



The Gourmet Store

importers of quality fish, seafood & meat

P.O. Box 267, True Blue, St. George's, Grenada

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Menu 2010 (as of 1 Feb, 2010)

Seafood

CALAMARI SALAD Calamari and Japanese vegetables in a sesame dressing	\$17.92 per lb
JAPANESE SEAWEED SALAD A combination of seaweed, sesame oil and Japanese mushrooms	\$14.78 per lb
SQUID, CLEANED 2.5 lb packet	\$9.29 per lb
BLACK MUSSELS	\$6.42 per lb
GREEN LIPPED MUSSELS 2 lb box, On the half shell	\$11.50 per lb
CLAMS 1 lb bag	\$11.72 per lb
CRAWFISH, TAILMEAT 1 lb bag	\$15.93 per lb
SCALLOPS 5 lb bag 10/20, IQF	\$128.27
BLACK TIGER SHRIMP 4 lb box. (Big succulent shrimp.16 to 20 shrimp in each pound), HLSO	\$78.29

BLACK TIGER SHRIMP \$22.11 per lb
16/20 peeled and deveined, IQF, 2 lb bag

BLACK TIGER SHRIMP \$64.57
4 lb box. 26/30, HLSO

ALASKAN KING CRAB LEGS \$29.19 per lb

CRAB CAKES \$11.72 per lb
Sold individually by weight

LUMP CRABMEAT \$21.23 per lb
1 lb pack, hand-picked

SOFT SHELL CRABS \$4.74 per crab

Fish

CHILEAN SALMON FILLETS \$15.70 per lb
Individual 8 oz portions

SMOKED SALMON \$17.69 per lb
Pre-sliced. 2-3 lb sides

GROUPEL FILLETS \$15.70 per lb
6-8 oz

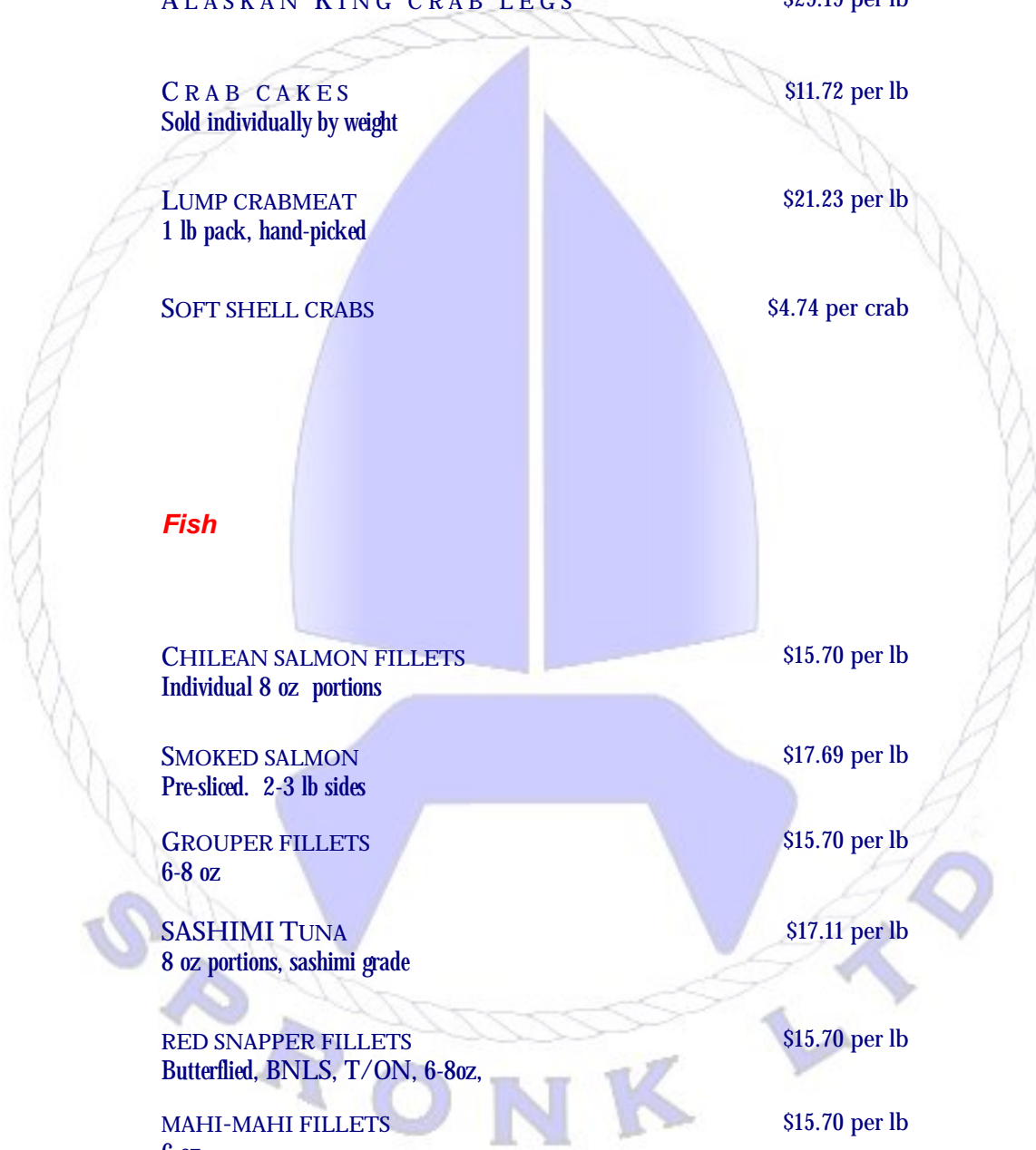
SASHIMI TUNA \$17.11 per lb
8 oz portions, sashimi grade

