

ABOUT OUR FISH

Fish	Flavor & Texture	Wild Farm	Origin Common Bold	Fresh / Frozen	Available *Varies	Substitute	Cooking Methods	Nutrition Info (4 oz., Raw)
Arctic Char	More mild than salmon	Farm	Iceland	Fresh	Year Round	Trout Salmon	Bake Broil Grill Poach Sauté Smoke	Calories:154, From Fat 8.1g, Total Fat 8.1g, Sat Fat 0g, Trans Fat 0g, Sodium 0mg, Total Carbs 0g, Dietary Fiber 0g, Sugars 0g, Protein 20.2g, Omega3: 1.6
Barramundi	Mild, sweet, buttery	Farm	USA	Fresh	Year Round	Tilapia Flounder Haddock	Bake Broil Grill Sauté	Calories:195, From Fat 7.5g, Total Fat 8.1g, Sat Fat 2.1g, Trans Fat 0g, Sodium 0mg, Total Carbs 0g, Dietary Fiber 0g, Sugars 0g, Protein 30g, Omega3: 833g
Chilean Sea Bass	Rich, buttery flavor with tender, moist, large, flakes	Wild	Chili France Argentina	Frozen	Year Round	Grouper Halibut Sablefish	Grill Poach Sauté Smoke	Calories:110, From Fat 20, Total Fat 2.5g, Sat Fat .5g, Trans Fat 0g, Cholesterol 45mg, Sodium 75mg, Total Carbs 0g, Dietary Fiber 0g, Sugars 0g, Protein 21g
Cod	Mild, flaky	Wild	USA Iceland	Fresh	Year Round	Hake Haddock	Bake Broil Fry Sauté Steam	Calories:90, From Fat: 5, Total Fat 1g, Sat. Fat 0g, Trans Fat 0g, Cholesterol 50mg, Sodium 60 mg, Total Carbs 0g, Dietary Fiber 0g, Sugars 0g, Protein 20g
Flounder	Boneless, mild, slightly sweet, soft, delicate texture	Wild	USA Iceland	Fresh	Year Round	Haddock Sole Tilapia	Bake Broil Fry Poach Sauté	Calories:100, From Fat 10, Total Fat 1.5g, Sat Fat 0g, Trans Fat 0g, Cholesterol 55mg, Sodium 90mg, Total Carbs 0g, Dietary Fiber 0g, Sugars 0g, Protein 21g
Grouper	Mild, lightly sweet, flaky	Wild	USA Gulf of Mexico	Fresh	Year Round	Sea Bass Halibut	Bake Broil Fry Grill Sauté Steam	Calories:100, From Fat 10, Total Fat 1g, Sat Fat 0g, Trans Fat 0g, Cholesterol 40mg, Sodium 60mg, Total Carbs 0g, Dietary Fiber 0g, Sugars 0g, Protein 22g
Haddock	Mild, flaky	Wild	USA	Fresh	Year Round	Cod Flounder Hake	Bake Broil Fry Sauté Steam	Calories:100, From Fat 5, Total Fat 1g, Sat Fat 0g, Trans Fat 0g, Cholesterol 65mg, Sodium 75mg, Total Carbs 0g, Dietary Fiber 0g, Sugars 0g, Protein 21g
Halibut	Mild, taste. Lean with fine-grained dense meat. Dries out easily	Wild	USA Canada	Fresh	Year Round	Sea Bass Cod Grouper Snapper	Bake Broil Fry Grill Poach Sauté Steam	Calories:120, From Fat 25, Total Fat 2.5g, Sat Fat 0g, Trans Fat 0g, Cholesterol 35mg, Sodium 60mg, Total Carbs 0g, Dietary Fiber 0g, Sugars 0g, Protein 24g
John Dory	Sweet & mild, firm texture	Wild	USA	Fresh	July – Oct, otherwise limited	Cod Haddock Flounder Sea Bass	Fry Poach Sauté Steam	Calories: 120, From Fat .07g Sat Fat 0.3g, Cholesterol 0g, Sodium 0g, Carbs 0g, Dietary Fiber 0g, Sugars 0g, Protein 35g
Lake Perch	Mild and sweet. Firm but flaky texture	Wild	USA Canada	Fresh Frozen	Mar -Dec	Walleye John Dory	Bake Broil Fry Grill Poach Sauté	Calories:100, From Fat 5, Total Fat .6g, Sat Fat .013g, Trans Fat 0g, Cholesterol 51mg, Sodium 61mg, Total Carbs 0g, Dietary Fiber 0g, Sugars 0g, Protein 22g
Mahi-Mahi	Mildly pronounced flavor. Lean, fairly firm texture, not steak-like, flakes. Trim dark.	Wild	USA Ecuador Costa Rica Brazil, Peru	Fresh	Year Round	Flounder Grouper Snapper Sole	Bake Broil Fry Grill Poach Sauté	Calories:100, From Fat 5, Total Fat 1g, Sat Fat 0g, Trans Fat 0g, Cholesterol 85mg, Sodium 100mg, Total Carbs 0g, Dietary Fiber 0g, Sugars 0g, Protein 21g

