



Fish ("Pound")

Billfish Steaks	\$ 19.62/kg
Swordfish steaks	\$ 26.78/kg
Sailfish Steaks (skin on)	\$ 13.23/kg
Sailfish Steaks (skin off)	\$ 17.63/kg
Tuna Steaks	\$ 20.94/kg

Fish (Fillets/Portions)

Flying Fish (10/pack)	\$ 25.00/pack
Mahi Mahi Portions	\$ 30.94/kg
Kingfish Portions	\$ 30.05/kg
Tilapia Fillets	\$ 25.90/kg
Cod Fillets	\$ 65.41/kg
Center Cut Sashimi Tuna	\$ 63.73/kg
Norwegian Salmon Fillets	\$ 63.20/kg
Norwegian Salmon Portions	\$ 65.80/kg
Scottish Sashimi Grade Fillets	\$ 85.48/kg
Snapper Fillets (4 to 6oz)	\$ 11.37/each
Grouper Fillets (4 to 6oz)	\$ 11.37/each
Halibut Portions	\$ 203.35/kg
Chilean Sea Bass Portions	\$ 152.68/kg
Dover Sole	\$ 131.08/kg
Icelandic Cod Fillets	\$ 71.23/kg



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Shrimp

13-15 P&D Shrimp	\$ 67.45/ 2LB bag
16-20 P&D Shrimp	\$ 59.46/ 2LB bag
21-25 P&D Shrimp	\$ 49.59/ 2LB bag
26-30 P&D Shrimp	\$ 44.89/ 2LB bag
61-70 P&D Shrimp	\$ 38.31/ 2LB bag

Shrimp prices listed above are per 2lb package

Smoked Salmon

St. James Smokehouse, Scotland's #1 award winning smoker

D-Slice Scotch Reserve	\$ 31.20/ 200 g
D-Slice Flavoured Scotch Reserve	\$ 33.14/ 200 g
Nordic Choice	\$ 69.94/ kg
Scotch Reserve (skinless/full trim)	\$ 111.39/ kg
Oak Roasted (Hot Smoked)	\$ 111.39/ kg
Kippers	\$ 54.17/ kg

Frozen Sushi Items

Kani Kama (Imitation Crab Sticks)	\$ 29.50/ 500g
Unagi (Barbecue Eel)	\$ 122.79/ kg
Ebi Shrimp	\$ 29.38/ tray
Edamame (Soy bean pods)	\$ 9.40/ 454g bag
Edamame (Shelled soy beans)	\$ 10.99/ 454g bag
Green Seaweed Salad	\$ 32.56/ kg
Squid and Mountain Vegetable	\$ 53.90/ kg
Spicy Baby Octopus Salad	\$ 63.05/ kg



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Hors D'oeuvres

Vegetable Spring Rolls (20 per pack)	\$ 18.80/ pack of 20
Sesame Balls (Plum sauce filled)	\$ 10.36/ pack
Vegetable Gyoza (Veg. Dumpling)	\$ 11.37/ pack

Crab

Pasteurized Crab Meat- Lump	\$ 48.18/ 1 lb. tub
Pasteurized Crab Meat- Claw	\$ 29.38/ 1 lb. tub
Deep Sea King Crab Meat	\$ 125.66/ kg
King Crab Legs – Split	\$ 149.91/ kg
Jonah Crab Claws	\$ 58.02/ kg
Snow Crab Cocktail Claws	\$ 243.50/ kg

Octopus

Baby Octopus	\$ 36.79/ kg
Spanish Octopus	\$ 56.99/ kg
2-4 Octopus	\$ 36.92/ kg

Squid

3-5/5-8 Tubes and Tentacles	\$ 41.27/ kg
5-8 Tubes Only	\$ 46.96/ kg
U10 Tubes Only	\$ 30.56/ kg
Breaded Squid Rings	\$ 19.27/ 454g pack
Squid Ink	\$ 143.55/ 500ml bottle



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Mussels, Clams & Oysters

Frozen Black Mussels	\$ 10.75/ 454g pack
Frozen Clams	\$ 10.75/ 454g pack

Scallops

Baby (60-80) Scallops	\$ 51.80/ kg
U10 Dry Scallops	\$ 126.92/ kg
U10 Soaked Scallops	\$ 101.62/ kg

Seafood

Conch Meat	\$ 44.09/ kg
Seafood Mix	\$ 12.93/ 454g pack
Caribbean Lobster Tails	\$ 155.42/ kg
Maine Lobster Claw and Knuckle Meat	\$ 233.13/ kg

Beef

USDA (Choice and Prime)

