

**MADE IN THE
OCEAN,
PERFECTED IN
YOUR KITCHEN**



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**FROM AROUND THE
WORLD
TO YOUR
TABLE**

GOURMET SEAFOOD SOLUTIONS

For over 15 years, Gourmet Seafood Solutions has been serving a niche clientele across the Middle East with a premium range of high-end seafood products.

Our collective experience of over 50 years has taught us many things. How to grow meaningful relationships with suppliers and clients. How to build a reputation for reliability by maintaining the highest standards of quality. How to maximise efficiencies through a HACCP-certified efficient and versatile supply chain.



AN OCEAN OF DIFFERENCE IN CHOICE, QUALITY AND VALUE

HOW ARE **WE DIFFERENT?**

OUR MISSION

To be the preferred choice in the region for premium, affordable, safe and sustainable single-frozen seafood, supported by the highest standards of service.

A SEA CHANGE IN FROZEN FOOD



THE SINGLE-FROZEN TRUTH

Our single-frozen seafood is remarkably close to seafood consumed the day it is caught. This is because we only select products that are harvested at peak season, carefully processed at source and then quickly frozen – all within a few hours of leaving the water – to the highest international standards of quality control.

Several scientific studies have revealed that frozen fish products offer excellent quality, often better than fresh fish. When fish is frozen while it is completely fresh – maintaining quality and control checks – it will maintain its nutritional peak, locking in vitamins and minerals. On the other hand, fresh fish gradually declines during its shelf-life.



SUPPLY CHAIN

Built over years of trust and professionalism, our extensive and dedicated supply chain enables a consistent supply of high-end and value-added seafood products with complete traceability. Our collaborative strength also extends to suppliers who uphold the highest standards in processing, packaging and distribution. Further, our many years of partnership has helped them understand our business and market needs that ensures timely supply of our premium product lines.



GLOBAL **PRESENCE**

Our expansive MSC certified supply chain spans four continents with Brazil, Canada, Chile, China, Germany, India, Indonesia, Japan, Malaysia, Myanmar, United States and Vietnam among some of our key supplier markets.

To enable and enhance our supply chain efficiencies, we have established consolidation hubs in Vietnam and United States.

MARKET KNOWLEDGE

Our decades of industry expertise and in-depth market knowledge help us provide customised solutions to meet the specific needs of our clients.

Keeping that in mind, we have moved up the value chain in providing solutions on sizing and portioning of key products, resulting in more efficient preparation time. Ultimately, it's all about ensuring freshness from production to consumption – every single time.

All our products are registered and comply with the strict guidelines and import regulations of the UAE and the GCC.

We are equally mindful of cultural sensitivities and hence, we ensure all our products are pork / pork protein free.

Our storage facilities (cold & dry) are maintained to the highest standards to ensure the quality and hygiene of our product lines.

Our Storage facilities are compliant with the Food Safety regulations of Dubai Municipality and other government authorities.

SUSTAINABILITY

We take sustainability very seriously, and only collaborate with those who align with our principles. Our suppliers strictly adhere to all international and local government regulations when it comes to fishing and harvesting.

We place a high value on long-term survival of the species, well-being of the environment and ecosystem and the resulting welfare of local communities.

PRODUCT RANGE



What you see as a product range is a labour of love for us. That's because it has taken careful attention to detail and years of relationship building to present a range of frozen seafood as comprehensive and premium as ours.

All our products are sourced, harvested and processed to the highest food safety standards & practices before they are carefully packaged and shipped, preserving their original freshness.

In response to the growing needs of our clients, we have diversified our portfolio to include a selection of chilled seafood & grocery products.



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FIN FISH

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ATLANTIC SALMON

Salmo salar
Norway/Chile
Farmed

Mild, moderately firm and oily, the Atlantic Salmon is a little less fatty than regular salmon. Generally, the flesh colour is rich orange or with a hint of pink. The fatty meat has a distinct marbled texture when raw and retains its normal colour when cooked.

Form	Grade	Packing
Raw IQF, C Trim Fillets	1.4-1.8 kg	1x10 kg
Raw IQF, D Trim Fillets	1 + kg	1x10 kg
Raw IQF, E Trim Fillets	1.4 - 1.8 kg	1x10 kg
Raw IQF, Whole Gutted	3-4 & 4-5 kg	1x20 kg
Smoked IQF, Pre Sliced (Gold Board)-Skinless	0.8 - 1.8 kg	1x20 kg
Smoked IQF, Pre Sliced (Gold Board)-Skin on	0.8 - 1.8 kg	1x20 kg
Raw IQF, Portions	8-10 oz	1x10 kg

Nutrition Facts (Serving per 100 gms)	
Calories	183
Fat Calories	98.1
Total Fat	10.9 g
Saturated Fat	2.2 g
Cholesterol	59 mg
Sodium	59 mg
Protein	19.9 g
Omega 3	1.9 g





YELLOWFIN TUNA

Thunnus albacares
Indonesia/Vietnam
Wild caught

With a little more flavour than albacore, the Yellowfin Tuna is mild and meaty. Although bright red when raw, it turns brown-grey and attains a moist, firm texture with large flakes when cooked. In its raw form, Yellowfin Tuna is preferred as sashimi and in sushi.