ABOUT OUR FISH

Eating fish during and after your diet can help you stay on track with your weight loss goals. Fish is rich in high quality proteins, various essential nutrients and Omega-3 fatty acids, which are excellent for the brain, the heart and various other parts of the body.

ABOUT OUR FISH

Fish	Flavor & Texture	Wild Farm	Origin Common Bold	Fresh / Frozen	Available *Varies	Substitutes	Cooking Methods	Nutrition Info (4 oz., Raw)
Marlin	Mild, flavorful, steak-like texture	Wild	Hawaii Florida	Fresh	Varies	Tuna Swordfish Shark	Bake Broil Grille Poach Sauté Smoke	Calories:120, From Fat 4, Total Fat .5g, Sat Fat 0g, Trans Fat 0g, Cholesterol 35mg, Sodium 45mg, Protein 16g
Ocean Perch	Mild, flavorful	Wild	Canada	Fresh/ Frozen	Year round	Lake perch Cod Haddock Tilapia	Bake Broil Fry Poach Sauté	Calories:81.6, From Fat 14.3, Total Fat .1.6g, Sat Fat 0.3g, Trans Fat 0g, Cholesterol 53.6mg, Sodium 295mg, Protein 15.7g
Orange Roughy	Mild, meaty	Wild	New Zealand	Frozen	Year Round	Flounder Tilapia Snapper	Bake Broil Fry Poach Sauté	Calories:65, From Fat 10, Total Fat 1g, Sat Fat 0g, Trans Fat 0g, Cholesterol 100mg, Sodium 70mg, Protein 13.95g
Salmon (Wild)	Rich flavor, high oil content, firm texture	Wild	USA	Fresh Frozen	May- Nov. Year Round	Sockeye, Black Pearl Arctic Char	Bake Broil Grill Sauté Smoke	Calories:210, From Fat 120, Total Fat 13g Sat Fat 2g, Trans Fat 0g, Cholesterol 70mg, Sodium 55mg, Protein 15g
Salmon (Black Pearl)	Buttery, sweet, mild, clean taste.	Farm	Scotland	Fresh	Year Round	King Sockeye Coho Arctic Char	Bake Broil Grill Poach Sauté Smoke Steam	Calories:175, From Fat 90, Total Fat 0g Sat Fat 0g, Trans Fat 0g, Cholesterol 55mg, Sodium 50mg, Protein 19g
Snapper	Slightly meaty, mild to slightly moderate flavor	Wild	USA Gulf of Mexico	Fresh	Year Round	Grouper Mahi-Mahi Striped Bass	Bake Broil Poach Sauté Steam	Calories:110, From Fat 15, Total Fat 1.5g Sat Fat 1g, Trans Fat 0g, Cholesterol 40mg, Sodium 75mg, Protein 23g
Swordfish	Meaty, tastes like a moist, flavorful pork chop	Wild	Hawaii USA Canada	Fresh	Year Round	Halibut Shark Tuna	Bake Broil Grill Sauté Smoke	Calories:140, From Fat 40, Total Fat 4.5g Sat Fat 1g, Trans Fat 0g, Cholesterol 45mg, Sodium 100mg, Protein 22g
Tilapia	Mild, tender, flaky Does not contain CO <sup>2</sup>	Farm	Honduras Columbia	Fresh Frozen	Year Round	Flounder Haddock Sole	Bake Broil Fry Grill Sauté	Calories:110, From Fat 15, Total Fat 2g Sat Fat 1g, Trans Fat 0g, Cholesterol 55mg, Sodium 60mg, Protein 23g
Trout	Delicate, mild, almost nutty flavor.	Farm	USA	Fresh	Year Round	Arctic Char Salmon Tilapia	Bake Broil Grill Poach Sauté	Calories:170, From Fat 70, Total Fat 7g Sat Fat 1.5g, Trans Fat 0g, Cholesterol 65mg, Sodium 60mg, Protein 24g
Turbot	Bright flesh stays bright-white cooked. Firm meat, large flake, mild flavor. Melt in mouth texture.	Wild	Iceland	Fresh	Year Round	Halibut Flounder	Bake Broil Poach Steam Fry Sauté	Calories: 95, From Fat 26, Total Fat 2.9g Sat Fat .8g, Trans Fat 0g, Cholesterol 48mg, Sodium 150mg, Protein 24g
Yellowfin Tuna	Medium-mild flavor with firm steak-like texture.	Wild	USA	Fresh	Year Round	Swordfish Shark	Bake Broil Grill Poach Sauté Smoke	Calories:120, From Fat 10, Total Fat 7g Sat Fat 1g, Trans Fat 0g, Cholesterol 50mg, Sodium 40mg, Protein 16g

