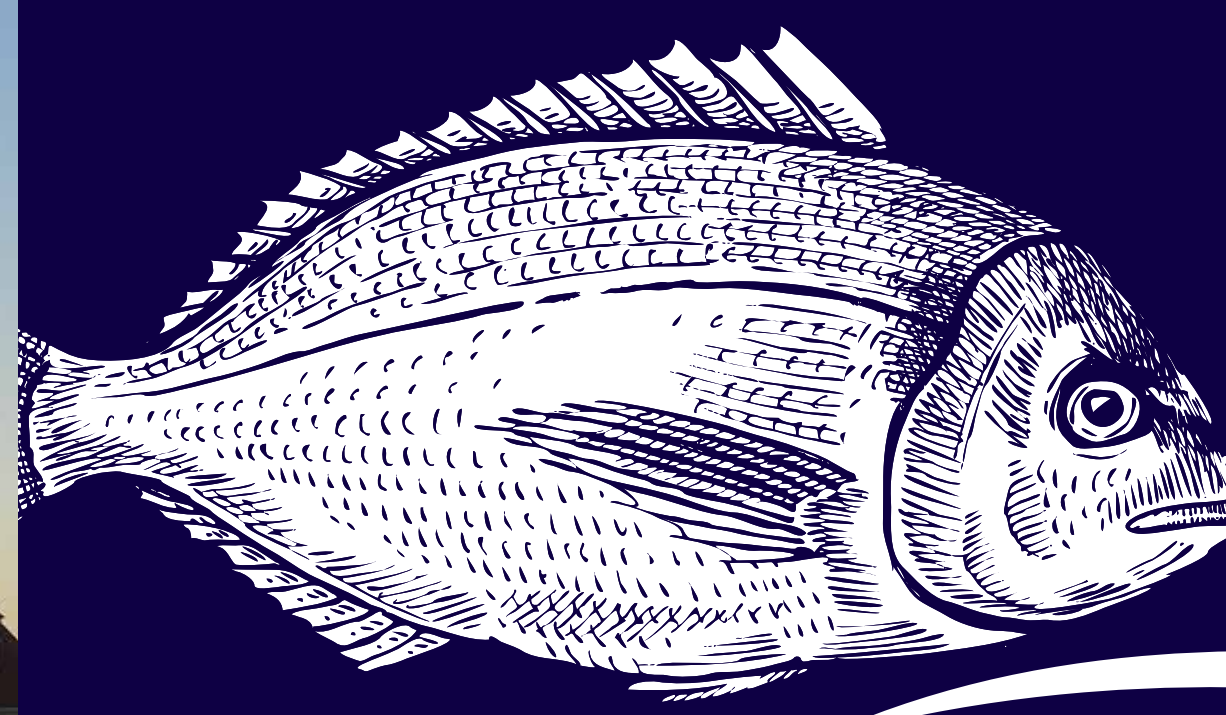




Metropolitan's Fresh Seafood Program  
*Seafood Schooled in Excellence*





trustworthy • safe • responsible

***Metropolitan Meat, Seafood & Poultry** is located in a newly updated SQF and HACCP-certified facility in Landover, Maryland. Dedicated to providing fresh sustainable seafood of the highest quality at competitive prices, Metropolitan has been servicing the Mid-Atlantic region for more than 75 years.*

*Metropolitan's Seafood Department, led by a former local fisherman, offers customized fillets and portions, cut daily to order. Our seasoned team is made up of cutters with more than 25 years of individual processing experience.*

*Metropolitan's customer service team offers daily market trends and seasonal forecasts, providing our customers with essential information. Dedicated to offering unparalleled customer service, our telephone lines are staffed from 6:00am until 5:00pm, Monday through Friday to provide live, personal assistance and support to help you enrich your seafood offerings.*