4oz Beef Burgers (4 patties)	\$ 12.42/ pack of 4
6oz End Cut Striploin	\$ 12.25/ each
8oz End Cut Striploin	\$ 15.30/ each
10oz Ribeye (Prime)	\$ 137.42/ kg
Ribeye Roast	\$ 71.23/ kg
T Bone/Porter House	\$ 152.32/ kg
Whole Tenderloin	\$ 117.65/ kg
Coulotte Stew Beef (Top Cut)	\$ 31.72/ kg



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Beef cont'd

Certified Angus

Ground Beef	\$ 26.43/ kg
7oz Tenderloin Steaks	\$ 336.81/ kg
7oz Tenderloin (Prime)	\$ 389.98/kg
22oz Bone in Ribeye	\$ 208.29/ kg

Veal

Veal Chops	\$ 224.72/ kg
Veal Cutlets	\$ 124.85/ kg

Lamb

New Zealand Frenched Lamb Rack	\$ 88.48/ kg
US Frenched Lamb Rack	\$ 123.75/ kg
New Zealand Bone in Lamb Leg	\$ 29.21/kg
New Zealand Boneless Lamb Leg	\$ 37.43/kg
New Zealand Lamb Shank	\$ 25.26/ kg

Pork

Rib Chops	\$ 20.06/ kg
Spare Ribs	\$ 20.06/ kg

Poultry

Maple Leaf Duck Breast	\$ 104.44/ kg
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Specialty

Caviar

White Fish Roe 28g	\$ 22.50/glass jar
Bow Fin 28g	\$ 30.00/glass jar
Osetra Russian Amber 14g	\$ 90.48/glass jar
Beluga "Huso Huso" 14g	\$ 291.40 glass jar
Beluga "Huso Huso" 28g	\$ 581.63/ glass jar
Tobico Roe	\$ 63.80/ 500g tub
Icura Salmon Roe	\$ 175.08/ 1kg tub

Infused Flavour Pearls

Mango Pearls	\$ 47.24/ glass jar
Yuzu Pearls	\$ 74.73/ glass jar
Balsamic Pearls	\$ 40.89/ glass jar

Treats

Sweet & Spicy Herring	\$ 35.25/ glass jar
Mustard & Dill Herring	\$ 35.25/ glass jar
Sour Cream Herring	\$ 35.25/ glass jar
White Anchovies in Oil 200g	\$ 23.50/ tub
White Anchovies in Oil 1000g	\$ 66.98/ tub



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Grocery Items

Oils/Vinegars

Extra Virgin Olive Oil 1L	\$ 45.60/ bottle
Di Augusto Chilli Infused Olive Oil	\$ 34.66/ bottle
Di Augusto Balsamic Vinegar	\$ 32.55/ bottle
Roland Sesame Oil	\$ 26.71/ bottle
Blood Orange Balsamic Glaze	\$ 27.00/ bottle
Pomegranate Balsamic Glaze	\$ 27.00/ bottle
Tamarind Balsamic Glaze	\$ 27.00/ bottle

Dececco Italian Pastas

Penne	\$ 5.97/ 500g pack
Fetucelle	\$ 5.62/ 500g pack
Fusilli	\$ 5.62/ 500g pack
Spaghetti	\$ 9.37/ 500g pack
Linguine	\$ 5.62/ 500g pack

Grains

White Quinoa	\$ 14.28/ pack
Red Andean Quinoa	\$ 19.15/ pack
Tri Colour Quinoa	\$ 17.50/ pack
Black Quinoa	\$ 21.92/ pack
Cous Cous	\$ 9.35/ pack
Wild Rice	\$35.31/pack
Sushi Rice	\$ 14.00/ 2lb. bag

Indian

Patak's Vindaloo Spice Paste	\$ 15.20/ bottle
Patak's Tikka Spice Paste	\$ 15.20/ bottle
Patak's Tandoori Spice Marinade	\$ 15.20/ bottle
Josh Rogan Sauce	\$ 15.20/ bottle



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Grocery Items cont'd

Asian

Sushi Vinegar	\$ 19.15/ 16 oz
Yaki Nori Skins	\$ 23.50/ pack of 50 sheets
Pickled Ginger	\$ 16.45/ lb.
Panko Flakes	\$ 5.88/ pack
Tempura Flour Crispy	\$ 8.28/ 500g pack
Vermicelli Bean Noodles	\$ 2.00/ pack
Hsinchu Rice Noodles (Gluten Free)	\$ 10.27/ pack
Pad Thai Rice Noodles (Gluten Free)	\$ 6.05/ pack
Egg Noodles (thin) 16oz	\$ 12.07/ pack
Egg Noodles (thick) 16 oz	\$ 12.07/ pack
Organic Soba Noodles	\$ 5.67/ pack
Aroy D Curry Paste-Green/Red/Yellow 1Kilo	\$ 25.00/ each
Aroy D Red/Green Curry Paste 114g	\$ 4.35/ each
Aroy D Fish Sauce	\$ 9.40/ each
Aroy D Rice Paper	\$ 5.88/ each
Tamarind Paste (BLOCK) (500g)	\$ 9.99/ 500g block
Hoisin Sauce	\$ 14.11/bottle
Unagi Sauce	\$ 20.00/bottle
Sweet Chilli Sauce (350g)	\$ 4.69/ bottle
Sriracha	\$ 6.23/ bottle
Satay Sauce	\$ 4.47/ bottle
Roland Lemongrass Slices	\$ 11.34
Hoisin Sauce	\$ 14.11/bottle
Unagi Sauce	\$ 20.00/bottle





