



## Les Fruits de Mer Frandon Seafoods Inc.

2701 Sabourin, St. Laurent, QC H4S 1M9  
Tel: (514) 856-0752 Fax: (514) 856-0751

### Fresh Fish

<b>Atlantic Salmon</b>	
Whole 8-10	(N.B.)
Whole 10-12	(N.B.)
Whole 12-14	(N.B.)
Whole 8/12 <b>Bio</b>	(Ireland)
Skin On Fillets 3-4	(N.B.)
Skin On Fillets 2-3	(Chili)
Skin On Fillets 3-4	(Chili)
Salmon Trout Fillets 3-4	(Chili)
<b>Products of Canada</b>	
Rainbow Trout Fillets 8 - 12 oz	
Whole Rainbow Trout 1-1.5 lb	
Cod Fillets 12+ oz	
Cod Fillets 8-12 oz	
Haddock Fillets 12+ oz	
Haddock Fillets 8-12 oz	
Dore Fillets 6-12 oz	
Silver Hake Fillets 8-12oz	
Turbot Steaks 8-12 oz	
Arctic Char Fillets 12/14 oz	
<b>Smelts (1x15lb)</b>	
H&G 4-7"	
Whole 7" +	
<b>Products from P.E.I.</b>	
Cultivated Mussels	
<b>Malpeques Oysters (Savage Harbour)</b>	
<b>Choice</b>	
80 ct	
100 ct	
150 ct	
<b>Standard</b>	
60 ou 80 ct	
100 ct	
145 ct	
<b>Clams</b>	
Littleneck	
Pasta Clams (USA)	

<b>Loins or Whole</b>	
<b>Swordfish Loins</b>	(Chili)
Markers 100lb up (skin on)	
<b>Tuna Loins</b>	
# 2 +	
# 1 (Sushi)	
Albacore 4-7	
<b>Blue Marlin Loins</b>	(C.Rica)
Skin On	
<b>Wild Bass 2-4 lb (USA)</b>	
<b>Grouper (USA)</b>	
Black 10-20 lbs (whole)	
Black 20-40 lbs (whole)	
<b>Barramundi (USA)</b>	
450-650 gms (whole)	
600-800 gms (whole)	
fillets 5 - 6 oz	
<b>Striped Bass</b>	
Farmed 1 - 1.5 lb (whole)	
Farmed 1.5 - 2 lb (whole)	
Farmed 2 -2.5 lb (whole)	
Fillets 7-14oz (skin on)	
<b>Snapper (whole)</b>	(USA)
3/4-1 lb	
1-2 lb	
2-4 lb	
<b>Sea Bass (whole)</b>	
Farmed 400-600gms	
<b>Sea Bream (whole)</b>	(Tunisia)
Farmed 400-600gms	
<b>Royal Porgies (Dorade)</b>	
400-600gms	
<b>Kingfish 5-15 (whole)</b>	(USA)
<b>Scallops (Dry)</b>	
U-10 (1x8 lb)	
10-20 (1x8 lb)	
20-30 (1x8 lb)	

<b>Filletts or Whole</b>	
<b>Mahi Mahi</b>	
Whole 5-10 lb	
Whole 10 lb +	
Filletts 2-5 lb (Skin On)	
Filletts 5 lb + (Skin On)	
<b>Monk Filletts</b>	(USA)
100-300gms (Skin Off)	
<b>Halibut (Canada Atl.)</b>	
Whole 10-20	
Whole 20-40	
Filletts (Skin On)	
<b>Kingclip Filletts</b>	
Skin On 8-16 oz	(C.Rica)
<b>Grouper Filletts</b>	(Equador)
1 - 3 lbs (Skin On)	
<b>Skate Wings</b>	(USA)
Cleaned Filletts	
<b>Catfish Filletts</b>	(USA)
5-7 / 7-9 / 9-11 (plain)	
5-7 oz Lemon & Pepper	
5-7 oz cajun	
<b>Nil Perche Filletts</b>	
7-14oz	
<b>Tilapia Filletts</b>	
5-7 oz	
7-9 oz	
<b>Snapper Filletts</b>	(C.Rica)
4 - 8 oz (Skin On)	
8 -16 oz (Skin On)	
<b>Emperor Filletts</b>	
200-300 gms (Skin On)	
<b>Corvina Filletts</b>	(C.Rica)
8 - 16 oz (Skin On)	
Whole H&G 2 - 4 lv	

\*\*\* The availability for fresh products varies from week to week. Please contact our office to receive more information.