Form	Grade	Packing
Raw IQF, Loins	1.5 kg +	1 x 25 kg
Raw IQF, Saku	200 - 500 g	1 x 10 kg

Nutrition Facts (Serving per 100 gms)	
Calories	108
Fat Calories	8.1
Total Fat	0.9 g
Saturated Fat	0.2 g
Cholesterol	45 mg
Sodium	37 mg
Protein	23.4 g
Omega 3	0.2 g





ALBACORE TUNA

Thunnus alalunga

Canada

Wild caught

The lightest coloured meat of all tuna, Albacore has a mild, rich taste with large, moist flakes. The meat is light beige to brown when raw which becomes off white when cooked. Not as dense as other tunas, hence less suited for sashimi.

Form	Grade	Packing
Raw IQF, Loins	16 / 18	1 x 20 lb

Nutrition Facts (Serving per 100 gms)	
Calories	152
Fat Calories	16
Total Fat	1.8 g
Saturated Fat	0.1 g
Cholesterol	58 mg
Sodium	47 mg
Protein	30 g
Omega 3	n/a





CHILEAN SEA BASS

Dissostichus eleginoides

Chile

Wild caught

A firm favourite among chefs everywhere, the Chilean Sea Bass is a rich, firm yet tender fish with a distinct melt-in-the-mouth texture and large flakes. Typically, the moderately oily raw meat is snow white and retains its colour even when cooked.

Form	Grade	Packing
Raw IQF, Headless, Gutted	6/8 to 10/12 kg	1 x 50 lb
Raw IQF, Fillets, Skin On (Pin Bone in)	4/6 lb to 6/8 lb	1 x 50 lb
Raw IQF, Portions - Skinless, Boneless	6 - 10 oz	4 x 5 kg

Nutrition Facts (Serving per 100 gms)	
Calories	184
Fat Calories	130
Total Fat	14.2 g
Saturated Fat	3.2 g
Cholesterol	49 mg
Sodium	56 mg
Protein	13.2 g
Omega 3	1.3 g





BARRAMUNDI

Letes calcarifer

Vietnam

Farmed

Famed for its sweet, buttery flavour, Barramundi carries a firm, moist texture with large flakes. In its raw form, the complexion is pearly pink which turns white when cooked. Generally, the smaller variants of the fish are a lot milder in flavour.

Form	Grade	Packing
Raw IQF, Fillets - Skin On Boneless	230/300 to 500/800	2 x 5 kg

Nutrition Facts (Serving per 100 gms)	
Calories	108
Fat Calories	8
Total Fat	0.9 g
Saturated Fat	0.4 g
Cholesterol	45 mg
Sodium	n/a
Protein	20.1 g
Omega 3	0.6 g





RED SNAPPER

Lutjanus malabaricus

Vietnam

Farmed

Usually sold skin-on, Red Snapper has a lean, moist, semi-firm texture and sweetly mild but distinctive flavour. The signature deep red skin along the back fades into a pinkish-red underside. The raw form is pinkish with yellow tones which turns lighter when cooked.

Form	Grade	Packing
Raw IQF, Fillets - Skin On Boneless	120/170 to 300/500	2 x 5 kg

Nutrition Facts (Serving per 100 gms)	
Calories	100
Fat Calories	12
Total Fat	1.3 g
Saturated Fat	0.3 g
Cholesterol	37 mg
Sodium	64 mg
Protein	20.5 g
Omega 3	0.4 g





GROUPER

Epinephelus areolatus

Vietnam

Wild caught

Most Groupers taste similar, with slight differences in flavour and texture, based on size and location of harvest. But, by and large, Groupers have a mild yet distinct flavour. When raw, the meat is white with minimal bones but attains a firm, moist texture and heavy flakes when cooked.

Form	Grade	Packing
Raw IQF, Fillets - Skin On Boneless	120/170 to 200/300	2 x 5 kg

Nutrition Facts (Serving per 100 gms)	
Calories	92
Fat Calories	9.2
Total Fat	1 g
Saturated Fat	0.2 g
Cholesterol	37 mg
Sodium	53 mg
Protein	19.4 g
Omega 3	0.3 g





BLACK COD

Anoploploma fimbria
USA / Canada
Wild caught

The Black Cod's rich yet fairly mild flavour and distinctive taste traces back to its high fat content. In fact, that also accounts for its soft, velvety texture. An excellent source of Omega 3 fatty acid, the Black Cod features noticeably large white flakes.