trustworthy · safe · responsible



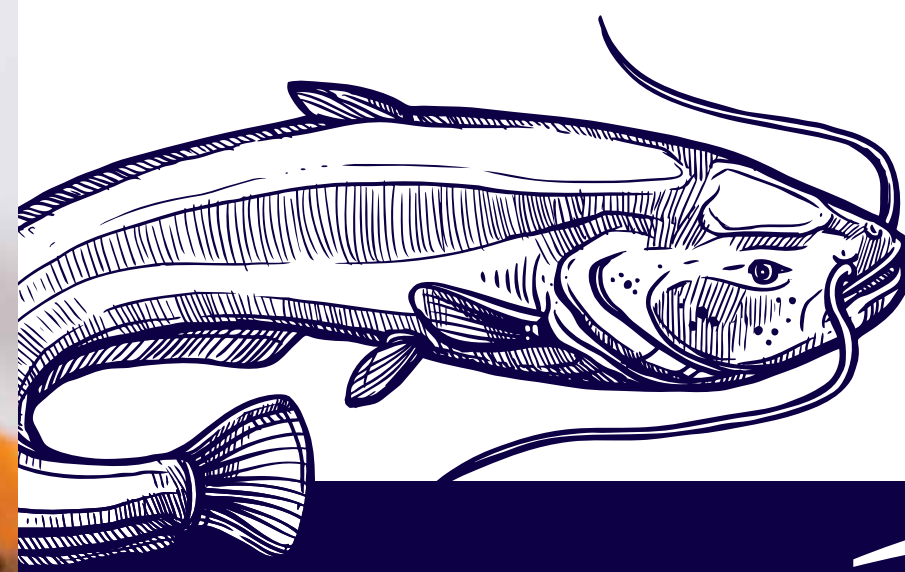
***Metropolitan Meat, Seafood & Poultry** offers a vast selection of local, regional, and international fresh fish and shellfish. Our seafood specialists have developed trusted relationships with top seafood suppliers worldwide.*

*As an ASC & MSC Chain-of-Custody Certified supplier, we take our obligation to traceable and sustainable seafood seriously. To further that effort in helping transform the marketplace in favor of environmentally responsible fisheries and aquaculture operations, Metropolitan has adopted the Monterey Bay Aquarium's Seafood Watch classification system, promoting enduring ocean-friendly seafood choices.*

*From receiving to storage, to processing and delivery, our seafood is always in a HACCP-regulated and temperature-controlled environment to ensure optimal freshness. A commitment to food safety and quality assurance is a Metropolitan trademark.*





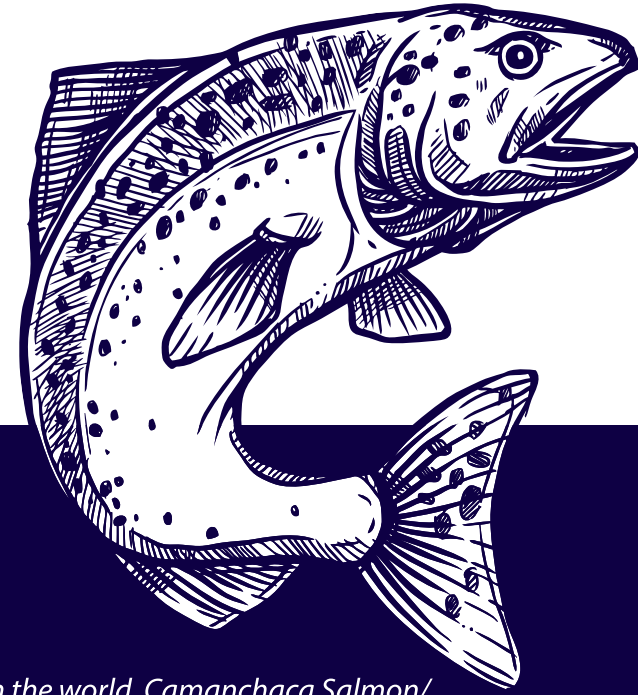


## America's Catch

*...begins with the best, naturally-selected, genetically superior breeding stock, producing the freshest catfish available on the market. From their 5,000 acre farm in Mississippi they are a vertically integrated catfish processor, controlling the entire production process from the feed mill to the hatchery to delivery. This allows them to maintain the highest quality standards assuring that the freshest, healthiest catfish reach the marketplace. America's Catch is committed to providing their customers the finest quality product available when you want it, where you want it, and the way you want it.*

