



**fisherking**  
SEAFOODS

**EAT LIKE ROYALTY**



**ROCK CRAB**

*Cancer irroratus*

# Accept No Imitation

Our day boat rock crab is alive and kicking! Meticulously cleaned and cooked in seawater, the taste profile of this Atlantic Canadian treasure is second to none. Caught off the coasts of Atlantic

Canada and Quebec, our all natural rock crab meat is the perfect addition to a seafood recipe or on its own. Minced, Salad, Combo or All Leg packs ensure versatility for all applications.

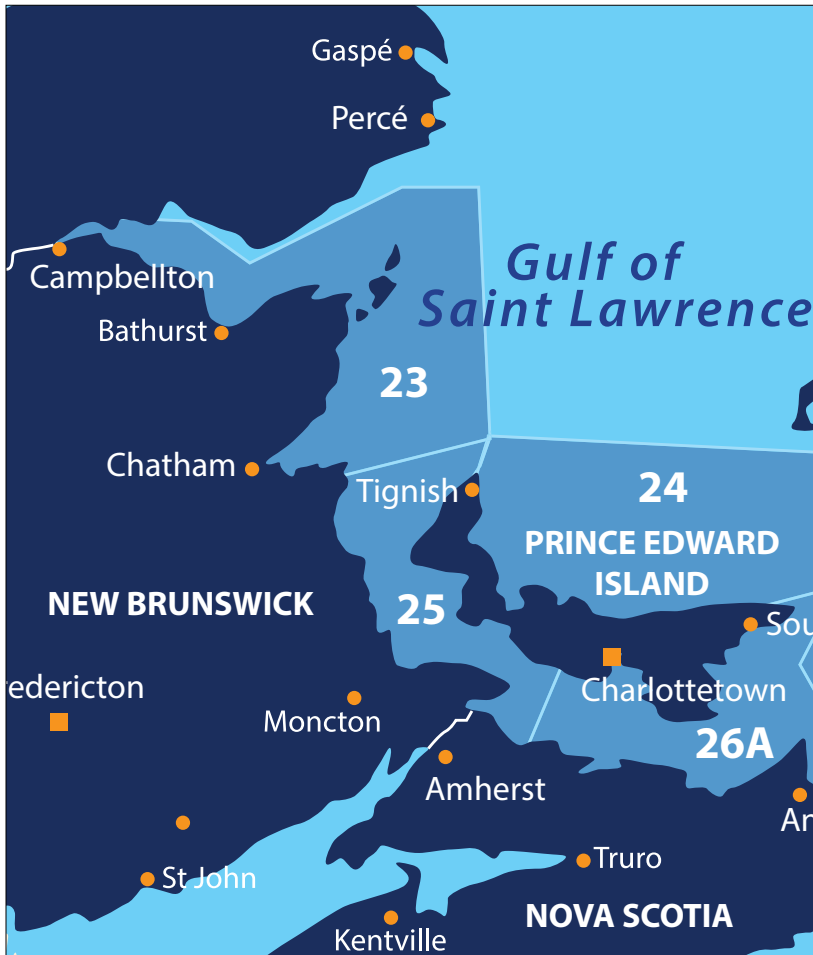
## FISHING SEASONS

JAN FEB MAR APR MAY JUNE JULY AUG SEPT OCT NOV DEC

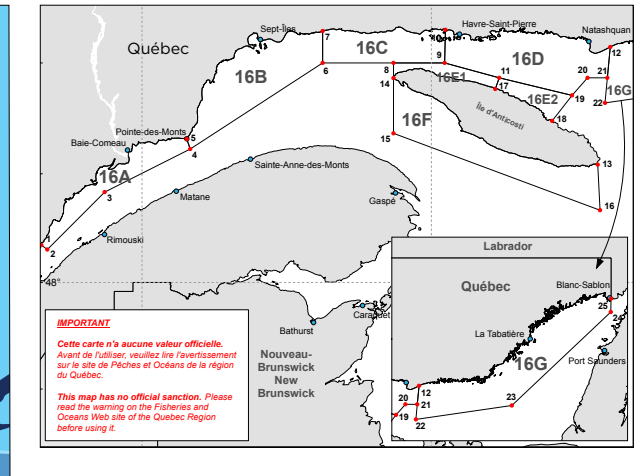


*\*Some by catch noted in the commercial lobster fishery.*

### Gulf Region



### Quebec Region



## Rock Crab 101

Rock crabs (*Cancer irroratus*) are harvested and processed throughout the Atlantic Provinces and Quebec. They are fished by a directed fishery and as a by catch in the lobster fishery. To protect their reproductive capacity rock crab are sustainably managed by the DFO Canada.