Form	Grade	Packing
Raw IQF, Skin On J Cut (H & G)	2 lb to 7 lb+	1 x 50 lb
Raw IQF, Skin On Portions	140 g & 160 g	1 x 60 pc

Nutrition Facts (Serving per 100 gms)	
Calories	195
Fat Calories	138
Total Fat	15.3 g
Saturated Fat	3.2 g
Cholesterol	49 mg
Sodium	56 mg
Protein	13.4 g
Omega 3	1.6 g





ATLANTIC COD

Gadus morhua

Norway

Wild caught

The meat of Atlantic Cod is lean, with large tender flakes and sweeter than other cod. The raw meat is translucent white to pink, which turns opaque white when cooked. It is less firm due to its high moisture content.

Form	Grade	Packing
Raw IQF, Headless, Gutted	2 - 3 kg	1 x 10 kg
Raw IQF, Fillets - Skinless (Pin Bone In)	16 - 32 oz	1 x 6 kg

Nutrition Facts (Serving per 100 gms)	
Calories	82
Fat Calories	6
Total Fat	0.7 g
Saturated Fat	0.1 g
Cholesterol	43 mg
Sodium	54 mg
Protein	17.8 g
Omega 3	0.2 g





TILAPIA

Oreochromis niloticus

Vietnam

Farmed

Tilapia meat is lean with a slightly firm, flaky texture and has a mild sweet taste. It is almost pinkish-white in its raw state and turns white when cooked. The quality of the breeding environment is critical to the flavour of premium Tilapia.

Form	Grade	Packing
Raw IQF, Fillets - Skinless, Boneless	6 - 8 oz	2 x 5 kg

Nutrition Facts (Serving per 100 gms)	
Calories	96
Fat Calories	15
Total Fat	1.7 g
Saturated Fat	0.8 g
Cholesterol	50 mg
Sodium	52 mg
Protein	20.1 g
Omega 3	0.2 g





MARLIN

Makira indica

Vietnam

Wild caught

Marlin has a firm, meaty texture to its meat with a rich and full flavour. Raw flesh is usually light golden orange which turns off white when cooked. Smaller fish is preferred to avoid the tough tissue between muscle layers found in large marlin.

Form	Grade	Packing
Raw IQF, Steaks	100 - 150 to 150 - 200	1 x 10 kg

Nutrition Facts (Serving per 100 gms)	
Calories	155
Fat Calories	42
Total Fat	4.7 g
Saturated Fat	1.2 g
Cholesterol	49.4 mg
Sodium	115 mg
Protein	25.9 g
Omega 3	n/a





SWORDFISH

Xiphias gladius

Vietnam

Wild caught

Preferred as a steak, Swordfish meat has a firm and meaty texture, with a slight sweet flavour. Its flesh colour varies from white and ivory to pink, that turns beige when cooked. Swordfish steaks are also known for its unique whorl pattern.

Form	Grade	Packing
Raw IQF, Steaks	I10 -I40 to I50 - 250	I x I0 kg

Nutrition Facts (Serving per 100 gms)	
Calories	121
Fat Calories	36
Total Fat	4.0 g
Saturated Fat	1.1 g
Cholesterol	39 mg
Sodium	90 mg
Protein	19.8 g
Omega 3	0.6 g





HALIBUT

Hippoglossus stenolepis

USA

Wild caught

Halibut meat is lean and fine grained, yet dense with a mild sweet flavour. It retains its firm texture when cooked, only losing its glossy translucent appearance from its raw state.

Form	Grade	Packing
Raw IQF, Fletch	I - 3 lb	I x 50 lb
Raw IQF, Headless & Gutted	10 - 20 lb	I x 50 lb

Nutrition Facts (Serving per 100 gms)	
Calories	110
Fat Calories	20.7
Total Fat	2.3 g
Saturated Fat	0.3 g
Cholesterol	32 mg
Sodium	54 mg
Protein	20.8 g
Omega 3	0.5 g





FLOUNDER

Eopsetta jordani

USA

Wild caught

Considered the premier of sole fish, Petrale Sole has firm, flaky flesh with a delicate taste, which is lean and boneless. When raw, the meat varies from tan to pinkish which turns pure white when cooked.

Form	Grade	Packing
Raw IQF Fillets - Skinless	U8/8-16/16-32/32+ oz	1 x 10 lb

Nutrition Facts (Serving per 100 gms)	
Calories	91
Fat Calories	10.8
Total Fat	1.2 g
Saturated Fat	0.3 g
Cholesterol	48 mg
Sodium	81 mg
Protein	18.8 g
Omega 3	0.2 g





PACIFIC ROCK FISH

Sebastes spp
USA
Wild caught

Often referred to as the Pacific Snapper, Pacific Rockfish has lean meat with a distinct mild, sweet nutty flavour. Its low oil content gives it a light taste and its firm texture makes it ideal for a range of cooking / flavouring options.

