



# Maurice's Seafood



Frozen Fish

## Frozen Fish

We have been offering fresh Seafood since 1975! WOW! Deliveries 2 & 3 times weekly helps us keep our seafood as fresh as possible.

*"If it comes from the Sea...you can get it from Me."*



### Cod Loin

Delicate in flavor, mild and flaky. Can be fried, baked or poached. 5 oz loin cut portion and individually IQF.

**9.95 lb.**

10# box ..... 89.95



### Grouper Fillet

6 to 8 oz. portion, IQF (individually quick frozen). A mild fish with distinctive flavor. Ideal for fried, baked or broiled.

**9.95 lb.**

10# box ..... 89.95



### Orange Roughy

Naturally mild and flaky. Can be sautéed, baked or poached. Great with any vegetable combination.

**10.95 lb.**

10 # box ..... 99.95



### Red Snapper Fillet

6 to 8 oz. portion, IQF (individually quick frozen). A mild fish with distinctive flavor. Ideal for fried, baked or broiled.

**11.95 lb.**

10# box ..... 109.95



### Swordfish Steaks

Our swordfish has a firm, meaty texture and can be grilled, sautéed, baked, or poached - always yielding a flavorful yet mild, taste.

**10.95 lb.**

10# box ..... 99.95



### Tuna Steaks

Yellowfin Tuna is a firm meat and subtle in flavor, high in protein, and low in fat. Great on the grill, oven baked or just sautéed.

**10.95 lb.**

10# box ..... 99.95



### Halibut Steaks

Naturally lean with a delicate flavor. They are loin-cut on the bone for a distinctive presentation. Ideal broiled, grilled, or pan-seared.

**17.95 lb.**

10# box ..... 169.95



### Pecan-crusted Rainbow Trout

Fantastic flavor and easy to prepare. From the freezer straight to a 425 degree oven for 16-18 minutes. A winner for any occasion!

**11.95**

2-7 oz portions

10# box .....118.49



### Rainbow Trout- dressed

PBO Boned is similar to Boned but the additional step has been taken to remove the pesky little pin bones. Note the term "PBO Boned" does not mean completely boneless.

**7.99 lb.**

Approximately \$3.10 per 5 oz portion

5 # Pound box .... 34.95



### Tilapia Fillet

IQF (individually quick frozen), makes it easy to simply take out what you need. A mild flavored fish great to fry, bake or broil.

**6.99 lb.**

Approximately \$3.10 per 5 oz portion

5 # Pound box .... 32.95