



Fresh Seafood

BUYING GUIDE



Quality You Can Clearly Sea

Serving North Florida & Southeast Georgia

Sea Breeze Food Service
3807 Edgewood Drive Jacksonville, Florida 32254
(904) 356-9905



Welcome to the Sea Breeze fresh seafood division. We are a state and HACPP inspected facility with our in house cutting room. We cut whole fresh fish to order to assure the finest quality. Fillets are skin off boneless or skin on scaled boneless. Loins are skin on boneless. We invite you to try our top quality seafood, truly guaranteed.



Fresh Fish

**ALL FISH WILD CAUGHT
UNLESS SPECIFIED FARMED.**

IN STOCK WHEN AVAILABLE.



COBIA

Wild caught Cobia has firm white mild flesh.
EXCELLENT FOR GRILLING



CORVINA

Mild, sweet flavor with firm large flake flesh.
GRILL, FRY, SAUTÉ, BROIL



FLOUNDER

Mild, sweet flavored fine flakes white flash.
BAKE, BROIL, FRY, SAUTÉ



GROUPER (BLACK AND SCAMP)

A lean moist flesh with a distinctive yet mild flavor.
Firm texture with large flakes.
BAKE, BROIL, FRY, GRILL, STEAM



MAHI-MAHI

Lean flesh with mild, sweet flavor profile and a moderately firm texture and large flakes.
BAKE, BROIL, FRY, GRILL, SAUTÉ, SUSHI

POMPANO

White flesh, medium flavored fish that holds together well for most modes of cooking.

BAKE, BROIL, FRY, GRILL, SAUTÉ, STEAM, POACH



VERMILLION SNAPPER (BEELINER)

Medium texture and flake with a mild, sweet flavor.

BAKE, GRILL, FRY, SAUTÉ

RAINBOW TROUT, FARMED

White meat with small flake and delicate texture. Mild flavor with some mild nutty sweetness.

BAKE, BROIL



LANE SNAPPER

White flesh with delicate texture and delicate flavor.

BROIL, SAUTÉ, FRY, POACH

SALMON, ATLANTIC FARMED

The flesh ranges from deep pink to orange with a medium-firm texture and large flakes. Medium fat content.

BAKE, BROIL, GRILL, POACH, SAUTÉ, SMOKE



SHEEPSHEAD

White flesh with a medium to small firm flake that has a delicate flavor similar to crabmeat.

BAKE, BROIL, POACH, FRY, SAUTÉ

SWORDFISH

Mild sweet flavor and a moist, meaty texture with moderately high fat content.

BAKE, BROIL, GRILL, SAUTÉ, SMOKE



TILEFISH (GOLD OR GREY)

Firm but tender lean white flesh which has a delicate sweet flavor.

POACH, STEAM, BAKE, BROIL, SAUTÉ, GRILL

RED SNAPPER

Lean moist fish with firm texture and a distinctive sweet, nutty flavor.

BAKE, BROIL, GRILL, POACH, SAUTÉ, STEAM



TRIPLE TAIL

Flesh is white with a sweet flavor and a flaky texture.

SAUTÉ, BAKE, BROIL, FRY, GRILL

ONAGA-QUEEN SNAPPER

White flesh with a delicate sweet flavor and large moist flakes.

BAKE, GRILL, SAUTÉ, STEAM, SUSHI



TUNA (AHI)

Red flesh when raw. Medium to mild flavor with a very firm texture.

BROIL, GRILL, SAUTÉ, SMOKE, SUSHI

HOGFISH (HOGNOSE SNAPPER)

Paper white flesh with a light sweet flavor and a silky, delicate texture.

STEAM, SAUTÉ, SEAR, FRY, GRILL



WAHOO

Mild white flesh, sweet tasting with a firm texture, moderate fat and large circular flakes when cooked.

BAKE, POACH, BROIL, FRY, GRILL, SAUTÉ, SMOKE

YELLOWTAIL SNAPPER

Firm texture, small flake white lean meat with a mild to sweet flavor.

POACH, STEAM, BAKE, BROIL, FRY



Fresh Fish

SPECIAL ORDER

BRONZINI

White flesh with a sweet flavor profile and a semi-firm texture.

BAKE, BROIL, FRY



ARCTIC CHAR, FARMED

Extremely mild delicate Salmon flavor. Light, flaky and delicate texture.

BAKE, BROIL, GRILL, SAUTÉ, STEAM, POACH, SMOKE



COD

White, lean mild flavor profile with large flakes and a tender, but firm texture.

BAKE, BROIL, FRY, SAUTÉ, STEAM



CHILEAN SEA BASS

Rich, very moist flavor with large paper white flakes.

BAKE, BROIL, SAUTÉ, POACH, STEAM



HADDOCK

Haddock has lean white flesh with a mildly sweet taste and a tender medium flesh.

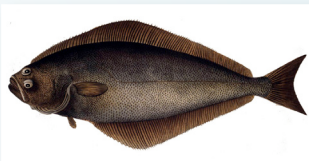
BAKE, BROIL, FRY, POACH, SAUTÉ, SMOKE



HALIBUT

White mild sweet tasting flesh with a flaky, tender firm texture.

