



OVEN READY INGREDIENT LIST

*Ingredients highlighted in red contain gluten. *Ingredients highlighted in light blue contain dairy.



**RAINBOW
TROUT
ROULADEN**

Ingredients:

Rainbow Trout Fillets, **Seafood Stuffing**, Old Bay Seasoning, Spinach & **Mozzarella Cheese**



**RAINBOW
TROUT
ROASTS**

Ingredients:

Rainbow Trout Fillets, **Crab Stuffing**, Ice Shrimp & Parsley.



**FRESH
SALMON
PINWHEEL**

Ingredients:

Atlantic Salmon, **Seafood Stuffing**, Shrimp, **Mozzarella Cheese**, Parsley & Chef Paul MAGIC Salmon Seasoning.



**BACON
WRAPPED
SCALLOP
SKEWERS**

Ingredients:

Scallops, Bacon (Pork, Water, Salt, Sodium, Phosphate, Sugar, Sodium, Sodium Nitrate, Smoke), Parsley



**BACON
WRAPPED
SCALLOPS**

Ingredients:

Scallops, Bacon (Pork, Water, Salt, Sodium, Phosphate, Sugar, Sodium, Sodium Nitrate, Smoke) Parsley



**LOBSTER
STUFFED
PORTO-
BELLOS**

Ingredients:

Portobello Mushroom, **Lobster Stuffing**, Cooked Shrimp & Parsley.



**LOBSTER
PORTO-
BELLOS
SUPREME**

Ingredients:

Portobello Mushroom, **Lobster Stuffing**, Shrimp, **Mozzarella Cheese**, Red Pepper, & Yellow Pepper



**SEAFOOD
STUFFED
TILAPIA**

Ingredients:

Tilapia, Red Pepper, Asparagus, **Seafood Stuffing**, Ice Shrimp, Spices & **Panko Bread Crumbs**.



**OVEN
READY
LOBSTER
TAILS**

Ingredients:

Atlantic Lobster, Roasted Garlic, Kosher Coarse Sea Salt & Parsley.



**SALMON
WELLINGTON**

Ingredients:

Canadian Salmon, Puff **Pastry**, **Garlic & Herb Cream Cheese**, Spinach & Spices



**GOURMET
CRAB
CAKES**

Ingredients:

Lump Crab, Mayonnaise, Green Onion, Red Pepper, Red Onion, Dijon Mustard, **Bread Crumbs** & Old Bay Seasoning. *(Can be made gluten-free)



**SHRIMP
AND
CRAB
CAKES**

Ingredients:

Crab Stuffing, Ice Shrimp & **Bread Crumbs**.

SEAFOOD STUFFING

LOBSTER STUFFING

CRAB STUFFING

Ingredients (contains gluten):
Mayonnaise (Canola oil, water, liquid whole egg vinegar, liquid yolk, salt, sugar, spices(mustard), concentrated lemon juice, disodium EDTA), surimi crab, rice, bread crumbs, cheese, water, canola oil, corn starch, onion powder, garlic powder, chicken soup base, citric acid, salt, parsley, spices.

Ingredients (contains gluten):
Mayonnaise (Canola oil, water, liquid whole egg vinegar, liquid yolk, salt, sugar, spices(mustard), concentrated lemon juice, disodium EDTA), surimi crab, water, bread crumbs, tomato paste, lobster, onions, corn starch, sugar, garlic, onion powder, vinegar, citric acid, salt & spices.

Ingredients (contains gluten):
Surimi Crab, Worcestershire sauce, bread crumbs, blue crab, lemon juice, Mayonnaise (Canola oil, water, liquid whole egg vinegar, liquid yolk, salt, sugar, spices(mustard), concentrated lemon juice, disodium EDTA), peppers, onions, parsley, mustard, citric acid, serracha sauce, mustard powder, onion powder, & salt

Though we take every precaution to prevent the cross contamination of ingredients, we cannot guarantee that our products are completely free from any allergens used in the facility.