RED SNAPPER FILLETS \$15.70 per lb
Butterflied, BNLS, T/ON, 6-8oz,

MAHI-MAHI FILLETS \$15.70 per lb
6 oz

BASA FILLETS \$9.29 per lb
6-8 oz

A white, delicate-tasting flat fish, similar to Flounder



Meat



LAMB TENDERLOIN 4 to a packet	\$28.08 per lb
LAMB RACKS 24-26 oz	\$26.54 per lb
LAMB CHOPS 4-5 oz	\$19.91 per lb
PORK TENDERLOIN 2 per packet	\$9.95 per lb
PORK CHOP 8 oz, individual	\$14.16 per lb
BABY BACK RIBS	\$11.94 per lb
BEEF TENDERLOIN Whole peeled fillet. Choice or higher	\$26.96 per lb
BEEF TENDERLOIN Buckhead Beef, 8 oz Metro fillets, Choice or higher	\$38.93 per lb
BEEF RIB EYE STEAKS Buckhead Beef, 12 oz, Choice or higher	\$28.20 per lb
NEW YORK STRIP STEAKS Buckhead Beef, 8 oz, Choice or higher	\$30.52 per lb
CERTIFIED ANGUS BEEF BURGER 8 oz	\$8.63 per lb
VEAL CUTLETS 4oz	\$28.75 per lb
BREAKFAST SAUSAGES British Style, 2 oz	\$8.63 per lb
DUCK BREASTS Boneless, 4 to a packet	\$24.77 per lb

Dough

WONTON WRAPPERS
2 lb packet; 12 packets per case

\$8.19 per packet
\$79.61 per case

FILO PASTRY
1 lb packet; 12 packets per case

\$7.52 per packet
\$82.27 per case

PUFF PASTRY
1 lb packet; 18 packets per case

\$6.64 per packet
\$112.34 per case

Other Items

SUSHI RICE

\$6.64 per lb

WASABI POWDER
2.2 lb packet

\$22.56 per
packet

PICKLED GINGER
20 lb case

\$6.19 per lb;
\$119.43 per case

All prices in US dollars

Delivery Service available

A comprehensive stock is kept, however if you wish to place any large orders for particular items, please contact us in advance so we can reserve it for you

Please note that prices may occasionally vary to accommodate fluctuations in market prices

Visa and Mastercard accepted