Grocery Items cont'd

Spices and Seasonings

McCormick Steak Seasoning	\$ 9.47/ each
McCormick Zesty Herb Marinade	\$ 5.75/ each
McCormick Roasted Garlic & Bell Pepper Seasoning	\$ 9.59/ each
McCormick Peppercorn & Garlic Marinade	\$ 5.99/ each
Mccormick Bearnaise Sauce Mix	\$ 6.83/ each
McCormick Alfredo Creamy Garlic Pasta Mix	\$ 6.59/ each
McCormick Himalayan Pink Salt	\$ 7.45/ each
McCormick Sea Salt Grinder	\$ 7.79/ each
Mortons Sea Salt (Fine)	\$ 4.33/ each
Zatarains Blackened Fish Seasoning	\$ 8.81/ each
Lionel's BBQ Sauces	\$ 8.46/ bottle
Lionel's Pepper Sauces	\$ 7.28/ bottle
Premium Seafood Seasoning	\$ 9.45/ bottle
Lime Juice	\$ 7.50/ bottle

Sauces and Pastes

Contandina Tomato Paste	\$ 3.59/ each
Del Monte Tomato Sauce	\$ 2.22/ each
Lea & Perrins Worcestershire Sauce	\$ 11.24/ each
French's Mustard Squeeze Bottle	\$ 7.19/ each
Grey Poupon Mustard	\$ 9.15/ each
Roland Whole Grain Mustard	\$ 26.36/ each



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Grocery Items cont'd

Milk

Coconut Milk 17% (CHAOKOH)	\$ 6.70/ each
Coconut Milk 17% (AROY-D)	\$ 6.70/ each
Coconut Milk UHT (AROY-D)	\$ 11.24/ each
Evaporated Coconut Milk	\$ 5.76/ each
Condensed Coconut Milk	\$ 8.17/ each
Whipping Cream Coconut Milk	\$ 9.05/ each

Canned Goods

Chunk Light Tuna in water 5oz	\$ 3.59/ each
La Palma Baked Beans	\$ 2.38/ each
La Palma Peas & Carrots	\$ 2.12/ each
La Palma Black Beans	\$ 2.31/ each
La Palma Kidney Beans	\$ 5.16/ each
Libby's Whole Kernel Sweet Corn	\$ 5.42/ each



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Wine

Prosecco/Sparkling Wine

Sartori Prosecco Spumante Brut D.O.C	\$ 40.55/bottle
Marchese Antinori Franciacorta Brut	\$ 67.60/bottle
Blanc de Blanc D.O.C.G	
Laurent Perrier Brut NV	\$ 143.59//bottle

White Wine

Antinori "Santa Cristina" Pinot Grigio	\$ 40.10/bottle
Nautilus 'Twin Island' Sauvignon Blanc	\$ 48.69/bottle
Round Hill Chardonnay	\$ 30.36/bottle
Ladoucette Comte La Fond Sancerre	\$ 81.92//bottle
Ladoucette Pouilly Fume	\$ 66.65/bottle
Albert Pic Chablis Fourchaume Premier Cru	\$ 112.66//bottle

Rose Wine

Minuty Cote de Provence	\$ 51.17/bottle
LaFage Cote de Catalyn	\$ 37.81/bottle
Ladoucette Comte La Fond Sancerre Rose	\$ 74.47/bottle

Red Wine

Vina Maipo 'Vital' Reserva Merlot	\$ 28.07/bottle
Michael David Seven Deadly Zins	\$ 54.43/bottle
Marchesi Antinori Peppoli Chianti	\$ 56.14/bottle
Classic D.O.C.G	
M.Chapoutier Crozes Hermitage	\$ 49.84//bottle
Antinori Tignanello	\$ 225.60/bottle



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Rum

Award-winning Foursquare Distillery rums

Foursquare Sagacity	\$ 58.28
Foursquare 2008	\$ 92.55
Doorly's XO	\$ 47.68
Doorly's 14	\$ 104.69
Doorly's 12	\$ 50.07
ESAF	\$ 21.49
ESAF 300 ml	\$ 10.02
Old Brigand	\$ 23.36
Old Brigand 300 ml	\$ 11.53



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