Form	Grade	Packing
Raw IQF Fillets - Skinless	8 - 10 oz	1 x 10 lb

Nutrition Facts (Serving per 100 gms)	
Calories	94
Fat Calories	14
Total Fat	1.5 g
Saturated Fat	0.4 g
Cholesterol	35 mg
Sodium	60 mg
Protein	19 g
Omega 3	0.8 g





PACIFIC DOVER SOLE

Solea solea

USA

Wild caught

Highly respected in culinary circles, the Pacific Dover Sole's firm fillets are suited to many forms of cooking. Its mild delicate sweet meat is glistening white when raw turns white when cooked.

Form	Grade	Packing
Raw IQF, Whole Round	400 / 600	1 x 10 kg

Nutrition Facts (Serving per 100 gms)	
Calories	91
Fat Calories	16.2
Total Fat	1.2 g
Saturated Fat	0.3 g
Cholesterol	48 mg
Sodium	81 mg
Protein	18.8 g
Omega 3	0.2 g





MONK FISH

Lophius americanus

USA

Wild caught

The tail of the Monk fish, which is the only part used, is firm and boneless and has a mild, slightly sweet taste. The raw flesh is off-white to pale gray, turning white when cooked.

Form	Grade	Packing
Raw IQF, Tails	2 - 4 lb	1 x 10 kg

Nutrition Facts (Serving per 100 gms)	
Calories	76
Fat Calories	14
Total Fat	1.5 g
Saturated Fat	0.3 g
Cholesterol	25 mg
Sodium	180 mg
Protein	14.5 g
Omega 3	n/a





SHELL FISH

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BLACK TIGER SHRIMP

Penaeus monodon

India/Vietnam

Farmed

Mild in flavour and softer than other shrimp species, the Black Tiger Shrimp can be recognised by its grey-to-black stripes on grey or bluish shells. The white flesh is tinged with orange when cooked peeled and red when cooked in the shell.

Form	Grade	Packing
Raw Semi IQF, Head On	U5 to 10/20	10 x 1 kg
Raw IQF, Headless, Easy Peel	8/12 to 26/30	5 x 2 kg
Raw IQF, Peeled & Deveined Tail On	11/15 to 41/50	5 x 2 kg
Raw IQF, Peeled & Deveined Tail Off	11/15 to 41/50	5 x 2 kg

Nutrition Facts (Serving per 100 gms)	
Calories	106
Fat Calories	15.3
Total Fat	1.7 g
Saturated Fat	0.3 g
Cholesterol	152 mg
Sodium	148 mg
Protein	20.3 g
Omega 3	0.5 g





WHITE SHRIMP

Panaeus vannamei
Vietnam/India
Farmed

Prized for its large size, firm texture and mild flavour, the White Shrimp is distinctly creamy white when compared to other species. The raw meat is usually white but turns whitish-pink when cooked. The White Shrimp is a great choice for shrimp boils.

Form	Grade	Packing
Raw Semi IQF, Head On	10/20 to 60/80	10 x 2 kg
Raw IQF, Headless, Easy Peel	11/15 to 31/35	5 x 2 kg
Raw IQF, Peeled & Deveined Tail On	16/20 to 26/30	5 x 2 kg
Raw IQF, Peeled & Deveined Tail Off	16/20 to 71/90	5 x 2 kg

Nutrition Facts (Serving per 100 gms)	
Calories	106
Fat Calories	15.3
Total Fat	1.7 g
Saturated Fat	0.3 g
Cholesterol	152 mg
Sodium	148 mg
Protein	20.3 g
Omega 3	0.5 g





COLD WATER SHRIMP

Pandalus jordani

USA

Wild Caught

The Cold Water (Pink) Shrimp is widely known for its sweet taste and flavour that's distinctly more flavourful than warm water shrimp. When cooked, the shell remains pink and the fairly firm meat wears an opaque white colour with hues of pink.

Form	Grade	Packing
Cooked IQF, Peeled	250/350	4 x 5 lb

Nutrition Facts (Serving per 100 gms)	
Calories	106
Fat Calories	15.3
Total Fat	1.7 g
Saturated Fat	0.3 g
Cholesterol	152 mg
Sodium	148 mg
Protein	20.3 g
Omega 3	0.5 g





ROCK SHRIMP

Sicyonia brevirostris
Mexico/USA
Farmed

The Rock Shrimp is considered by many to have both shrimp and lobster elements in its flavour profile. The meat is transparent or clear white, with fine pinkish or purple lines and the firm texture stands up well when cooked.

Form	Grade	Packing
Raw IQF, Peeled & Deveined	41/50, 70/90	10 x 5 lb

Nutrition Facts (Serving per 100 gms)	
Calories	96
Fat Calories	8
Total Fat	0.9 g
Saturated Fat	0.4 g
Cholesterol	123 mg
Sodium	333 mg
Protein	18.4 g
Omega 3	n/a





NORTH AMERICAN LOBSTER

Homarus americanus
Canada
Wild caught

Live Lobsters range in color from brownish rust to bright blue to greenish brown, with shells turning bright red when cooked. Its meat is mild and sweet in flavour, with a firm texture & a bit fibrous. The tail meat is firmer than that of the claws.