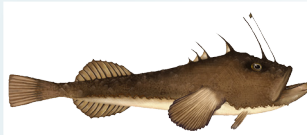
BAKE, BROIL, FRY, SAUTÉ, POACH, STEAM



KINGKLIP

White flesh with a sweet, rich, but delicate flavor. The meat is firm with a very large flake.

BAKE, BROIL, FRY, SAUTÉ, POACH



MONKFISH

Very white mild to sweet flavored flesh. The meat is firm and dense, very similar to lobster meat.

POACH, BROIL, BAKE, SAUTÉ, GRILL



STRIPED BASS

White flesh with a light to medium flavor. Large, firm flake flesh. High oil content.

BAKE, BROIL, GRILL, FRY, SAUTÉ, POACH



TILAPIA, FARMED

White to pinkish-white flesh and a medium-firm, flaky texture.

BAKE, BROIL, SAUTÉ, STEAM - COOKS UP WHITE

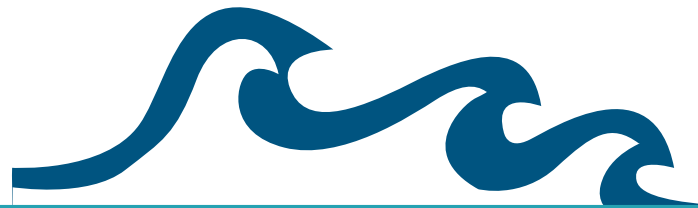
MANY OTHER SPECIES AVAILABLE

If it swims we can get it for your clients dining pleasure!

**BARRAMUNDI
CATFISH
DORADE
ESCOLAR
HAKE
JOHN DOREY
KING FISH
LION FISH
MONCHONG
OPAH
POMPAYO**

**RED FISH
SABLE FISH
SALMON
KING
SOCKEYE
STEELHEAD
SIBERIAN STURGEON
SKATE
SOLE
SPANISH TURBIT
AND MANY MORE**

Shellfish & Mollusks



MUSSELS "DUTCH-STYLE"

Produced by a fifth generation Dutch Mussel farmer with 160 acres of prime mussel beds in Maine, resulting in a bold, clean flavor packed on boards in 10-lb. bags



RAZOR CLAMS

When available, they have a firm texture with a mild prince flavor. Special order.



SEA SCALLOPS

Harvested from the Georges Banks, they are natural dry scallops with an extremely delicate and smooth texture. Available in U10, 10/20, and 20/30 counts



OYSTERS

Gulf oysters harvested from Apalachicola, Texas, & Louisiana. Available washed in shell in 50-lb. and 100-ct. boxes. Shucked oysters standard or select are in 5-lb. buckets. Virginia James River oysters in 100-ct. boxes. Blue Points and other specialty oysters available by special order.



CLAM STRIPS

Harvested in Maine and New England all natural strips for superior taste.



CALAMARI

Fresh rings, tubes only, tubes and tentacles are available by special order



HARD CLAMS

Harvested from the Gulf and Spell River in Georgia. Available as little necks, mid necks, top necks, and cherry stones.



SEA URCHIN ROE (UNI)

Available in 12-oz. trays. Fresh by special order.



SOFT CLAMS

Also known as steamer or Ipswich clams. Available live in the shell, or shucked meat fresh or frozen.



LOBSTERS

Fresh whole Florida lobster available during seasons (August 15 - February 15). Live Maine lobsters available on request.





STONE CRAB CLAWS

Fresh harvested primarily from the Florida Keys and Florida's west coast in season (October 15 - May 15). Sizes Medium 5-8 pc per pound. Large 3-5 pc. Jumbo 2-3 pc. Colossal 1-2 pc.



CRAB MEAT

Fresh crab meat is available by special order. Pasteurized crab meat is in stock claw, special, lump, jumbo petite, jumbo lump, and colossal sizes packed 12/16 cans



SHRIMP

Fresh local shrimp available in season or more popular I.Q.F. thaws in minutes. Full selection of frozen white shrimp, shell on, peeled tail on or off and puds



Sea Breeze diligently chooses to promote Florida seafood, produce, dairy, and so much more! We are honored to be recognized by the State Agricultural Department as an official "Fresh From Florida" member.

Premium Quality

OUR PROMISE TO YOU

Since 1990, we have made it our goal to actively seek quality product that is sustainable, allowing our customers the opportunity to offer and serve the freshest seafood available.

**We take great pride in supplying
the very best our oceans have to offer.**



Sea Breeze

FOOD SERVICE

A Full Line Food Distributor

FRESH PRODUCE

DAIRY & EGGS

SEAFOOD

BEEF

POULTRY

LAMB

ORGANIC PRODUCTS

ALLERGEN-FREE PRODUCTS

GMO-FREE PRODUCTS

GLUTEN-FREE PRODUCTS

FROZEN PRODUCTS

CANNED & DRY GOODS

CHILD NUTRITION

BEVERAGE PROGRAMS

EQUIPMENT PROGRAMS

JANITORIAL & DISHWARE

PAPER & PLASTIC

MANUFACTURER REBATES

SERVSAFE MGMT. CERTIFICATION

MENU MANAGEMENT & SUPPORT

OPERATORS EDGE

PRODUCT DEMONSTRATIONS

.COM ORDERING