16271 Catfish Fillet Fresh





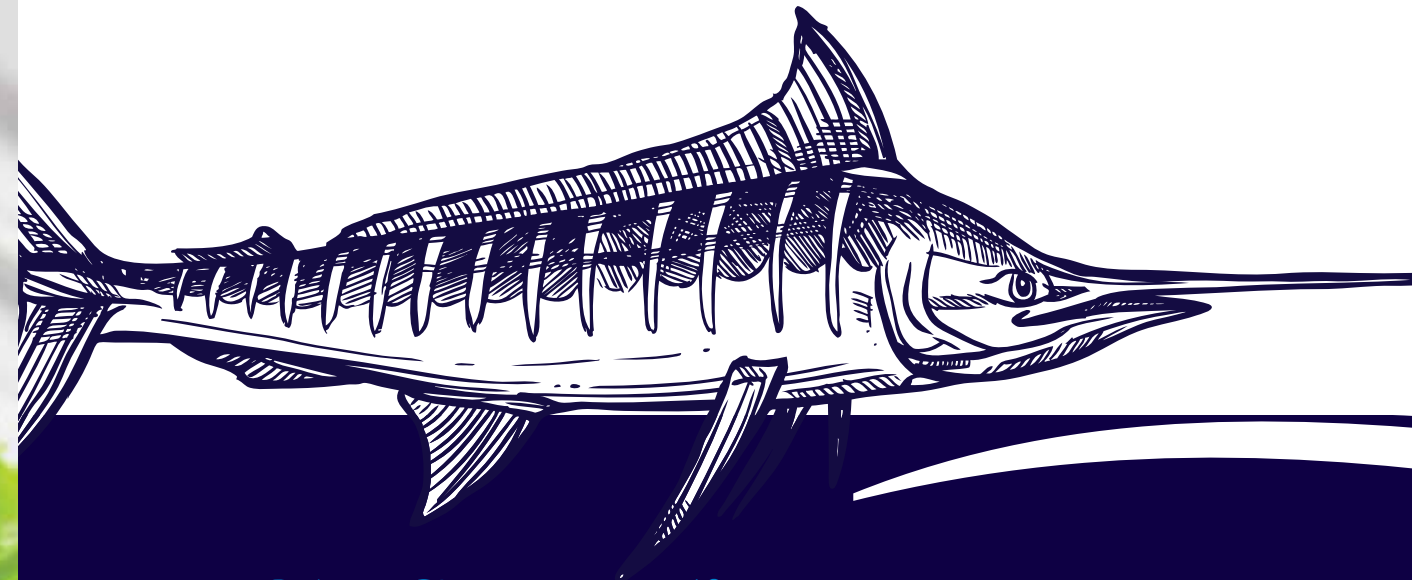
## Camanchaca

*Ranked #1 in Chile for sustainability, Camanchaca is the largest aquaculture company in the world. Camanchaca Salmon/Steelhead are naturally raised in the deep glacial waters of Chile. The nutrient rich waters off the shore of Chile are superior for raising Salmon. Raised on Camanchaca farms from egg incubation to harvest, no other company takes the pride in its work that Camanchaca does. Camanchaca Salmon Farm is HACCP/FDA certified, Kosher, and BAP 3-Star certified. Metropolitan is proud to partner with Camanchaca because of their high quality products, commitment to the local and global community and vertically integrated system. The delectable, mild flavor of Camanchaca Salmon will please even the most discerning seafood connoisseur.*

- 16713 Salmon 2-3# Chilean Fillet PBO
- 16714 Salmon 3-4# Chilean Fillet PBO
- 16715 Salmon 4-5# Chilean Fillet PBO
- 16249 Steelhead Trout 1-2# Fillet







## Chef's Trading

*Traceability is key to a sustainable seafood industry and Metropolitan is proud to partner with like-minded suppliers. Chef's Trading is changing the way seafood is sourced and shipped. Their vetted network of fisheries offer the opportunity to receive fish direct from the source. Each shipment comes tagged with QR Codes (aka: CT Tags™) that allow us to see where and by whom the fish was caught, thereby putting our stamp of quality on every delivery. Also, flown directly to BWI Airport brings the product to us several days earlier than other vendors for incredibly fresh Mahi Mahi, Tuna and Swordfish. Try it today and you will see the difference!*

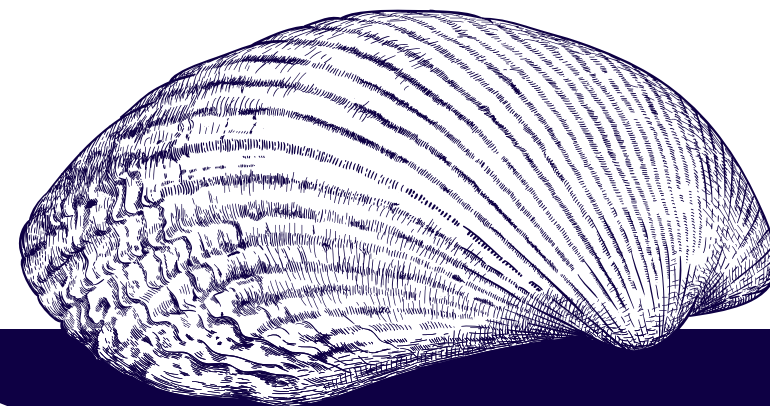
16505 Mahi Mahi Whole  
16207 Mahi Mahi Fillet  
16307 Mahi Mahi Portions

16101 Tuna Whole  
16168 Tuna Loin  
16369 Tuna Portions



16181 Swordfish Whole  
16281 Swordfish Fillet  
16382 Swordfish Portions





## Cherrystone Aqua Farms

*For more than 120 years and 5 generations, the Ballard family has been producing the best clams and oysters in the world.*