Form	Grade	Packing
Raw IQF, Tails	8 - 10 oz	1 x 10 lb
Cooked IQF, Whole	624 / 680	1 x 10 lb
Frozen Cooked Meat	CKL, CK, K&L	6 x 2 lb

Nutrition Facts (Serving per 100 gms)	
Calories	90
Fat Calories	8.1
Total Fat	0.9 g
Saturated Fat	0.2 g
Cholesterol	95 mg
Sodium	256 mg
Protein	19 g
Omega 3	0 g





ALASKAN KING CRAB

Paralithodes camtschaticus

USA

Wild caught

Distinctly sweet, moist and rich, the Alaskan King Crab is known to be a bit firmer and coarser than other variants of crab meat. While the spiky shell of the cooked crab leg is bright red, the meat is snow white with a scarlet membrane.

Form	Grade	Packing
Cooked IQF, Single Leg & Claws	16/20, 20/24, 24+	1 x 20 lb
Cooked IQF, Merus Sections	2 - 4 oz	1 x 15 lb

Nutrition Facts (Serving per 100 gms)	
Calories	84
Fat Calories	5.4
Total Fat	0.6 g
Saturated Fat	0.1 g
Cholesterol	42 mg
Sodium	836 mg
Protein	18.3 g
Omega 3	n/a





SOFT SHELL CRAB

Scylla serrata

Myanmar/Vietnam
Farmed

Known for its robust size, dense meat content and rich flavour, the Mud Crab is highly sought-after in kitchens across the globe. It is generally cooked shell-on, the colour of which varies from a deep, mottled green to an intense dark brown, which turns red when cooked. The cooked meat is off white

Form	Grade	Packing
Raw Semi IQF, Whole Round	50/70 to 120/150	10 x 1 kg
Raw Semi IQF, Whole Cleaned	10P, 12P	10 x 1 kg

Nutrition Facts (Serving per 100 gms)	
Calories	89
Fat Calories	n/a
Total Fat	0
Saturated Fat	0
Cholesterol	45 mg
Sodium	355 mg
Protein	20 g
Omega 3	n/a





DUNGENESS CRAB

Cancer magister
USA
Wild Caught

Considered premium crab, Dungeness Crab meat is compared to some lobster. The purple-brown shell turns bright orange when cooked. It has sweet & semi nutty flavour, with the meat of legs firmer than the body.

Form	Grade	Packing
Cooked IQF, Sections	7 - 9 oz	1 x 25 lb

Nutrition Facts (Serving per 100 gms)	
Calories	86
Fat Calories	8.1
Total Fat	0.9 g
Saturated Fat	0.1 g
Cholesterol	59 mg
Sodium	295 mg
Protein	17.4 g
Omega 3	0.3 g





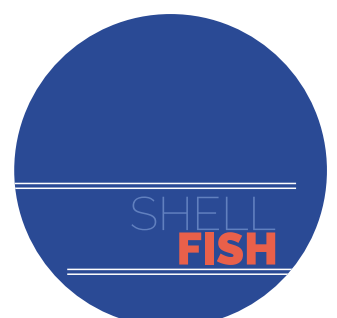
SCALLOPS

Placopecten magellanicus
USA/Japan/China
Farmed

Sweet and rich in taste, Sea Scallops are known for their drum-shaped meat that appears shiny, creamy white that turns opaque white and firm when cooked. The finest quality scallops wear an ivory translucence and elastic springiness.

Form	Grade	Packing
IQF Raw, Wet (Sea)	U/10 to 30/40	2 x 5 lb
IQF Raw, Dry (Bay)	80/100	2 x 5 lb
IQF Raw, Dry (Sea)	U/10 to 10/20	2 x 5 lb

Nutrition Facts (Serving per 100 gms)	
Calories	87
Fat Calories	7
Total Fat	0.8 g
Saturated Fat	0.8 g
Cholesterol	33 mg
Sodium	161 mg
Protein	16.8 mg
Omega 3	0.2 g





BLUE MUSSELS

Mytilus edulis

Chile

Farmed

Blue Mussels have a distinctive rich, sweet taste, like a blend of oysters and clams. Mussel meats, which range from white to orange, are plump and tender, but less soft than clams.

