requires the fish to be between 18 and 28 inches in length.



## *Wild Striped Bass*

- *Frozen Whole*
- *Whole - 8+, 5-8, 2-4*
- *Fillet - 8+, 5-8, 2-4*
  - *Gutted*

## *Hybrid Striped Bass*

- *Whole - 3+, 1.5-2.5*
- *Fillet - 3+, 1.5-2.5*

# Whiting

*Merluccius productus*



Whiting are nocturnal, semi-pelagic white fish that is wild caught from Maine to South Carolina. They are caught using mesh trawl gear, which must comply with a number of specific requirements to minimize bycatch of larger groundfish. They are a nocturnal fish that moves up the water column to feed at night, primarily between dusk and midnight, and return to rest on the ocean bottom during the day, preferring sandy, muddy, or pebbly ocean bottoms.

Whiting migrates in response to seasonal changes in water temperature and move towards shallow, warmer waters in the spring. Peak spawning occurs from May to June in the south and from July to August in the north. Spawning areas include the coastal region of the Gulf of Maine from Cape Cod to Grand Manan Island, Southeastern Georges Bank, and Southern New England area south of Martha's Vineyard.

They are available here at BST year-round, and when raw and cooked has a pure white to off white color. They have a mild, slightly sweet flavor, and softer, less flakey flesh than other whitefish such as cod, haddock and pollock.



Whole

Whole Dressed



# *Bluefish*

*Pomatomus saltatrix*

Bluefish are available year-round and are wild caught in the US from Massachusetts to Florida, but are also available in temperate and tropical coastal waters around the world (with the exception of the Eastern Pacific.) They have a blue-green coloring on their back and a silver color on their sides and belly. Bluefish migrate seasonally, moving North in the spring and summer as water temperatures rise and then south in the autumn and winter to waters in the South Atlantic Bight.

Bluefish have razor sharp teeth and shearing jaws, which allow them to ingest large bites, increasing the maximum size of prey they can eat. The meat of these fish is a light putty to blue-gray and becomes lighter when cooked. They can grow up to 39 inches and weigh as much as 31 pounds, and the larger the fish the more pronounced the taste. They have a rich, full flavor with a coarse, moist meat and edible skin. There is a strong-flavored strip of dark meat on the fillet that can be removed prior to cooking.



## Whole

- *Whole Large*
- *Whole Medium*

## Fillet

- *Bluefish Fillets*

# *Butterfish*

*Peprilus triacanthus*



Butterfish is a year-round offering here at BST. Butterfish are semi-pelagic fish that shift their distribution in response to the changing bottom water temperatures, heading north during the summer to feed and spawn, and south offshore in the winter to avoid cold waters. They are a dull-blue color on top with silvery sides, and average 6-9 inches, but can grow up to 12 inches. They are very thin and deep bodied.

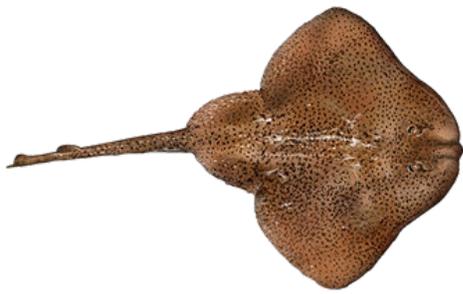
Butterfish are wild caught in the US from Maine to South Carolina, and spawn during June and July. Butterfish has a delicious taste and is high in fat and oil content.



## Fresh

- Whole Butterfish





# *Skate Wings*

*Leucoraja ocellata*

Skate are relatives of sharks and rays and have a kite-like shape. They are light brown, covered in small dark spots, and can be caught wild from the Gulf of St. Lawrence in Canada to Cape Hatteras North Carolina. However, they are most commonly caught in southern New England and on Georges Bank from Massachusetts to Rhode Island. Skate live on sand and gravel ocean bottoms, and generally migrate offshore during the summer and early autumn and inshore during the winter and spring, although they do not migrate far.