*Today, the Ballard family still lives up to its reputation for quality, consistency and service.*

*Cherrystone shellfish are raised from seed at the aqua farm. Starting in their HACCP approved hatchery, the shellfish are then moved into Virginia State-certified clean growing water in the Chesapeake Bay and along Virginia's coastline. Because they are raised in the same salt-flushed water as their wild counterparts, they have the same great flavor, with the added benefit of consistency. With over 100 years of knowledge and first-hand experience in the shellfish business, the Ballard family and Cherrystone Aqua Farms offer both clams and oysters that stand out from the rest.*

*Named "Conservationist of the Year" by the Chesapeake Bay foundation, Cherrystone Aqua Farms is an industry leader in being environmentally friendly and sustainable.*

**16856 Chincoteague Cultured Salts Oysters**

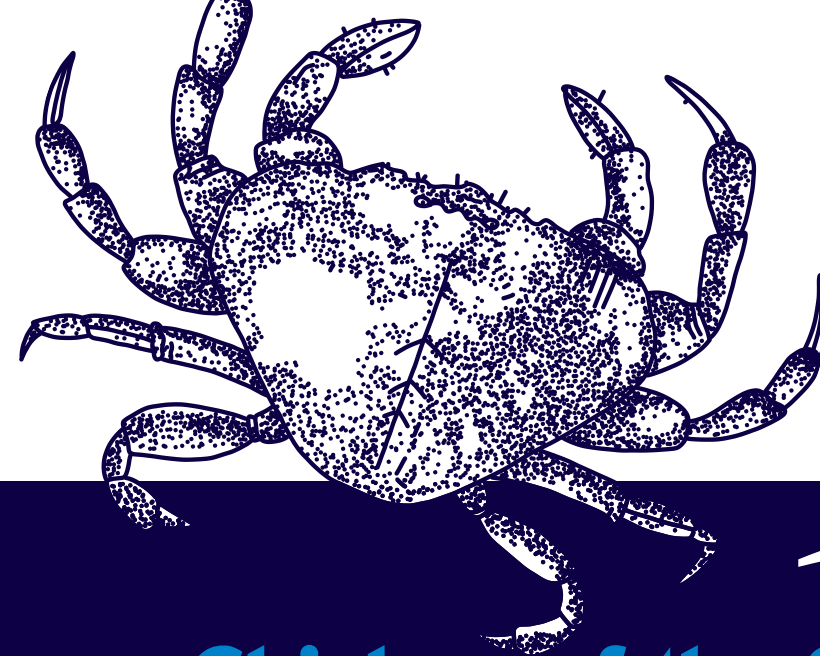
**16049 Little Neck Clams**

**16052 Middle Neck Clams**

**16051 Top Neck Clams**







## Chicken of the Sea

*For over 100 years, Chicken of the Sea has been an industry leader in quality and consistency. Committed to preserving the environment, in 2009 Chicken of the Sea cofounded the International Seafood Sustainability Foundation. Chicken of the Sea wild-caught, blue swimming crabs undergo strict quality control scrutiny from sea to delivery. Their facilities are thoroughly regulated and inspected to meet all of the highest U.S. standards and have earned certification from the Marine Stewardship Council, the world's leading certification standard for sustainable, wild-caught seafood. Each crab is processed in a Chicken of the Sea facility and is closely monitored for quality every step of the process. This vertically integrated system distinguishes Chicken of the Sea brand from other pasteurized crabmeats.*

*When you buy Chicken of the Sea premium pasteurized crabmeat, you buy a product that you can trust to deliver the flavor and consistency that you demand.*

- 15351 Jumbo Lump Pasteurized Crabmeat**
- 15012 Jumbo Lump Colossal Pasteurized Crabmeat**
- 15308 Lump (Super) Pasteurized Crabmeat**
- 15330 Lump Pasteurized Crabmeat**