Form	Grade	Packing
IQF Cooked, Whole	20 - 35 pieces/lb	10 x 1 lb

Nutrition Facts (Serving per 100 gms)	
Calories	86
Fat Calories	20
Total Fat	2.2 g
Saturated Fat	0.4 g
Cholesterol	28 mg
Sodium	286 mg
Protein	11.9 g
Omega 3	0.5 g





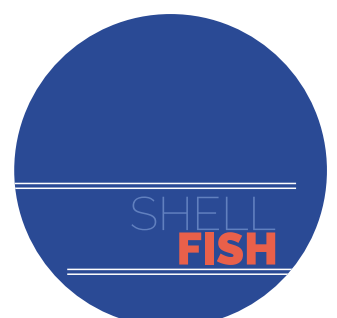
GREEN MUSSELS

Perna canaliculus
New Zealand
Farmed

Green Mussels are usually open in their natural state, and rarely contain grit or sand. Its meat colour varies from apricot to cream & has not bearing on its flavour, which is sweet, tender and juicy.

Form	Grade	Packing
IQF Raw, Half Shell	30 - 45 pieces/kg	12 x 1 kg

Nutrition Facts (Serving per 100 gms)	
Calories	85
Fat Calories	19
Total Fat	2.1 g
Saturated Fat	n/a
Cholesterol	27 mg
Sodium	429 mg
Protein	12 g
Omega 3	0.5 g





PACIFIC OYSTERS

Crassostrea gigas
South Korea
Farmed

Pacific Oysters are mild and sweet, with a briny flavor and crisp texture. The Pacific Oysters are deeply cupped, with an elongated shell which is curly, thick and silvery gray to gold. Meat is creamy white, plump and juicy.

Form	Grade	Packing
IQF Raw, Half Shell	8 - 12 cm	144 pc/case

Nutrition Facts (Serving per 100 gms)	
Calories	81
Fat Calories	20.7
Total Fat	2.3 g
Saturated Fat	0.5 g
Cholesterol	50 mg
Sodium	106 mg
Protein	9.5 g
Omega 3	0.7 g





WHITE CLAMS

Meretrix lyrata

Vietnam

Wild Caught

White Clams are mild-flavored, sweet and briny. Cooked hard shells are soft, juicy and mild. Raw meat is tender-crisp and plump, ranging in color from ivory to golden yellow, with some dark areas. Cooked meat is pale, pinkish-white.

Form	Grade	Packing
Frozen, Whole Cooked	60/80, 70/90 pieces/kg	10 x 1 kg

Nutrition Facts (Serving per 100 gms)	
Calories	25
Fat Calories	12
Total Fat	0.7 g
Saturated Fat	0.2 g
Cholesterol	40 mg
Sodium	20 mg
Protein	6 g
Omega 3	n/a





CEPHALOPODS

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SQUID

Loligo spp

Vietnam

Wild caught

Cooked Squid is mild and has a subtle sweetness. The meat is firm yet tender. Raw squid meat is ivory beneath a naturally speckled membrane. Cooked squid is opaque white and firm.

Form	Grade	Packing
Raw IQF, Whole Round	10/20 & 20/40	2 x 6 kg
Raw IQF, Whole Cleaned	10/20 & 20/40	10 x 1 kg
Raw IQF, Tubes	U 10 to 20/30	10 x 1 kg
Raw IQF, Rings	D: 2-4 cm / w: 1-1.2 cm	10 x 1 kg
Raw IQF, Baby Squid - Whole, Cleaned	20/40 & 40/60	10 x 1 kg
Raw IQF, Baby Squid - Tubes (Pineapple cut)	40/60	10 x 1 kg
Raw Block, Tubes & Tentacles (70% : 30%)	3 - 5" Tube size	8 x 2.5 lb

Nutrition Facts (Serving per 100 gms)

Calories	92
Fat Calories	13
Total Fat	1.4 g
Saturated Fat	0.4 g
Cholesterol	233 mg
Sodium	44 mg
Protein	16 g
Omega 3	0.5 g





OCTOPUS

Octopus vulgaris

Spain/Vietnam

Wild caught

Octopus meat is uniquely textured - smooth, but firm and chewy, with a mild, sweet flavor. The edible skin is purplish-black and covers milky white meat. Cooked meat is translucent, with hints of deep pink.

Form	Grade	Packing
Raw IQF, Whole	2 - 3 kg	1 x 20 kg
Raw IQF, Baby Octopus	10/20 & 20/40	10 x 1 kg

Nutrition Facts (Serving per 100 gms)	
Calories	82
Fat Calories	9
Total Fat	1 g
Saturated Fat	0.23 g
Cholesterol	48 mg
Sodium	230 mg
Protein	14.9 g
Omega 3	0.16 g





CUTTLEFISH

Sepia spp

China

Wild caught

Fresh cuttlefish are light brown, with zebra-like stripes across their mantels. But when cleaned, they are bright white with tentacles intact. Its cooked meat is pre white with a sweet taste with a similar texture to a fish fillet.