Skates can grow up to 5 feet in length and the meat of skate is off white, sometimes pinkish when raw, and when cooked is an off-white color. At BST we offer the best part of the skate, the wings. They have a mild, sweet flavor (similar to that of scallops) and a firm stringy texture.



*Whole*

*Fillet*

# Golden Tilefish

*Lopholatilus chamaeleonticeps*



At BST, we maintain our supply of Golden Tilefish year-round. These fish can be found along the outer continental shelf and upper continental slope of the entire United States coast and in the Gulf of Mexico. However, they are most abundant from Nantucket Island off the coast of Massachusetts, south to Cape May, New Jersey. Sometimes referred to as the clowns of the sea due to their appearance, they are iridescent blue/green on their back with numerous spots of bright yellow or gold, while their bellies are white and their heads are rosy with blue under the eyes.

Individual Tilefish can be found in and around submarine canyons where they burrow in mud or sand sediment, with vertical burrows making up their most common habitat. They can be found at depths of 250 feet to 1500 feet. Commercially, they are caught using mainly bottom longline gear, and feed during the day on the ocean bottom. Golden tilefish feed on shrimp, crabs, snails, worms, and sea cucumbers, which contribute to their mild flavor, which is similar to that of lobster or crab with a firm flakey texture.



## Whole

- Medium
- Large
- Jumbo

## Fillet

- Tilefish Fillets



# Walleye

*Sander vitreus*

Walleye is a freshwater perciform fish native to most of Canada as well as the Northern United States across the Great Lakes. The majority of walleye sold in the United States are caught in Lake Erie. Also known as yellow pike or yellow pickerel, walleye are the state fish of Minnesota, Vermont, and South Dakota, as well as the provincial fish of both Manitoba and Saskatchewan. More walleye is consumed in Minnesota each year than in any other jurisdiction in the United States!

The name walleye comes from their pearlescent eyes caused by the tapetum lucidum (a layer of tissue in the eye) which gives its eyes an opaque appearance, as well as helps them see in low light conditions. Due to their ability to see in low light, they often avoid bright light, and will hunt for food in the night, preying on fish that cannot see as well as them. They are typically 30-50 cm, which is substantially below their potential size of is up to 80 cm and nearly 20 pounds. Walleye is often served as a sandwich or deep fried on a stick, often seen at the Minnesota State Fair.



## Whole

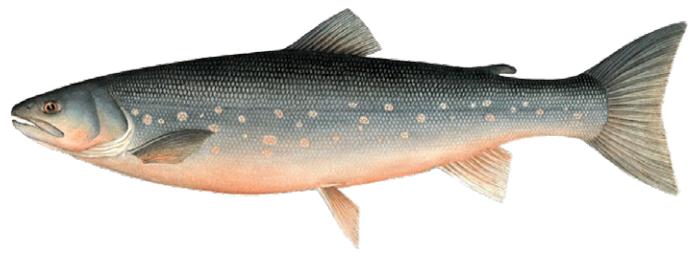
- *Whole*
- *Whole Jumbo*

## Fillet

- *Fillet*
- *Fillet IQF*

# Arctic Char

*Salvelinus alpinus*



Arctic char is a cold-water fish and is distributed circumpolar north, making them the northern most fish found with no other species of fish being found at higher latitudes. They are generally anadromous (however can also be landlocked as well) and inhabit shallow waters. They rarely swim deeper than 10 feet with the exception of landlocked arctic char, which have been known to swim much deeper in the summer in order to occupy colder waters.

The diet of an arctic char varies based on season and location; however, they are mostly opportunists when it comes to eating. During late spring and summer, they feed mostly on insects from the surface of the water, salmon eggs, snails, and other small crustaceans as well as fish up to one third their size. During autumn and winter months they feed on zooplankton and freshwater shrimp suspended in the lakes. Arctic char are closely related to lake trout and salmon, sharing many characteristics of both, and they are highly variable in color which is dependent upon the time of year and environmental conditions.

