

Lightly Breaded

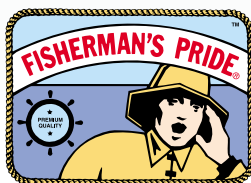
# Calamari Fries

chef prepared



## Tender Select Cuts Of Lightly Breaded Calamari

Fisherman's Pride® Calamari Fries are a chef-prepared entree of exceptional quality, combining select cuts of fresh, sweet-tasting calamari with premium quality ingredients. In any preparation Calamari Fries are a memorable meal you can serve with confidence and pride.



**"THE PRIDE OF THE INDUSTRY"**  
**Ruggiero Seafood, Inc.**

*Processors of Fresh and Frozen Calamari and other Seafood Products*

Lightly Breaded

# Calamari Fries

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Fisherman's Pride® Calamari Fries are a chef-prepared entree of exceptional quality. Talented chefs with decades of experience supervise production and work hands-on to produce a product that graces the tables of America's finest restaurants, resorts and hotels.

## OUR PRODUCT

- exceptional quality
- chef-prepared
- fresh, natural sweet-tasting calamari
- premium batter & breader
- simply deep fry to perfection
- features a delicious flavor profile
- processed using HACCP guidelines

## MARKET SEGMENT

- colleges & universities
- business & industry
- resorts
- restaurants:
  - fast food
  - family
  - seafood
  - ethnic
  - white tablecloth

## THE RESULT

Exceptional product that is:

- ready-to-prepare
- convenient to use
- profitable

## COOKING DIRECTIONS

Preparation: Use frozen, do not thaw. Place frozen calamari fries in a deep fryer at 350°F (177° C) and fry for 45 seconds to 1 minute until golden. Unused portion should be returned to freezer.

## FOR PREMIUM RESULTS

Please use clean oil when frying and determine exact cooking time for your equipment. Do not overload fry baskets or overcook product. Serve immediately on a warm plate with distinctive sauces.

## SERVING SUGGESTIONS:

### REGIONAL AMERICAN

- a tender, delicious alternative to clam strips
- crispy fried calamari served with creamy coleslaw with a choice of chilled tartar sauce or cocktail sauce
- Creole style calamari fries
- splash with your favorite Louisiana hot sauce

- serve with southwestern style salsas
- calamari & avocado tostadas
- classic seafood platter

### MEDITERRANEAN

- calamari fries parmigiana
- calamari caesar fries
- as part of a seafood antipasto or cioppino

### ORIENTAL

- crispy fried with regional dipping sauces; sweet & sour, hoisin, plum, oyster sauce
- calamari over vegetable lo mein or fried rice

## Packing Information

### Fisherman's Pride

CODE	PRODUCT DESCRIPTION	PACKED	NET WT.	GROSS WT.	CASE SIZE	CASE CUBE	PRICE/LB
140	CALAMARI FRIES	6/2 LB.	12 LBS.	14 LBS.	19.5x11x6.75	.80	

## Nutrition Facts Calamari Fries

Serving Size: 4 oz. (112g/about 20 pieces)

Servings Per Container: 8

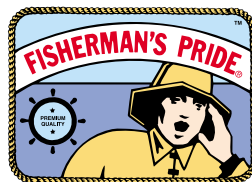
Amount Per Serving	% Daily Value*
<b>Calories</b> 140	Calories from Fat 15
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
<b>Cholesterol</b> 130mg	<b>44%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	<b>0%</b>
<b>Protein</b> 11g	

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



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Our brands include: Fisherman's Pride®, Atlantic Coast®, Ocean Tide®, Ocean Majesty®, Northwind® and Fruit of the Sea®.