



**SoPo Seafood**

**for Early August**

**Pricing**

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[soposeafood.com](http://soposeafood.com)

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**Freshly Sourced Fin Fish**

Species	Size	Price	F/W	Landed	
Whole, Head on Cod	6-8 lbers	\$5.95/lb	Wild	<b>Gulf Of Maine</b>	
GoME Cod Fillet	2-3# sides	\$13.95/lb	Wild		
Bone-In Monk Tails	4-5 lbs ea	\$3.95 /lb	Wild		
Monk Fillet	1-2 lb loins	\$7.95 /lb	Wild		
<del>Pollock fillet</del>	2-3# sides	<del>\$7.95 /lb</del>	<del>Wild</del>		
Hake Fillet skin/off	1-2 lbs	\$8.95 /lb	Wild		
Whole Hake-Head Off	7-10 lbers	\$4.95 /lb	Wild		
Haddock Fillet s/off	8-12 ozs	\$13.95 /lb	Wild		
<del>Whole Haddock</del>	5-7 lbers	<del>\$4.50 /lb</del>	<del>Wild</del>		
Cod/Haddock/Hake Collars	6-8 ozs	\$2.95 /lb	Wild		
Gulf of Maine Bluefin	loins	\$20.95 /lb	Wild		
Rainbow Trout-Butterflied	12-14 ozs ea	\$13.95 /lb	Farmed		New Hampshire
Nova Scotia Halibut	fillets	\$22.95 /lb	Wild		Canada
Sword	loin cuts	\$13.95 /lb	Wild		Canada
Sushi Grade Salmon Fillet -pin bone out	3-3.5 lb ea	\$13.95/lb	Farmed	Faroe Isle	
Dutch Hiramasa Sides	2-3 lbs ea	\$19.95 /lb	farmed/frozen	Netherlands	
Barramundi Fillet-drop ship from farm	skin on	\$22.95 /lb	RAS	Mass.	

**Fresh, Sushi-Grade Scallops**

Sea Scallops U-10	\$32.99/ lb	Wild	Can
Sea Scallops U-15	\$26.95/ lb	Wild	Can
Sea Scallops 15/20	\$23.95/ lb	Wild	Can
Live, in-Shell Scallops-3 inch	25 count bag	order Tues for Thurs del.	Penobscot
	\$2.60 /ea	Farmed	Bay
<b>Wild-Caught Lobster</b>			
Fresh Claw/Knuckle	2 lb bag	Wild-ME	\$45 /lb
Raw in Shell Tails	4 oz ea	Wild-ME	\$29 /lb
Raw in Shell Tails	7-8 oz ea	Wild-ME	\$37 /lb
Frozen Claw/Knuckle	2 lb bag	Wild-ME	\$39 /lb
<b>Crabmeat, UNI, etc...</b>			
Dried Sea Lettuce	1 lb bag	Maine	\$39
Bonito Furikake	1 lb	Maine	\$28.00/ea
Chem-Free USA Calamari	2.5# tray-T&T	Boston, MA	\$29.00/ea
Live, Invasive Maine Green Crabs	by the lb	Freeport	\$2.95/lb
Jonah Crab Cocktail Claws	1 lb cup	Gulf of ME	\$29.95 /lb
Jonah/Red Crab Meat	Fresh 1# Cup	Gulf of ME	\$38 /lb
Littleneck Clams	by the piece	Maine	\$.55 ea