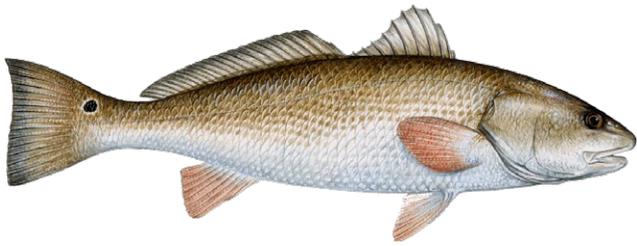
There are two distinct size dimorphisms, dwarf and giant. Dwarf Arctic char weigh between 7oz and 5lbs with an average length of 8cm, whereas giants weigh between 5lbs and 10lbs with an average length of 40cm. Dwarf arctic char are often landlocked, due to the scarcity of resources. The market size is generally between 2 lbs and 5 lbs. The flesh is fine flaked and medium firm, and the color is light pink to deep red, and tastes somewhere between a salmon and trout.



## Whole

- 2-4
- 4-6

## PBO Fillets

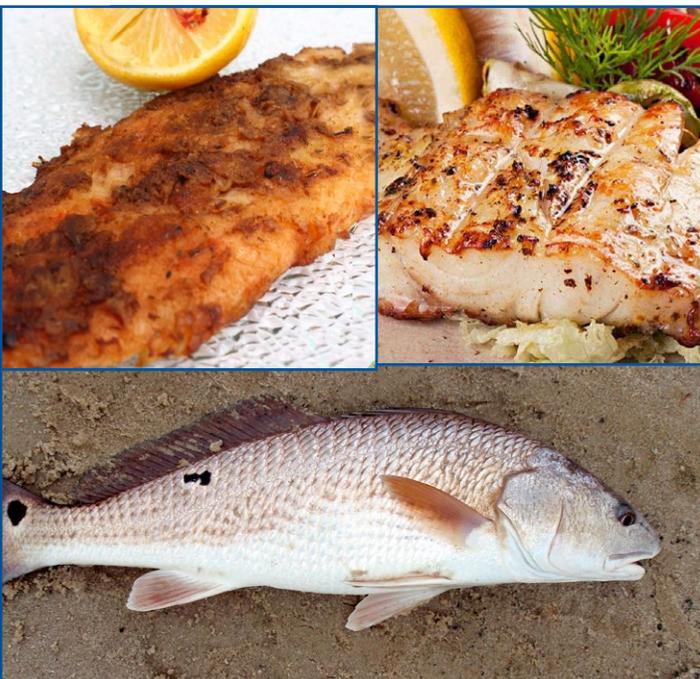


## *Red Drum*

*Sciaenops ocellatus*

Red Drum, also known as redfish or channel bass, are fish that were made popular during the early 1980's. They are a copper to silver color on top that fades to white on their belly and they have a large black spot on the upper base of their tail. Red drum are fast growing fish, reaching 11 inches and 1 pound in just their first year, and reaching 22-24 inches and 6-8 pounds by just three years of age. The record red drum was a staggering 94 pounds and was caught around the Hatteras Islands in North Carolina, and as a result, the red drum is the state saltwater fish of North Carolina.

Red drum prefer shallow waters, particularly those that are about 1-4 feet deep and are commonly found on oyster reefs. They can be caught from Massachusetts down to Key West Florida, as well as along the gulf coast to Tuxpan, Mexico. During spawning, males attract females by making a drum-like noise by vibrating a muscle that moves their swim bladder, earning its name the red drum. They have a moderate flavor, but are not oily. Young red drum are almost indistinguishable from black drum in terms of flavor and texture, however once red drum reach over 15 pounds, they become tougher and have a consistency comparable to chicken.