Rock crabs have a broad, oval carapace with nine shallow smooth edge teeth along the front of their carapace. Rock crabs have five pairs of legs, but the first pair is a set of pincers that are used for feeding and defense. They are yellow-brownish in color and can grow to a maximum carapace width of 5.5 inches.



## HANDLING INSTRUCTIONS



### Shelf Life

24 months after freezing date.



### Storing

Keep frozen. Product must be maintained below - 18°C (0°F) during storage and shipment.



### Thawing Instructions

For best results defrost in cooler overnight, for quick thaw place into sealed bag in chilled water for 30 minutes. Consume with 24 hours of thawing.

## Nutrition Facts

Serving Size (85g)	
<b>Amount Per Serving</b>	
<b>Calories 60</b>	Calories from Fat 10
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 270mg	<b>11%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 14g	<b>28%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 6%	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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

### Ingredients:

Rock Crab  
Meat, Salt

## Catch Techniques

Crabs are usually caught in pots or traps. Pots are made in forms of cages or baskets in different sizes made from various materials such as wood, wicker, metal rods, wire netting and plastic. Pots usually contain one or more entrances. The pots are set on the bottom of the ocean, some baited with pieces of fish. The crabs will then enter the pots for the bait or use them for shelter.

Rock crab are fished by a directed fishery and as a by catch in the lobster fishery.



### Rock Crab Clusters Available

**2-4 oz**  
**1 x 10 lb**

### Rock Crab Meat Available

**Combo**  
80 % Salad Meat  
20 % Leg Meat

**Salad**  
100 % Salad Meat

**All Leg**  
100% Leg Meat

**Minced**  
Made from body,  
leg shell, leg tips and  
claw shell

### Packaging Info

**6 X 5 lb**  
**Master carton Dimensions:** 15"L X 10.25"W X 7.5"D  
**TiHi:** 7x10  
**Cases per pallet:** 70

**12 X 1 lb**  
**Master carton Dimensions:** 14.4"L X 11.5"W X 5.5"D  
**TiHi:** 10x12  
**Cases per pallet:** 120

## WILD CAUGHT PRODUCT OF CANADA

Also known as: Atlantic rock, peeky toe, sand, quick, and eel grass crab



## Also available at Fisher King Seafoods

### Jonah Crab Meat

Salad - 6x5lb

All Leg - 12x1lb & 15x2lb

Minced - 6x5lb & 10x5lb

Combo (80% Salad/20% Leg) - 6x5lb

### Jonah Crab Triple Scored Claw and Arm

Sizes: 7-10ct

Pack Size: 4x5lb

### Chilean Rock Crab Claw and Arm

Triple Scored or Un-scored

Sizes: 1-3ct, 5-9ct, 5-7ct, 7-9ct

Pack Size: 10x2lb

### Chilean Rock Crab Claws Cap-Off

Sizes: 25-28 u/lb

Pack Size: 10x2lb

## Our Competitive Advantage

### METHODOLOGY

#### Reach

Fisher King Seafoods sources from every region, assuring the best seafood available at the best price and the most up to date market information.

#### Quality Control

Fisher King Seafoods has four seasonal inspectors physically inspecting the production in plants throughout the entire season.

#### Location

Fisher King Seafoods is directly adjacent to all of the Canadian fishing zones. "This is our backyard."

#### Relationships

Strategic partnerships with Polar Seafood DK, Nichirei Fresh Inc. and Canadian packers gives us access to seafood from around the world year round.

#### Knowledge of International Markets

Through our equity partner, Nichirei Fresh Inc. of Tokyo. Fisher King Seafoods has access to current pricing, including demand and supply figures from Japan.

#### Diverse Seafood Line

Fisher King Seafoods carries multiple species of crab, shellfish, shrimp, and fin fish. One source for all your seafood needs.



#### Fisher King Seafoods Limited

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See more of our products at  
[www.fisherkingseafoods.com](http://www.fisherkingseafoods.com)