## Clear Springs Foods

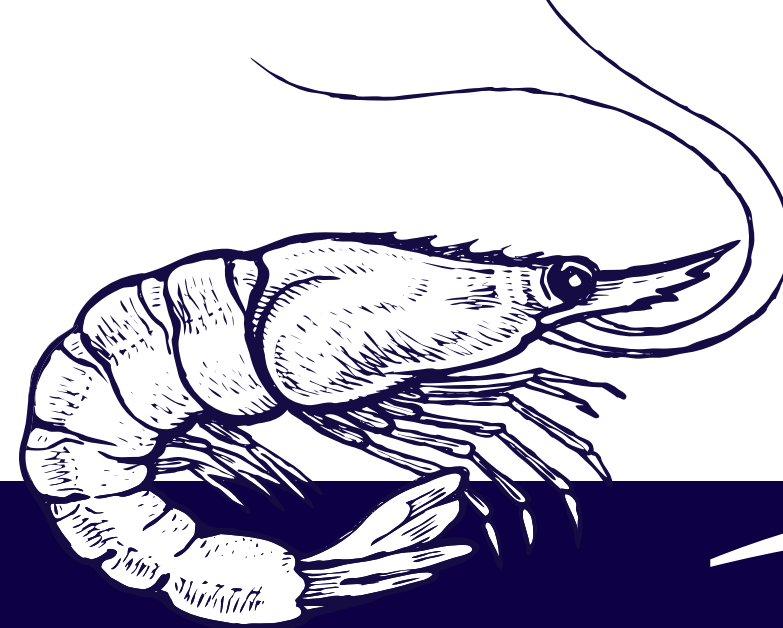
*Clear Springs Foods makes its home on the scenic Snake River Canyon of Southern Idaho's Magic Valley. Here, the Rainbow Trout are farm-raised in concrete raceways fed by an abundance of crystal clear spring water. Ideal growing conditions, combined with a commitment to quality and innovation, have made Clear Springs the world's largest producer of Rainbow Trout.*

*A vigorous commitment to being responsible stewards of the environment and reducing their environmental footprint have landed Clear Springs on the "Super Green List" of the Monterey Bay Aquarium Seafood Watch program. Their uncompromised dedication to quality and total vertical integration assures the finest fish available, with outstanding consistency. From egg to market, Clear Springs maintains control over every phase of production, delivering quality products year round to customers throughout the world.*

- 16082 Trout Rainbow 10oz Head-On
- 16248 Trout Rainbow 6oz Natural Fillet
- 16080 Trout Rainbow 8oz Head-On
- 16210 Trout Rainbow 8oz Special Fillet Deboned







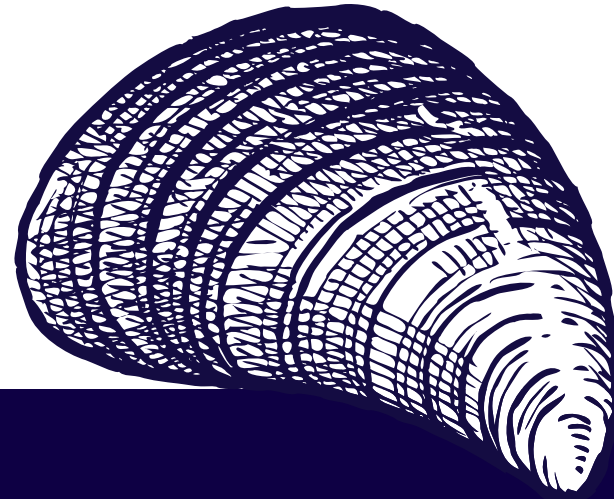
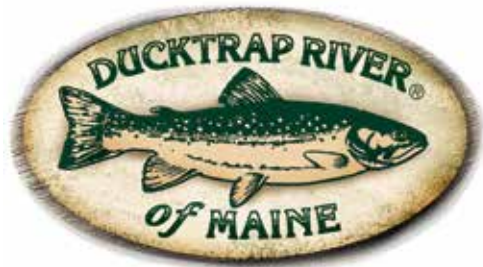
## Dominick's Seafood

*Dominick's Seafood began when shrimp were harvested on wooden sailing vessels and peeled by hand. Owned and operated by hard-working fourth-generation family members, their company survived both the devastation of Hurricane Katrina and the BP Gulf of Mexico oil spill. Dominick's is fully integrated from the time the shrimp are caught in the nutrient-rich waters of the Gulf of Mexico, to the finished frozen product that leaves their processing plant. With their newly implemented processing technologies, Dominick's suspends freshness until cooked. Top chefs and culinary professionals interested in the Farm-to-Table Movement prefer the unrivaled taste of Dominick's wild caught shrimp.*

*Featured on the History Channel's show "Big Shrimpin" (2012 season)*

- |       |                             |       |                       |
|-------|-----------------------------|-------|-----------------------|
| 14003 | 16-20 Shell-On Shrimp       | 14008 | 36-40 Shell-On Shrimp |
| 14015 | 16-20 Shell-On White Shrimp | 14023 | U-10 Shell-On Shrimp  |
| 14005 | 21-25 Shell-On Shrimp       | 14024 | U-12 Shell-On Shrimp  |
| 14002 | 21-25 Shell-On White Shrimp | 14001 | U-15 Shell-On Shrimp  |
| 14006 | 26-30 Shell-On Shrimp       |       |                       |