### Whole

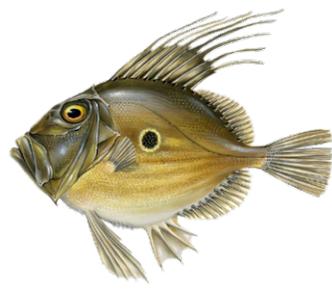
- *Whole Red Drum*

### Fillet

- *Red Drum Fillet*
- *Red Drum IVP Fillet*

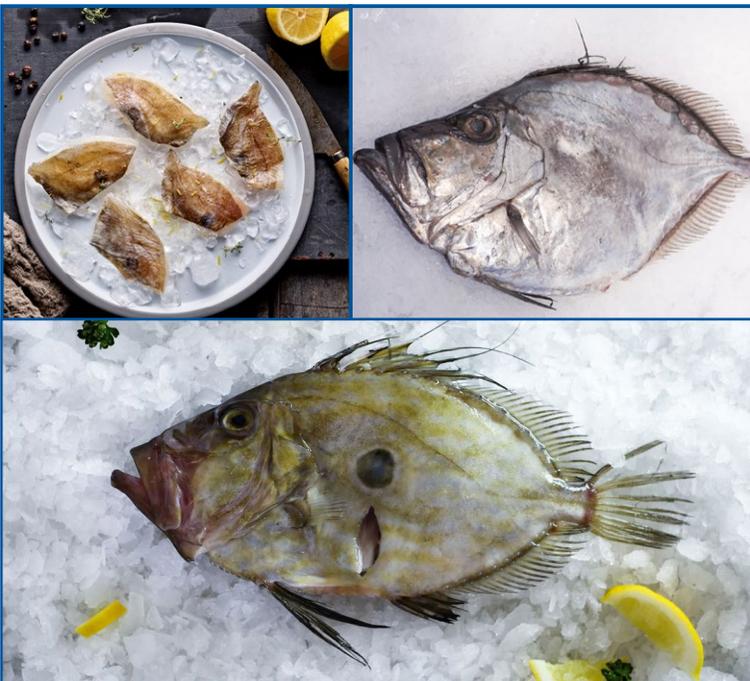
# *John Dory*

*Zeus faber*



John Dory refers to fish of the genus Zeus, and is a flat, boney fish with long spines that run the length of its body along its dorsal fin. Its color ranges from gray to green and they have a signature 'thumbprint' marking on either side of their body. These spots are to confuse predators and they often are mistaken for eyes, causing the hunter to aim for its midsection rather than its actual eyes, allowing the John Dory time to escape. They are found in the North Atlantic as well as cooler parts of the South Pacific, most commonly seeing landings in the UK, Australia, and New Zealand.

John Dory is comparable in taste to turbot or sole, and their thin profile and large head make for a low yielding fillet, coming in at roughly one third the fish's body weight. They are mild in taste with delicate white flesh. They have a nice moist, fine flake with a firm texture. The flavor is mildly sweet, and the John Dory is very low in fat, yet maintains a buttery, melt-in-your-mouth feel. Perfect for sautéing, grilling, baking, steaming, or coating in breadcrumbs and frying.



## Whole

- *Fresh Whole*
- *Frozen Whole*

## Fillets

- *John Dory Fillet*



# *Boston Mackerel*

*Scomber scombrus*

Here at Boston Sword & Tuna we have the privilege of having access to the cream of the crop of Atlantic mackerel, which are also known as Boston Mackerel. These are available year-round, and often exported to markets around the world frozen. However, here at BST we offer them fresh right out of the water. They are common in cold or temperate waters over the continental shelf, tend to swim in schools near the surface and are caught using mid-water trawls.

The taste of Boston Mackerel is a rich, pronounced flavor. If you want a milder flavor, the outer bands of dark meat along the midline can be removed. The texture is soft, flakey and moist, and they are high in Omega-3's. Boston Mackerel is an excellent source of selenium, niacin, Vitamin B-6, and vitamin B-12.



