



# NORTH ATLANTIC WHOLE COOKED LOBSTER

SEAMAZZ® North Atlantic Whole Cooked Lobster is wild-caught from the cold North Atlantic waters and processed at the peak of freshness. This ensures that they will always arrive at the table firm, succulent and full of sweet, rich taste.

## Features & Benefits

- Produced using firm to hard shell lobsters which provide excellent meat fill.
- Frozen lobster has a longer shelf life and allows for greater flexibility and inventory management vs. live lobster.
- Pre-cooked lobster saves time in the kitchen; just thaw and reheat.
- Frozen whole cooked lobster pricing is more consistent than the more sporadic live market.

## Source

North Atlantic Lobster is sourced from the cold waters of Maine and Canada.

## Ideal for:

- Main dish entree

## Food for thought

*Though considered a rich and decadent food, lobster meat contains fewer calories than an equal portion of skinless chicken breast. It also boasts healthy omega-3 fatty acids, potassium and the vitamins E, B-12 and B-6.*



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