

Truefoods



ALL NATURAL | WILD CAUGHT

FRESH COOKED LOBSTER MEAT

Cold Water | North Atlantic | Fully Cooked

Truefoods Lobster is the responsible way to indulge your tastebuds and treat yourself. Wild-caught and Sustainably Sourced in support of generational fishing communities along the North Atlantic Coast. Truefoods Lobster is harvested from the pristine waters of the North Atlantic then cooked to preserve the delicate flavor profile at the peak of freshness!

Truefoods USA
+1-207-407-7077
www.mytruefoods.com

YOUR GLOBAL PARTNER

España: P +34 91 304-9579

UK: P +44 (0)20 3379 0900

France: P +33 (1)49 78 92 54

Asia & International P +1-781-820-3385





LOBSTER ROLL INSTRUCTIONS

All Natural | North Atlantic | Fully Cooked

VISIT US



1. In a bowl, stir the lobster meat with lemon juice, salt, pepper, celery, and mayonnaise together. Taste and add more salt, pepper, or lemon juice, if you like.
2. Spread the outside of the bun with softened butter. Set a skillet or cast iron pan over medium-high heat. Toast the bun for about 30 seconds on each side, or until golden brown.
3. Fill each bun with lobster salad. Serve with potato chips and a wedge of lemon.

Nutrition Facts			
Serving size		100 grams (100g)	
Amount per serving			
Calories		80	
		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	145mg		48%
Sodium	400mg		17%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Total Sugars	0g		
Includes 0g of Added Sugars			0%
Protein	18g		
Vitamin D	0mcg		0%
Calcium	69mg		6%
Iron	0mg		0%
Potassium	207mg		4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

Ingredient: Lobster

Contains: Crustacean (Lobster)



Product Description	UPC	GTIN	Pack Description
Fresh Cooked Lobster Claw & Knuckle Meat	810046400036	10810046400033	3 x 4lb
Fresh Cooked Lobster Tail, Claw, & Knuckle Meat	810046400050	10810046400057	3 x 4lb
Fresh Cooked Lobster Tail (50%), Claw, & Knuckle Meat	810046400098	10810046400095	3 x 4lb
Fresh Cooked Lobster Tail Meat	810046400166	10810046400463	3 x 4lb
Fresh Cooked Lobster Claw & Knuckle Meat	810046400036	3081004640003	6 x 4lb
Fresh Cooked Lobster Tail, Claw, & Knuckle Meat	810046400050	3081004640005	6 x 4lb
Fresh Cooked Lobster Tail (50%), Claw, & Knuckle Meat	810046400098	3081004640009	6 x 4lb
Fresh Cooked Lobster Tail Meat	810046400166	3081004640016	6 x 4lb