## Ducktrap River of Maine

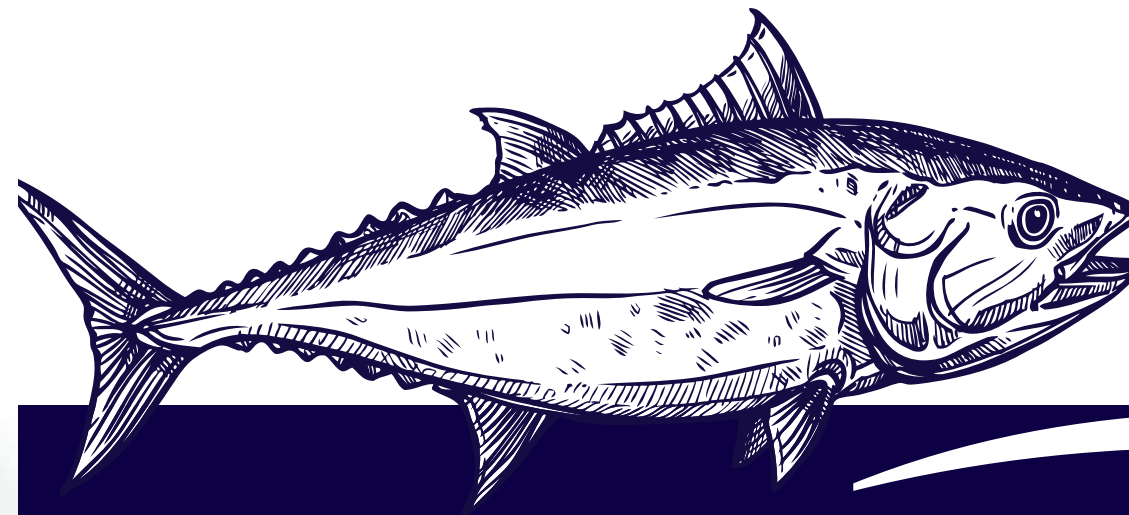
*For over a quarter-century, Ducktrap River of Maine has been setting the standard for smoked seafood. With time-honored dedication to superior quality, Ducktrap creates all-natural gourmet smoked seafood. With no artificial coloring or flavoring, Ducktrap relies on the freshness of the seafood to ensure a longer shelf life. The unique combination of premium seafood, herbs and spices, combined with the savory smoke of locally cut Maine wood provides exceptional flavor.*

*A large selection of Ducktrap's smoked products are all-natural and Kosher, following strict Rabbinical standards. An exceptional flavor unequalled anywhere else, Ducktrap is certain to excite every palate.*

- |       |  |       |                                      |
|-------|--|-------|--------------------------------------|
| 16233 | Mackerel Smoked Peppered               | 16237 | Salmon Smoked Sliced - Kendall Brook |
| 16042 | Mussels Smoked                         | 16098 | Salmon Smoked Sliced - Winter Harbor |
| 16556 | Salmon Pastrami Smoked Sliced 2.5# Avg | 16003 | Shrimp Smoked                        |
| 16219 | Salmon Smoked Roasted Kippered         | 16234 | Trout Fillet Smoked Plain            |
| 16552 | Salmon Smoked Sliced 4oz               | 16574 | Herring Bits in Wine Sauce           |







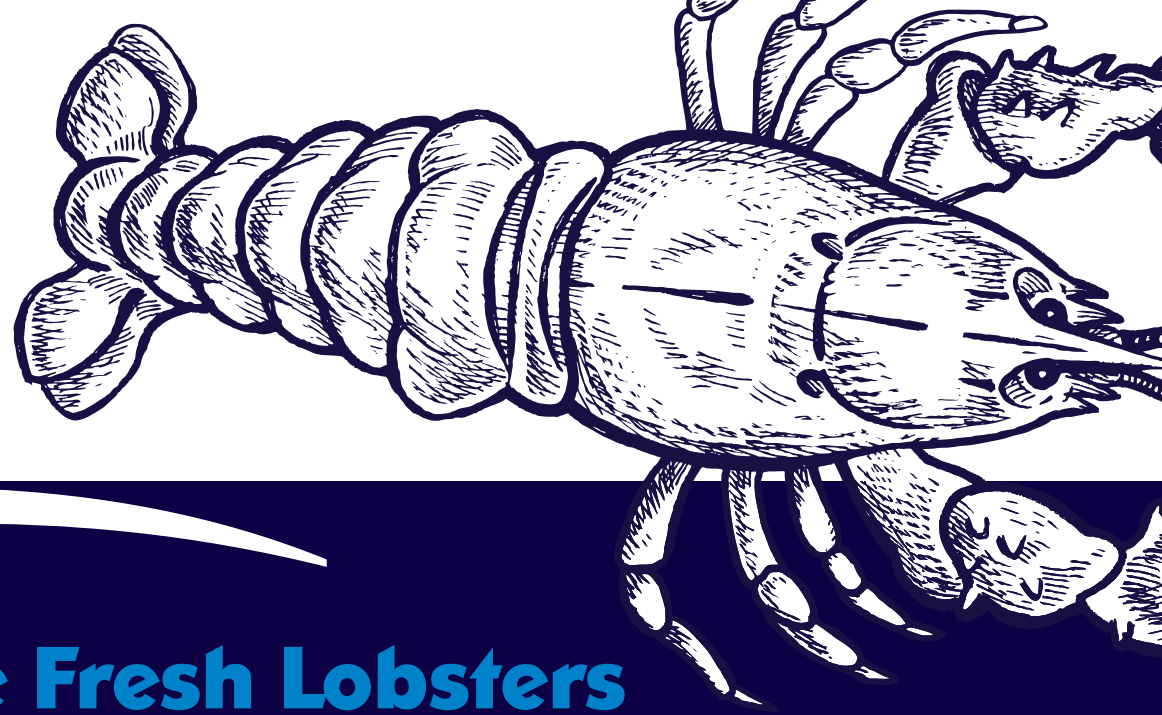
## Hilo Fish Company, Inc.