Mackerel Whole

Dressed Mackerel



*Snapper*



## *American Red Snapper* *Lutjanus campechanus*

American red snapper is the only species that can legally be labeled as such, despite many red fish being passed off as red snapper in the marketplace, so they are often sold with their skin on to help identify them. Small American red snapper can have a metallic pink color to their skin, and as they grow larger their skin turns a darker red color.

They can be found in the waters of North Carolina to Florida, and coastal waters of Louisiana and Texas. Wild caught American red snapper are available year-round, and the average market size for these fish is between 4 and 6 pounds, although they can grow to be upwards of 35 pounds. They have a mild, sweet taste that can be slightly nutty, and true American red snapper fillet will not curl when cooking.



### Whole

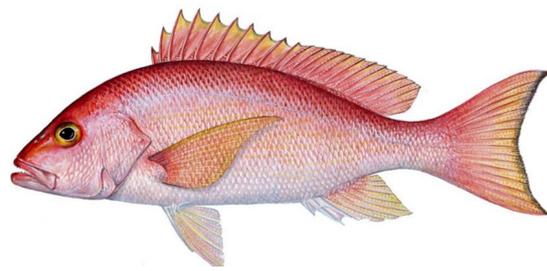
- 1-2 American Red Snapper
- 2-4 American Red Snapper  
(Scaled & Gutted)

### Fillet

- American Red Snapper Fillet  
(Skin-on / Skinless)

# *Silk Snapper*

*Lutjanus vivanus*



Silk snapper can be found in tropical areas from North Carolina to South Florida, including the Gulf of Mexico down to Brazil and east to Bermuda. They exist in deep waters, usually over 300 meters down over rocky and sandy corals. Spawning happens throughout the year with peaks in spring and summer months.

They can be confused with red snapper because they share similar qualities. However, silk snapper has a distinguishing bright yellow eye and a pointed anal fin. Tasting similar to red snapper, silk snapper has flakey white meat which is versatile and great when grilled whole or filleted.



## Whole

- Sizes range from 1/2 - 6+  
(Scaled & Gutted)

## Fillet

(Skin-on / Skinless)



## *B-Liner Snapper*

*Rhomboplites aurorubens*

B-Liners, or vermillion snapper, can be found throughout the Gulf of Mexico in waters 90-300 ft deep. However, most of the commercial b-liners are caught between Alabama and Florida. The body of a b-liner is vermillion red (hence the name) and turns pink on the sides and silver on the belly. They spawn between late April through the end of September and average between 1 and 2 pounds, but can reach upwards of 5 pounds. When cooked, vermillion snapper have a mild, sweet flavor and a firm, flakey skin.



### Whole

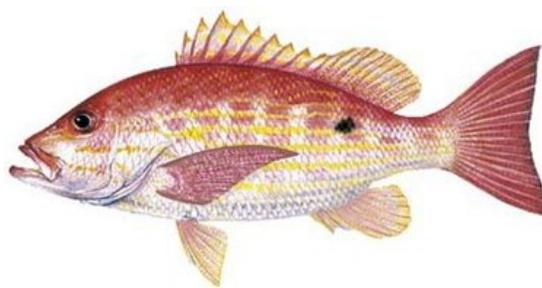
- B-Liner 1-2
- B-Liner 2-4

### Fillet

(Skin-on / Skinless)