Form	Grade	Packing
Raw IQF, Whole, Cleaned	I kg +	I x 20 kg

Nutrition Facts (Serving per 100 gms)	
Calories	79
Fat Calories	6
Total Fat	0.7 g
Saturated Fat	0.1 g
Cholesterol	122 mg
Sodium	372 mg
Protein	16.2 g
Omega 3	0.1 g





CHILLED

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ATLANTIC SALMON

Salmo salar

Norway/Chile
Farmed

Mild, moderately firm and oily, the Atlantic Salmon is a little less fatty than regular salmon. Generally, the flesh colour is rich orange or with a hint of pink. The fatty meat has a distinct marbled texture when raw and retains its normal colour when cooked.

Form	Grade	Packing
Raw IQF, C Trim Fillets	1.4 - 1.8 kg	1 x 10 kg
Raw, D Trim Filets	1+ kg	1 x 10 kg
Raw, E Trim Fillets	1.4 - 1.8 kg	1 x 10 kg
Raw, Whole Gutted	3 - 4 & 4 - 5 kg	1 x 20 kg
Smoked, Pre Sliced (Gold Board) - Skinless	0.8 - 1.8 kg	1 x 20 kg
Smoked, Pre Sliced (Gold Board) - Skin On	0.8 - 1.8 kg	1 x 20 kg
Raw, Portions	8 - 10 oz	1 x 10 kg

Nutrition Facts (Serving per 100 gms)	
Calories	183
Fat Calories	98.1
Total Fat	10.9 g
Saturated Fat	2.2 g
Cholesterol	59 mg
Sodium	59 mg
Protein	19.9 g
Omega 3	1.9 g





BARRAMUNDI

Letes calcarifer
Vietnam
Farmed

Famed for its sweet, buttery flavour, Barramundi carries a firm, moist texture with large flakes. In its raw form, the complexion is pearly pink which turns white when cooked. Generally, the smaller variants of the fish are a lot milder in flavour.

Form	Grade	Packing
Raw, Whole Round	1 kg+	2 x 5 kg

Nutrition Facts (Serving per 100 gms)	
Calories	108
Fat Calories	8
Total Fat	0.9 g
Saturated Fat	0.4 g
Cholesterol	45 mg
Sodium	n/a
Protein	20.1 g
Omega 3	0.6 g





BLUE SWIMMING CRAB

Portunus pelagicus

Indonesia

Farmed

Meat of the blue crab is delicately flavored with a rich, sweet, succulent and buttery flavor. Its body meat is white, tender and flaky, while the claw meat has a brownish tint, which is natural. Pasteurized meat is firmer and darker than fresh crab meat

Form	Grade	Packing
Pasteurized Crab Meat	Jumbo Lump	20 x 454 g
	Back Fin	20 x 454 g
	Special	20 x 454 g
	Claw	20 x 454 g

Nutrition Facts (Serving per 100 gms)	
Calories	87
Fat Calories	10
Total Fat	1.1 g
Saturated Fat	0.2 g
Cholesterol	78 mg
Sodium	293 mg
Protein	18.1 g
Omega 3	0.3 g





VALUE ADDED

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SHRIMP - COATED

Panaeus vannamei

Vietnam

Form	Grade	Packing
IQF Breaded, Torpedo	16/20, 21/25	10 x 1 kg
IQF Tempura Shrimp	16/20, 21/25	10 x 1 kg
IQF, Breaded Butterfly - Tail On	16/20, 21/25 & 26/30	10 x 1 kg
IQF, Breaded, Peeled & Deveined - Tail Off	41/50	10 x 1 kg





SHRIMP - PRE-COOKED

Ready to Serve & Eat

Panaeus vannamei

Vietnam

Form	Grade	Packing
Pre Cooked, Semi IQF, Head On	51/60	10 x 1 kg
Pre Cooked IQF, Peeled & Deveined - Tail On	16/20 to 26/30	5 x 2 kg
Pre Cooked IQF, Peeled & Deveined - Tail Off	16/20 to 26/30	5 x 2 kg





SHRIMP EBI

Panaeus vannamei/monodon
Vietnam

Form	Grade	Packing
Semi IQF, Nobashi Ebi	I6/20, 21/25 & 26/30	20 pc/tray
		30 trays/carton
Semi IQF, Sushi Ebi	3L - 6L	30 pc/tray
		20 trays/carton





IMITATION CRAB STICKS (AQUAMAR)

Homarus americanus

USA

Form	Grade	Packing
Semi IQF, Imitation Meat - Shredded (Surimi)		12 x 2.5 lb
Semi IQF, Imitation Crab Sticks (Surimi)	3.5" sticks	20 x 500 g





SQUID - BREADED RINGS

Loligo spp
Vietnam

Form	Grade	Packing
Raw IQF, Breaded Rings	D: 2-4 cm / w: 1-1.2 cm	10 x 1 kg





EEL - ROASTED

Anguilla japonica
China

Form	Grade	Packing
Roasted, Skin On Boneless (20% Sauce) (Unagi Kabayaki)	215 gms / pack	1 x 5 kg





TORO HAMACHI

Seriola quinqueradiata
Japan

Form	Grade	Packing
Raw, # I Fillets, Skin On	2 - 2.2 kg	1 x 12 kg





ROE (MISAGO)

Japan
USA

Form	Grade	Packing
Raw, Ikura Salmon (Frozen)	250 g pack	100 x 250 g
Raw, Masago (Frozen)	1.1 lb pack	24 x 1.1 lb





CUTTLEFISH

Sepia spp
China

Fresh cuttlefish are light brown, with zebra-like stripes across their mantels. But when cleaned, they are bright white with tentacles intact. Its cooked meat is pre white with a sweet taste with a similar texture to a fish fillet.