*Headquartered in Hilo, Hawaii the Hilo Fish Company is recognized worldwide as a premium supplier of quality tuna and other fresh and frozen seafood products. Their imported products are produced in USDC approved facilities and adhere to USFDA mandated HACCP Programs. All products are labeled accordingly to conform to the Country of Origin Labeling (CoOL) Law.*

*Species of fresh tuna include sashimi-grade Ahi, Yellowfin, Skipjack and Albacore.*

- 12013 Tuna Sushi Grade A1 9-13oz.
- 12019 Tuna Sushi Grade Whole Loin
- 12017 Tuna Steaks Sashimi Style 5-8 oz.





## Metropolitan Live Fresh Lobsters

*Home to the largest live lobster tanks in the Mid-Atlantic region, Metropolitan Meat, Seafood & Poultry is extremely proud of its live lobster program. Coming to us directly from our supplier in the ice-cold North Atlantic waters, these hard-shell lobsters cannot get any fresher. Maintained in custom built marine aqua tanks, our live lobsters remain in a docile state that emulates their natural habitat. Once shipped, lobsters arrive at their destination nearly as fresh as the day they were picked.*

13052 Lobster Hard Shell 1.00# Chix  
13054 Lobster Hard Shell 1.50#  
13055 Lobster Hard Shell 2.00#  
13056 Lobster Hard Shell 3.00#  
13057 Lobster Hard Shell 5-7#

13053 Lobster Hard Shell 1.25#  
13058 Lobster Hard Shell 1.75#  
13065 Lobster Hard Shell 2.50#  
13067 Lobster Hard Shell 4.00#  
13068 Lobster Hard Shell 8# up







Chesapeake Bay  
region

## Locally Raised Oysters

Oysters are different from other types of seafood as oysters are vegetarians and eat only algae - they are natural filter feeders. This means raising and feeding **LOCALLY RAISED OYSTERS** actually improves local water quality and plant life. The Chesapeake Bay is one of the world's largest habitats for fresh oysters and produces some of the finest species. The multiple estuaries and rivers that house the oyster beds create unique "merrior" ranging from buttery and mildly salty to those with subtle minerality and high salinity. Regardless of your preference, you are always tasting a world-class oyster.

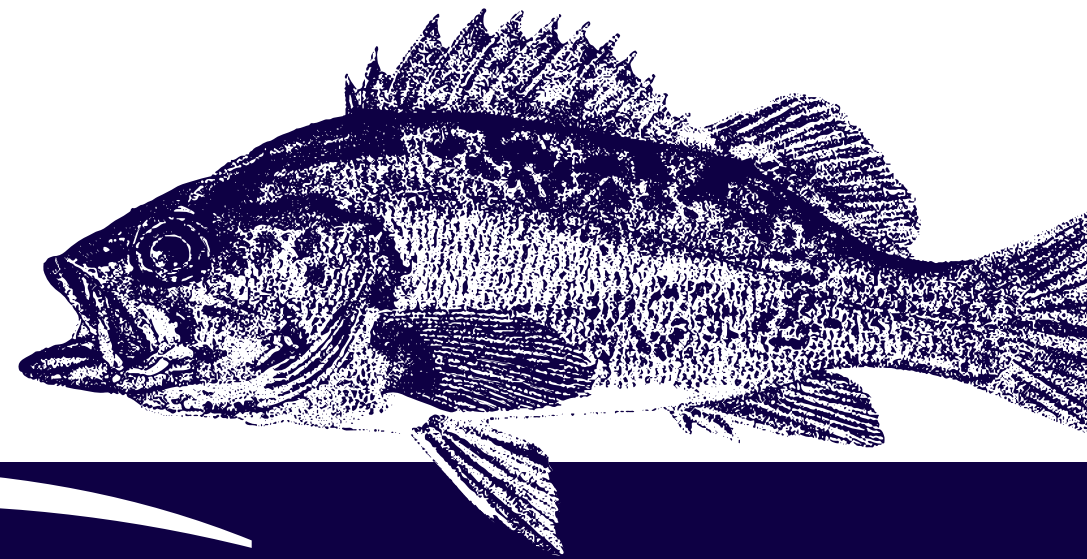
16868 Bay Shore Oysters  
16856 Chincoteague Cultured Salts  
16822 Hollywood Oysters  
16845 Misty Point Oysters  
16803 Sweet Jesus Oysters  
16870 VaVa Voom Oysters  
16844 Watch House Point  
16855 Wild James River