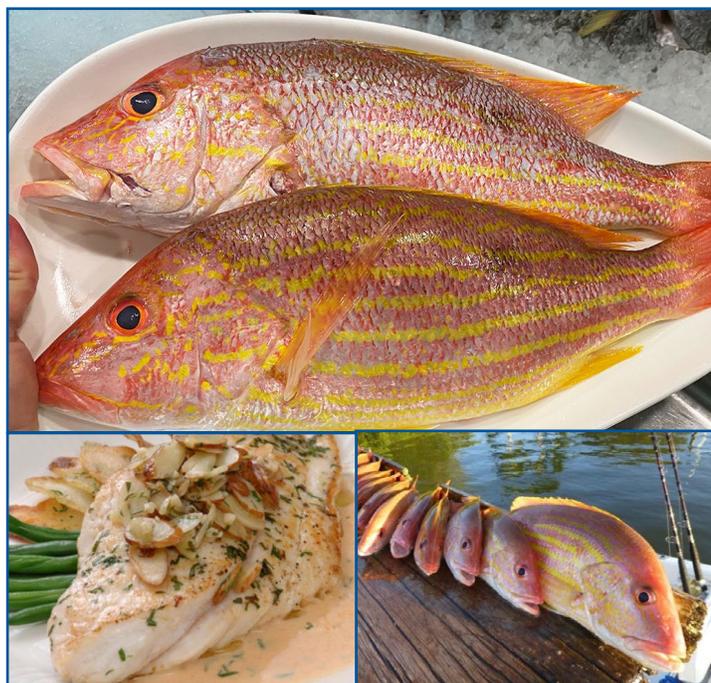
# Lane Snapper

*Lutjanus synagris*



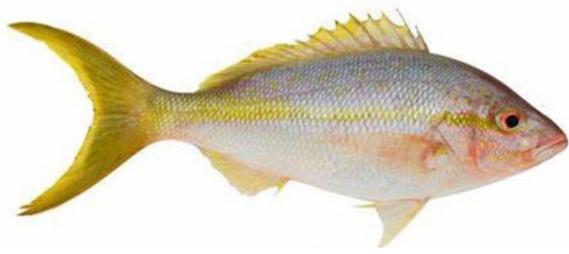
Lane snapper can be found off the coast of North Carolina down to southeastern Brazil, as well as in the Bahamas, the Gulf of Mexico, and the Caribbean Sea. They come from marine fisheries and not fish farms, being caught mostly with hook and line or gillnet. Lane snapper is thought to be more abundant than that of its close cousin, the red snapper, and has a red/pink back with 8-10 yellow stripes along its side.

They do not grow very large, usually staying under 14 inches. Lane snapper has a delicate taste that should not be overpowered with additional flavors. This beautiful white meat fish is best prepared fried up with a little bit of olive oil and some rice flour to hold it together.



Whole

Fillet



## *Yellowtail Snapper*

*Ocyurus chrysurus*

Yellowtail snapper are olive to blue in color with yellow spots and have a yellow stripe which runs from their mouth to their tail. They can be found in the western Atlantic from Massachusetts down to Brazil and they tend to form schools in subtropical waters. They can grow up to 3 feet long, however, most do not exceed 16 inches.

They are more abundant in the summer months but can be caught year-round. Yellowtail snapper has a gentle, flakey white meat which is particularly oily and is seen by most as the finest snapper, often cut up and eaten raw right when it's caught as sashimi.



### Whole

- 3/4-1
- 1-2
- 2-4

### Fillet



*Grouper*



# *Red Grouper*

*Epinephelus morio*

Red groupers have reddish brown bodies that shade to pink or red along the belly. Also known as shallow-water grouper because they are often found in 10-60 feet deep waters, these fish can grow up to 4 feet in length and can be found in rocky or muddy bottoms near warm water. They have a large mouth full of slender sharp teeth and usually a few stout fixed canines, which allows them to eat their prey whole. Mostly solitary until spawning time, adults may move together in groups but only for short distances. Red groupers play a significant role by excavating the flat bottom areas of the ocean floor for their own habitat, and in turn, make ideal habitats for other species such as lobster and b-liner snapper. Red grouper, similar to black grouper, have a mild but distinctive taste, somewhere between a bass and a halibut. However, many consider the red grouper to be more tasty, as it is milder than black grouper and often sweeter as well.



