

SEA WATCH ITALIAN BREADED CALAMARI RINGS

Sea Watch only uses Loligo (calamari) which is naturally creamy, white and tender. Calamari has become increasingly popular because it is sweet, versatile, and easy to prepare. Sea Watch carefully selects the finest calamari and breads it with an classic Italian breading for the foodservice market.

Sea Watch Calamari is popular as an appetizer or entrée, and are served at Quick Service, Casual & Family Style Restaurants.

B & I, Catering and College and University operations.

CONSISTENT BREADING AND BATTER COVERINGS allow a more uniform appearance and sweet taste

PORTION & BULK PACKAGING meet operator needs, provide for less waste

AVAILABLE YEAR ROUND Sea Watch sources from worldwide sources --an excellent year round menu idea to build foodservice operator sales.

PREPARATION INSTRUCTIONS

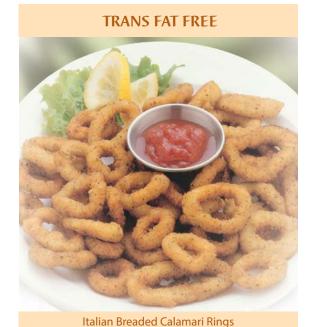
KEEP FROZEN: until ready to use - do not refreeze.

COOK TO A MINIMUM, INTERNAL TEMPERATURE OF 160°F (71°C)

DEEP FRY: Deep fry at 350°F for approximately 1- $1\frac{1}{2}$ minutes - or until golden. Do not overcook

CONVENTIONAL OVEN: Place rings on a baking sheet and cook at 400°F for 5 minutes. Flip over and cook for 5 minutes more.

CODE	DESCRIPTION	CASE PACK	GROSS WT.	NET WT.	CASE CUBE	PALLET
QA01	Calamari Rings	6 lb.	7 lb.	6 lb.	.41	14x10
QM31	Fresh Breaded Calamari Rings	2/5 lb.	12 lb.	10 lb.	.60	10x7



Nutrition Fa	<u>cts</u>					
24 serving per container Serving size 4 oz. ((113a)					
Serving size 4 02.	1139)					
Amount Per Serving						
<u>Calories</u>	<u> 260</u>					
% Daily Value*						
Total Fat 10g	13%					
Saturated Fat 1.5g	8%					
Trans Fat 0g						
Cholesterol 85mg	28%					
Sodium 890mg	39%					
Total Carbohydrate 33g	12%					
Dietary Fiber 1g	4%					
Total Sugars 1g						
Includes 0g Added Sugars	s 0%					
Protein 11g						
Vitamin D 0mcg	0%					
Calcium 14mg	2%					
Iron 1mg	6%					
Potassium 140mg	2%					
*The % Daily Value (DV) tells you have muc in a serving of food contributes to a daily diet calories a day is used for general nutrition ad	h a nutrient . 2,000 lvice.					

Based on QA01



High in Protein

Profitable___

Versatile

