

Truefoods



ALL NATURAL | WILD CAUGHT LOBSTER TAILS

Cold Water | North Atlantic | Raw

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 flash frozen to preserve the delicate flavor profile at the peak of freshness!

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YOUR GLOBAL PARTNER

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SURF & TURF INSTRUCTIONS

All Natural | North Atlantic | Fully Cooked

VISIT US



1. STEAM: Bring 1 inch water to a boil in a large pot or deep skillet with a tight-fitting lid.
 2. Place a steamer basket over water. Place tails, cut-side up, in the basket. Cover and steam until meat is just opaque and very plump, 5 to 6 minutes; do not overcook or meat will begin to shrink and dry out.
 3. Preheat a grill or grill pan over medium heat. In a small bowl, whisk together melted butter, lemon juice, zest, chives, parsley, garlic, and salt.
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1. GRILL: Using kitchen shears, cut top of lobster shell from meaty portion of tail.
 2. Using a knife, cut halfway through meat down the center, without cutting all the way through. Insert a skewer lengthwise through the lobster to keep lobster from curling up when cooked.
 3. Brush all over with oil and season with salt and pepper. Grill flesh side down until lightly charred, about 6 minutes. Flip lobster and dollop a spoonful of butter mixture on flesh side. Grill until just cooked through, about 5 minutes more.
 4. Remove lobster from grill and sprinkle with red pepper flakes and serve with lemon wedges.

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)

Based off 100g Cooked Lobster



Item #	Product Description	UPC Code	GTIN	Pack Description
181	Frozen Raw Lobster Tails 3-4oz	810046401811	00810046401811	1 x 10lb
182	Frozen Raw Lobster Tails 4oz	810046401828	00810046401828	1 x 10lb
183	Frozen Raw Lobster Tails 4-5oz	810046401835	00810046401835	1 x 10lb
184	Frozen Raw Lobster Tails 5-6oz	810046401842	00810046401842	1 x 10lb
185	Frozen Raw Lobster Tails 6-7oz	810046401859	00810046401859	1 x 10lb
186	Frozen Raw Lobster Tails 7-8oz	810046401866	00810046401866	1 x 10lb
187	Frozen Raw Lobster Tails 8-10oz	810046401873	00810046401873	1 x 10lb
188	Frozen Raw Lobster Tails 10-12oz	810046401880	00810046401880	1 x 10lb