

Truefoods



ALL NATURAL | WILD CAUGHT

FROZEN WHOLE COOKED LOBSTER

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, cooked, then flash frozen 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





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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.

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PREPARATION INSTRUCTIONS

All Natural | North Atlantic

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 slow 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 5-8 minutes on medium to low heat, depending on the size of the lobster. As the product is already fully cooked, we just want to slowly warm the lobster as to not over-cook the meat.
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	UPC Code	Pack Description
Whole Cooked Netted Lobster 12-14oz (350-400g)	810046402061	1 x 10lb
Whole Cooked Netted Lobster 14-16oz (400-450g)	810046402078	1 x 10lb
Whole Cooked Netted Lobster 16-18oz (450-500g)	810046402085	1 x 10lb
Whole Cooked Netted Lobster 16-20oz (450-550g)	810046402092	1 x 10lb
Whole Cooked Netted Lobster 20-22oz (550-600g)	810046402306	1 x 10lb
Whole Cooked Netted Lobster 20-24oz (550-700g)	810046402313	1 x 10lb
Whole Cooked Netted Lobster 24-28oz (700-800g)	810046402320	1 x 10lb