COOKING INSTRUCTIONS



RAINBOW TROUT ROULADEN

Cooking Instructions:
Oven 400°: Place roast on a lined baking sheet and bake on middle rack for 20-22 minutes.

BBQ 400°F: Wrap roast in foil. Cook directly on the grill for 20-22 minutes, turning once.



RAINBOW TROUT ROASTS

Cooking Instructions:
Oven 400°F: Place roast on a lined baking sheet and bake on middle rack for 20-22 minutes.

BBQ 400°F: Wrap roast in foil. Cook directly on the grill for 20-22 minutes, turning once.



FRESH SALMON PINWHEEL

Cooking Instructions:
Oven 375°F: Place pinwheel on a lined baking sheet and bake on middle rack for 18-20 minutes.

BBQ 400°F: Wrap pinwheel in foil. Cook directly on the grill for 16-18 minutes, turning once.



BACON WRAPPED SCALLOP SKEWERS

Cooking Instructions:
BBQ 400°F: Cover exposed skewers with foil to prevent burning. Cook directly on the grill bacon side down for 2-3 minutes on each side until bacon is crispy. Cook for 1-2 minutes on each scallop side to finish.

Pan-Fry: Add 1tbsp of oil to a pan. Cook bacon side down for 2-3 minutes per side until bacon is crispy. Cook 1-2 minutes on each scallop side to finish.



BACON WRAPPED SCALLOPS

Cooking Instructions:
BBQ 400°F: Cook directly on grill, bacon side down for 2-3 minutes per side until bacon is crispy. Cook for 1-2 minutes on each scallop side to finish.

Pan-Fry: Add 1tbsp of oil to a pan. Cook bacon side down for 2-3 minutes per side until bacon is crispy. Cook 1-2 minutes on each scallop side to finish.



LOBSTER STUFFED PORTO-BELLOS

Cooking Instructions:
Oven 400°F: On a lined baking sheet bake on middle rack for 15-18 minutes until mushroom is cooked and filling is warm throughout.

BBQ 375°F: Cook directly on the grill for 10-12 minutes until mushroom is cooked and filling is warm throughout.
To avoid overcooking, remove shrimp and place back on at the 10 minute mark



LOBSTER PORTO-BELLOS SUPREME

Cooking Instructions:
Oven 400°F: On a lined baking sheet bake on middle rack for 15-18 minutes until mushroom is cooked and filling is warm throughout.

BBQ 375°F: Cook directly on the grill for 10-12 minutes until mushroom is cooked and filling is warm throughout.



SEAFOOD STUFFED TILAPIA

Cooking Instructions:
Oven 400°F: Place roast on a lined baking sheet and bake on middle rack for 18-20 minutes.

BBQ 400°F: Wrap roast in foil. Cook directly on the grill for 18-20 minutes, turning once.



OVEN READY LOBSTER TAILS

Cooking Instructions:
Oven 400°F: Place lobster tail on a lined baking sheet and bake for 8-10 minutes.
BBQ 400°F: Place sheet pan or tin foil on the grill to prevent burning. Cook lobster tail for 8-10 minutes.



SALMON WELLINGTON

Cooking Instructions:
Oven 375°F: Brush the pastry with egg wash. On a lined baking sheet bake for 20-25 minutes until pastry is golden brown.



GOURMET CRAB CAKES

Cooking Instructions:
Pan-Fry: Add 1 to 2 tbsp of oil to a pan. Fry crab cakes for 2-3 minutes on each side until crispy.



SHRIMP AND CRAB CAKES

Cooking Instructions:
Oven 375°F: Flatten into 1" patties. Place on a greased baking sheet and bake on middle rack for 15-18 minutes.

Pan-Fry: Add 1-2 tbsp of oil to a pan. Fry crab cakes for 2-3 minutes on each side until crispy.

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