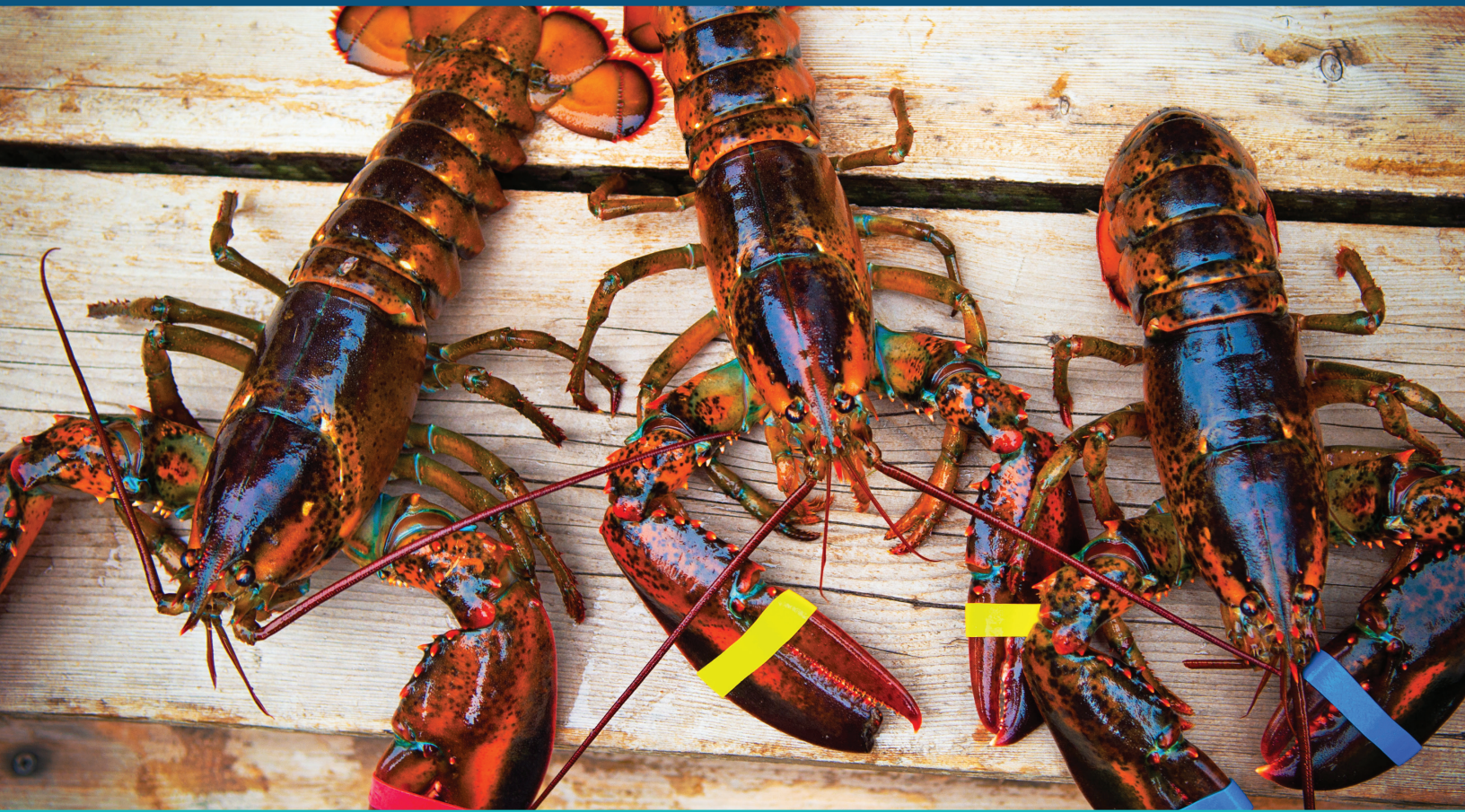


Truefoods



ALL NATURAL | WILD CAUGHT

LIVE LOBSTER

Cold Water | North Atlantic

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 and a great addition to any feast!

YOUR GLOBAL PARTNER

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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.

PREPARATION INSTRUCTIONS

All Natural | North Atlantic

VISIT US



1. Fill a large pot 3/4 full of water. Add a tablespoon of salt for every quart of water. The water should be salty like sea water. Bring the water to a rapid boil.
2. Grasp the lobster by the body and lower it upside down and head first into the boiling water. Continue to add the live lobsters to the pot in this manner. Cover the pot.
3. Note the time at which the water comes to a boil again. From that point, boil the lobsters for 10-20 minutes or longer, depending on the size of the lobster. 10-13 minutes for 1 lb lobster, 12-18 minutes for a 1 1/2 pound lobster, 18-23 minutes for a 2-3 pound lobster. The lobsters should be a bright vivid red color when done.
4. Remove the lobsters from the pot with tongs and place on a plate to drain and cool.

Ingredient: Lobster

Contains: Crustacean (Lobster)

Based off 100g Cooked Lobster



Product Description	Grade Size (lb)	Pack Description
Live lobster Chix (450-560g)	1.00 - 1.25lb	8kg (17.6lbs), 30lb (13.6kg), 50lb (22.6kg)
Live lobster Quarters (565 - 675g)	1.25 - 1.50lb	8kg (17.6lbs), 30lb (13.6kg), 50lb (22.6kg)
Live lobster Halves (680-790g)	1.50 - 1.75lb	8kg (17.6lbs), 30lb (13.6kg), 50lb (22.6kg)
Live lobster Small Selects (795-900g)	1.75 - 2.00lb	8kg (17.6lbs), 30lb (13.6kg), 50lb (22.6kg)
Live lobster Medium selects (905-1130g)	2.00 - 2.50lb	8kg (17.6lbs), 30lb (13.6kg), 50lb (22.6kg)
Live lobster Large Selects (1135-1360g)	2.50 - 3.00lb	8kg (17.6lbs), 30lb (13.6kg), 50lb (22.6kg)
Live lobster Small Jumbo (1365-1810g)	3.00 - 4.00lb	8kg (17.6lbs), 30lb (13.6kg), 50lb (22.6kg)
Live lobster Medium Jumbo (1815-2715g)	4.00 - 6.00lb	8kg (17.6lbs), 30lb (13.6kg), 50lb (22.6kg)
Live lobster Large Jumbo (2720-4530g)	6.00 - 10.00lb	8kg (17.6lbs), 30lb (13.6kg), 50lb (22.6kg)