

BOOST YOUR CENTER OF THE PLATE PROTEIN OPTIONS

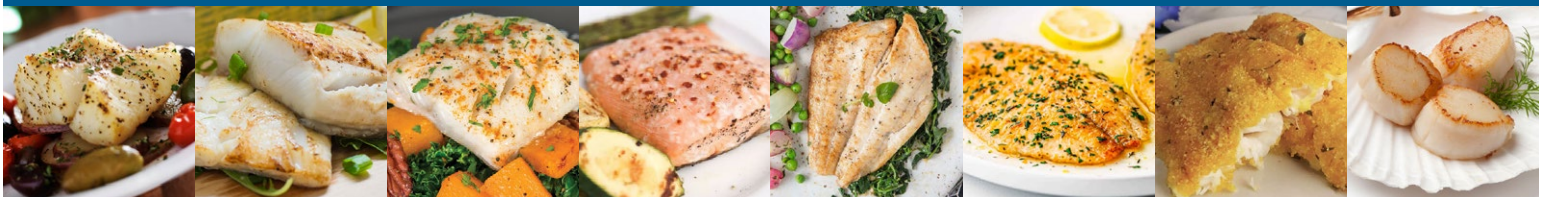


#1 SEAFOOD PROGRAM

IQF - 100% NET WEIGHT



AVAILABLE ONGOING - WAREHOUSE LOCATIONS: CA, MA, GA & NJ



All Seafood is 100% Net Weight. Pricing is FOB warehouse locations: Vernon, CA - Avon, MA - Woodbridge, NJ

Pacific Cod				Haddock				Flathead Flounder						
Fillets IQF	8/16oz	CALL	LA/NJ	Fillets IQF	6/8oz	CALL	Bos/NJ	Fillets	4oz	CALL	LA			
	16/32oz	CALL	LA/NJ		Skinless	8/10oz	CALL		Bos/NJ	IQF 1x10lb	5oz	CALL	NJ	
Loins IQF	2oz	CALL	LA	1x10lb	10/12oz	CALL	Bos/NJ	Skinless	6oz		CALL	NJ		
	3oz	CALL	LA/NJ		Loins IQF	12-16oz	CALL		Bos/NJ	7oz	CALL	NJ		
1x10lb	4oz	CALL	LA/NJ	Loins IQF	4oz	CALL	NJ	Yellowfin Flounder	Fillets	8oz	CALL	NJ		
	5oz	CALL	LA/NJ		Pieces IQF	1-3oz	CALL			NJ	3-5oz	CALL	NJ	
	6oz	CALL	Vernon CA	Atlantic Cod	Haddock	Long Lined Caught	Fillets IQF	Fillets	5-8oz	CALL	NJ			
	7oz	CALL	LA/NJ						Skinless	6/8oz	CALL	LA/NJ	IQF	5oz
8oz	CALL	LA/NJ	Loins IQF	8/10oz	CALL	NJ	1x10lb	6oz	CALL	NJ				
Fillets	6/8oz	CALL	Bos/NJ	Tilapia Fillets				Skin On Fillets	Skin On Fillets	2/3oz	CALL	NJ		
	8/10oz	CALL	Boston	Fillets	2/3oz	CALL	NJ			Pollock	Fillets	2/4oz	CALL	NJ/LA
	10-12oz	CALL	Boston		IQF	3/5oz	CALL					NJ/LA	IQF, 1x10lb	4/6oz
	12+oz	CALL	Boston	1x10lb		5/7oz	CALL				NJ/LA	Loins		2oz
Loins	3oz	CALL	NJ	Fillets	7/9oz	CALL	NJ/LA	IQF	IQF		3oz		CALL	NJ/LA
	4oz	CALL	NJ		IVP	3/5oz	CALL			NJ/LA	1x10lb	4oz	CALL	NJ/LA
	5oz	CALL	NJ		1x10lb	5/7oz	CALL		NJ/LA					
	6oz	CALL	NJ		Swai				Retail Ready Bags					
Tails IQF	3oz	CALL	NJ	Fillets	3/5oz	CALL	GA	Product	Size	Price/LB.	Location			
	4oz	CALL	NJ		1x15lb. IQF	5/7oz	CALL	GA	Swai Fillet	3/6oz, 10x2lb	CALL	NJ		
	9oz	CALL	NJ			7/9oz	CALL	GA	Salmon Fillet	3/5oz, 10x2lb	CALL	NJ		
				Atlantic Cod				Catfish						
Long Lined Caught				Fillets	Retail Ready Bags									
Fillets	6/8oz	CALL	Boston		1x15lb. IQF	3/5oz	CALL	LA/NJ						
	8/10oz	CALL	Boston			5/7oz	CALL	NJ						
	10/12oz	CALL	Boston			7/9oz	CALL	LA/NJ						
12+oz	CALL	Boston	Scallops											
Loins	3oz	CALL	NJ	Dry / Processed										
	4oz	CALL	NJ	40/60	CALL	CALL	NJ							
	5oz	CALL	NJ	60/80	CALL	CALL	NJ							
	6oz	CALL	NJ	80/100	CALL	CALL	NJ							
1x10lb	3oz	CALL	NJ	80/120	CALL	CALL	NJ							
	4oz	CALL	NJ											
	9oz	CALL	NJ											
				Pink Salmon										
IVP Portion														
Portion	3 oz	CALL	Vernon, CA											

800.375.8883

SALES@PCOFOODS.COM

CALL FOR CURRENT PRICING, SPECS & CUSTOM DELIVERED RATES