Form	Grade	Packing
Raw IQF, Sushi Mongo-ika	12-24 pc/500 g	20 x 500 g





GROCERY

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GROUND BEAN SAUCE

Brand	Koon Chun
Origin	Hong Kong
Unit Weight	6 x 5 lb (2.27 kg) Net Wt
Packaging	13.62 kg





CHEE HOU SAUCE

Brand	Koon Chun
Origin	Hong Kong
Unit Weight	6 x 5 lb (2.27 kg) Net Wt
Packaging	13.62 kg

GROCERY



HOISIN SAUCE

Brand	Koon Chun
Origin	Hong Kong
Unit Weight	6 x 5 lb (2.27 kg) Net Wt
Packaging	13.62 kg

GROCERY



PLUM SAUCE

Brand	Koon Chun
Origin	Hong Kong
Unit Weight	6 x 5 lb (2.27 kg) Net Wt
Packaging	13.62 kg





MUSHROOM BLACK SOY SAUCE

Brand	Koon Chun
Origin	Hong Kong
Unit Weight	6 x 5 lb (2.27 kg) Net Wt
Packaging	13.62 kg

GROCERY



CALROSE RICE (MEDIUM GRAIN)

Brand	Botan
Origin	USA
Unit Weight	50 lb (22.68 kg)
Packaging	22.68 kg





JASMINE RICE

Brand	1000 Elephants
Origin	Vietnam
Unit Weight	50 lb (22.68 kg)
Packaging	22.68 kg





CHAO CHING RICE STICKS

Brand	Silver Spring
Origin	China
Unit Weight	30 x 454 gm
Packaging	13.5 kg





SEA CLAM JUICE

Brand	Sea Rock
Origin	USA
Unit Weight	12 x 46 oz Net Vol
Packaging	16.33 lt





OCEAN CLAM JUICE

Brand	Sea Rock
Origin	USA
Unit Weight	12 x 46 oz Net Vol
Packaging	16.33 lt

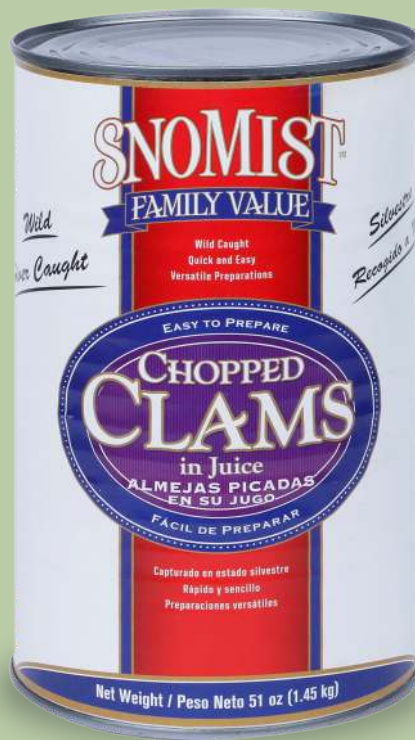




CHOPPED SEA CLAMS

Brand	Sea Rock
Origin	USA
Unit Weight	12 x 51 oz Net Vol
Packaging	17.4 kg





CHOPPED OCEAN CLAMS

Brand	Snow Mist
Origin	USA
Unit Weight	12 x 51 oz Net Vol
Packaging	17.4 kg





WATER CHESTNUTS (DICED)

Brand	Silver Spring
Origin	China
Unit Weight	6 x 3 kg Net Wt
Packaging	18 kg





WATER CHESTNUTS (SLICED)

Brand	Silver Spring
Origin	China
Unit Weight	6 x 3 kg Net Wt
Packaging	18 kg





BAMBOO SHOOTS STRIPS

Brand	Silver Spring
Origin	China
Unit Weight	6 x 3 kg Net Wt
Packaging	18 kg





WHITE BALSAMIC VINEGAR

Brand	Beaufor
Origin	France
Unit Weight	500 ml
Packaging	12 x 500 ml





WHITE GRAPE VINEGAR

Brand	Beaufor
Origin	France
Unit Weight	500 ml
Packaging	12 x 500 ml





RED GRAPE VINEGAR

Brand	Beaufor
Origin	France
Unit Weight	5 L
Packaging	2 x 5 L





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