## Whole

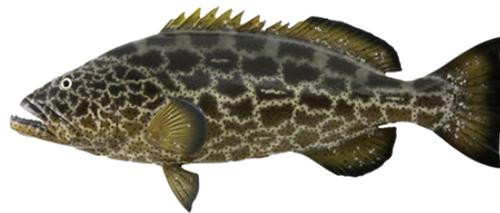
- 1-3
- 3-5
- 5-Up

## Fillet

- Fresh Red Grouper Fillet
- Frozen Red Grouper Fillet

# Black Grouper

*Mycteroperca bonaci*



Also known as black rockfish or marbled rockfish, black grouper has an olive or grey body with black and brassy spots. As they age, they move to progressively deeper waters, and they can remain in one particular site for quite some time. They can be found in the Western Atlantic from Massachusetts to Brazil, but are particularly associated with the Gulf of Mexico, Cuba, the Caribbean, and the Florida Keys. Like most groupers, Black grouper are all born female, and once they reach sexual maturity, many of them become males.

Black grouper has a firm texture and a mild but distinct flavor, being described as somewhere between bass and halibut. They are low in saturated fat and does well grilled, baked, or sauteed.



## Whole

- 1-3
- 3-5
- 5-Up

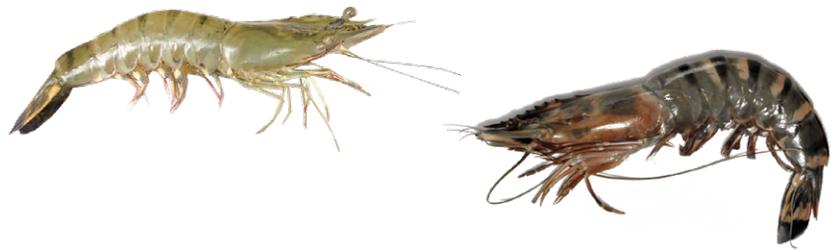
## • Fillets

- Fresh Black Grouper Fillet
- Frozen Black Grouper Fillet

# *Shrimp*



## Shrimp Offerings



Shrimp is a staple whether you are at a sporting event enjoying shrimp cocktail or at an Italian restaurant enjoying shrimp scampi. At BST, we work close with our suppliers to ensure competitive prices for our customers. We carry a full line of peeled and deveined ready to cook white shrimp, in both tail on and tail off varieties year-round, with peaks in the fall. White shrimp are crustaceans found along the Atlantic coast from New York to Mexico. The color of them when raw is translucent pink to gray and once cooked their meat becomes pearly white with pink and red shadings. White shrimp are flavorful and sweet, and are slightly more tender than other shrimp. In addition to our white shrimp options, we also carry raw tail-on tiger shrimp (*Penaeus monodon*) which can be found in the Indo-West Pacific oceans including East Africa, South Asia, Southeast Asia, the Philippines, and Australia. At BST our entire product line is stored here on site at our facility and we maintain a steady supply of all sizes of both white and tiger shrimp year-round. Shrimp remains as a valuable, inexpensive protein, and all of our shrimp is packed for retail to fit everyone's needs.



### White's

- Raw Tail-On
- Raw Tail-Off
- Shell On EZ Peel
  - P&D
- Cooked Tail-On

### Tiger

- Raw Tail-On

# *Lobster*



**Live North American Lobster**  
*Homarus Americanus*



Here at BST, one incredible feature that helps set us apart from other seafood wholesalers is our 50,000 pound capacity holding tank that we stock exclusively with North Atlantic lobsters. Our holding tank is conveniently located just 20 yards from the Atlantic Ocean on Boston's waterfront, which allows us to filter and pump fresh ocean water into our tanks. This exclusive feature we have here at BST keeps our lobsters consistently exposed to all the natural nutrients found in fresh ocean water. The result of this feature is our ability to run an open system in the cold winter months, and a closed system during the summer when we filter and chill the water to an ideal temperature that is best suited for the product. As a live product, this keeps the lobsters at their peak freshness in ideal conditions until it is sold.

