



**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

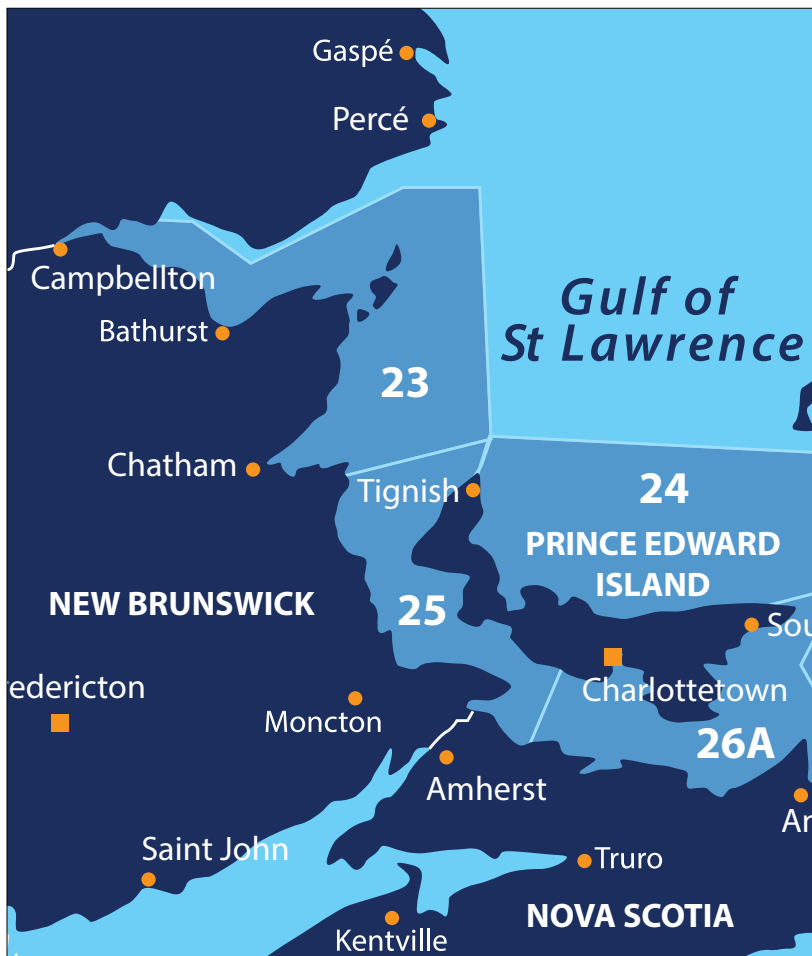
Canada and Quebec, our all natural rock crab meat is the perfect addition to a seafood recipe or on its own. Minced, Salad, Combo or All Leg packs ensure versatility for all applications.

## FISHING SEASONS

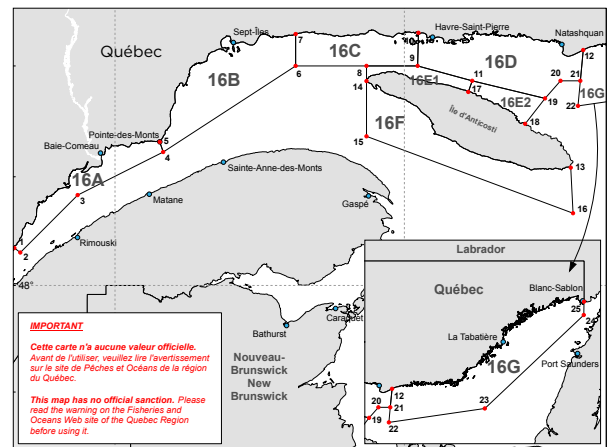


\*Some by catch noted in the commercial lobster fishery.

### 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 within 24 hours of thawing.

## Nutrition Facts

Serving Size (85g)

Amount Per Serving		Calories from Fat 10
<b>Calories</b> 60		
		<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.

### FEATURES & BENEFITS

- Wild-Caught
- Ready to Eat
- Fresh, sweet taste and delicate texture
- 100% natural, no chemicals or additives
- Harvested in cold pristine waters of the Gulf of Saint Lawrence
- Produced in Canada

### YOUR SOURCE FOR NATURAL, WILD CAUGHT SEAFOOD

Long-term access to responsible fisheries ensures year-round availability of our core line of wild caught seafood. All Fisher King branded products are packed under our strict Quality Assurance Program in HACCP approved facilities. We custom pack to private label specifications on select items. Certified at source, every order is carefully handled and efficiently delivered.



## The Fisher King Story

Fisher King Seafoods Ltd. was founded in Halifax, Nova Scotia, Canada in 1996. Since its inception, FKS has seen solid and steady growth in the variety and volume of products we market. At FKS we focus on what we know best; wild-caught, once-frozen, locally-produced and sustainably-harvested Atlantic Canadian seafood items. Our strategic partnerships also give us added purchasing power, expertise and access to some of the highest quality seafood items from around the globe.

“We built Fisher King on integrity, quality and exceptional service. Our partnerships and long-term marketing agreements are made only with suppliers exacting the same high standards. Ongoing investment in sustainable fisheries secures our ability to consistently provide you with the best seafood in the world today and for years to come.”

**Tor Conklin**  
*CEO, Fisher King Seafoods Limited*

## Our Strategic Partnerships

### NICHIREI

Nichirei, Japan's largest food service distributor and one of Japan's largest Seafood Companies partnered with Fisher King Seafoods in 2009 bringing added strength and diversity to the FKS product line. Nichirei's Marine Division, Nichirei Fresh, is a global leader in seafood procurement and distribution. By utilizing strict buying practices and on-location oversight, Fisher King Seafoods is provided with access to the highest quality of seafood available. Fisher King Seafoods is now able to provide customers with a wide variety of sashimi and sushi quality products sourced from around the globe.



### POLAR SEAFOOD

Polar Seafood is a multinational company with offices in Greenland, Denmark, Great Britain, Norway, Italy and Russia. With over ten modern factory freezer vessels and interests in land-based facilities in several countries, Polar Seafood Denmark is a major force in global seafood production. Polar is the largest quota holder and producer of Snow Crab Clusters in Greenland and one of the world's leading producers of Cold Water Prawns. We are proud to market the “Polar Bear” to all our North American customers.



**fisherking**  
SEAFOODS

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[www.fisherkingseafoods.com](http://www.fisherkingseafoods.com)