Harris Seafood  
Chincoteague Shellfish Farms  
Hollywood Oyster Co.  
Cherrystone Aqua Farms  
Hollywood Oyster Co.  
American Oyster Co.  
Ballard Fish & Oyster Co.  
Ballard Fish & Oyster Co.

Nanticoke River, MD  
Chesapeake Bay, VA  
Hollywood, MD  
Chesapeake Bay, VA  
Hollywood, MD  
Chesapeake Bay, VA  
Chesapeake Bay, VA  
Chesapeake Bay, VA



*Chesapeake Bay*  
region



## Jumbo Ocean Rockfish

*The Rockfish was named the official fish of the State of Maryland in 1965. Rockfish is a common term for several species of fish, referring to their tendency to hide among rocks. Also known as 'Striped Bass', Rockfish is clearly a local favorite. It lives throughout the Chesapeake Bay and its tributaries year-round. After spawning in the spring (70% – 90% of all Atlantic Rockfish use the Chesapeake to spawn), the stock moves to coastal waters. Most spend the summer along the New England coast, and the fall and winter off of the coast of North Carolina. Local Maryland and Virginia commercial Chesapeake Bay fishing season vary due to environmental conditions.*

*Baked, pan-seared, blackened, or cut for fish tacos, Rockfish is as versatile as it is flavorful.*

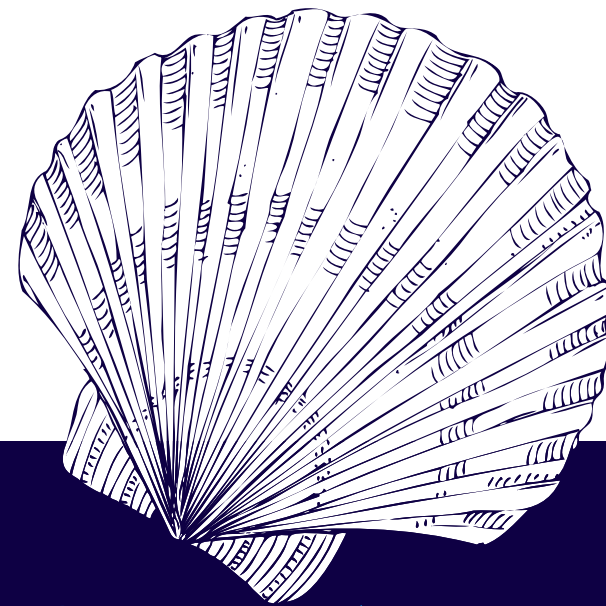
16061 Whole Wild Rockfish

16261 Wild Rockfish Fillet

16361 Rockfish Portions







## Seatrade Dry Scallops

*In an era where a sustainable fishery is important to consumers, Seatrade holds itself to the highest industry standards. Seatrade is a member of the American Scallop Association and a proud supporter of Ocean Trust, a foundation dedicated to ocean conservation and sustainable fishing. Seatrade Brand scallops are tender with a sweet, nut-like flavor. All-natural dry Seatrade scallops are great options for a fresh protein and omega-3 packed dish that caramelizes well for plate presentation. For maximum freshness, the scallops are shucked and washed on the boat, then stored on ice to keep them fresh for packing in one of their MSC-certified plants.*

*Abundant in the deep waters off the coast of the Mid-Atlantic and Northern states, Seatrade scallops are available year round.*

16018 U-10 Dry All-Natural Scallops  
16025 10-20ct Dry All-Natural Scallops  
16033 20-30ct All-Natural Scallops

16221 10-20ct Sea Scallops  
16019 Bay Scallops  
12003 60-80ct Dry Bay Scallops (fzn)





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