Due to the size of our holding tank, our volume buying power, and our ability to buy directly from the source right here in New England, we can offer our customers the sharpest prices on the market. The BST lobster division didn't grow to well over 1 million pounds a year just by luck. We climbed our way up using the knowledge and expertise for the trade. When live, our lobsters are graded by size according to pounds as follows:



**2lbs and under**

- Chix (1 lb)
- Quarters (1 ¼ lb)
- Halves (1 ½ lb)
- Three-Quarters (1 ¾ lb)
- Deuces (2lb)

**Over 2lbs**

- 2-2 ½ lb
- 2-3 lb
- 3-4 lb
- 4-6 lb
- 6-up (6+ lb)



## Lobster Meat

Being in the heart of New England, we have the privilege of being right on the doorstep of some of the best lobster in the world. We offer both fresh and frozen lobster meat here, and right next to our 50,000-pound capacity holding tank exclusively stocked with live North American lobsters, we have a 106 gallon lobster kettle where we cook and pick fresh lobster meat each day. The kettle can cook up to 300 pounds at a time, and we will utilize claws and tails of like sized live lobsters so the meat will evenly cook in the kettle. In addition to the fresh meat we cook daily, we offer frozen meat as well. We cook the claws and tails for fresh meat, but we will freeze the raw bodies. In addition to the raw bodies, we also offer all varieties of frozen meat (tail, claw, knuckle) as well as scored claws and cap off claws.



### Fresh

- TCK (Tail, Claw, Knuckle)
  - TC (Tail, Claw)
  - CK (Claw, Knuckle)
- CKL (Claw, Knuckle, Leg)
  - All Tail

### Frozen

- Various size Tails
  - Ck meat
  - Ckl meat
- Scored claws
- Cap-off claws

*Boston Sword & Tuna's  
Gourmet Seafood Seasoning*





## Our Seasonings

There's nothing quite like a perfectly paired seasoning with your fresh seafood, so being "Americas One Stop Shop for Seafood" we here at BST decided to make that perfect pairing a little easier for you! Our new line of gourmet spices are made specifically for seafood, and will compliment or even enhance the flavor of any seafood you prepare! From tuna to swordfish, salmon to scallops, there is a seasoning for it all!

**Blackening Rub** - All great blackening rubs have three things in common: the right level of heat; intense flavor; and of course, that perfect blackened finish, and BST's Blackening Rub is no different! Our blend delivers all three, every time, on every fish. Don't believe us? Try it on top of our swordfish steak or some fresh scallops and you'll be hooked!

**Toasted Sesame Ginger** - BST's Toasted Sesame Ginger spice adds the perfect savory crust to tuna and salmon. This blend gets it's delicate, nutty flavor and texture from two varieties of toasted sesame seeds, combined with the natural spice of ginger, garlic, and a hint of red pepper to add a distinctive, Asian flair to your meal. Perfect on top of our Perfekt Salmon and Tuna Loins!

**Zesty Lemon Herb** - The Zesty Lemon Herb seasoning from BST brings the bright, zesty taste of lemon, complimented by a blend of herbs and spices, featuring the smoky sweetness of paprika, and the clean, peppery flavor of parsley. This bright and powerful blend pairs well with any whitefish, especially had-dock!

**Smoky Paprika Chipotle** - BST's Smoky Paprika Chipotle adds a smoky, spicy mesquite grill flavor, and goes excellent on Swordfish!

**Honey Aleppo Pepper** - Our BST Honey Aleppo Pepper seasoning delivers a spicy-sweetness to your recipes with its unique combination of natural honey granules and Aleppo pepper. On the palate, this seasoning blend is both sweet and spicy with great depth of flavor. Honey Aleppo Pepper seasoning caramelizes as you cook, adding that perfectly balanced spicy-sweet flavor to your favorite seafood. Excellent on all types of fish!



### Individual Spices

- Honey Aleppo Pepper (5.10Z)
- Smoky Paprika Chipotle (4.90Z)
- Zesty Lemon Herb (4.50Z)
- Toasted Sesame Ginger (4.90Z)
- Blackening Rub (4.60Z)



### Variety Pack

*\*Includes one of each of our 5 spices*



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