Eating fish during and after your diet can help you stay on track with your weight loss goals. Fish is rich in high quality proteins, various essential nutrients and Omega-3 fatty acids, which are excellent for the brain, the heart and various other parts of the body. Information from Cleveland Clinic and seafoodhealthfacts.org BayLobsters Café & Fish Market~ 3423 Cleveland Rd., Wooster, OH 44691 ~ 330-601-1200



## SHELL FISH

Shellfish / Crustaceans	Flavor & Texture	Wild / Farm	Origin Common Bold	Live / Fresh / Frozen	Available	Substitutes	Cooking Methods	Nutrition Info (4 oz., Raw)
<b>Calamari</b>	Mild, Meaty	Wild	<b>Rhode Island</b>	Fresh Frozen	Year Round	Conch Octopus	Fry Bake	<b>Calories:</b> 149, <b>From Fat</b> 6g, <b>Sat Fat</b> 1.6g, <b>Cholesterol</b> 45mg, <b>Sodium</b> 260mg, <b>Total Carbs</b> 7g, <b>Dietary Fiber</b> 0g, <b>Sugars</b> 0g, <b>Protein</b> 15g
<b>Clams</b>	Sweet, Large ones can be chewy.	Wild	<b>USA</b> (RI, ME, MA)	Live	Year Round	Mussels	Steam, Boil Grill, Fry	<b>Calories:</b> 130, <b>From Fat</b> 15g, <b>Sat Fat</b> 1.5g, <b>Cholesterol</b> 55mg, <b>Sodium</b> 95mg, <b>Total Carbs</b> 4g, <b>Dietary Fiber</b> 0g, <b>Sugars</b> 0g, <b>Protein</b> 22g. High in Vitamin C, Iron and Selenium.
<b>Langostinos</b>	Sweet, Firm	Farm	<b>Chili</b>	Frozen	Year Round	Lobster Shrimp Crawfish	Steam, Boil	<b>Calories:</b> 70, <b>From Fat</b> .5g, <b>Sat Fat</b> 0.2g, <b>Sodium</b> 75mg, <b>Sodium</b> 260mg
<b>Lobster</b> (Live and Tails)	Sweet, Firm	Wild	<b>USA</b> Canada	Live Frozen	May – Dec Jan - April	Langostinos Crawfish Shrimp	Steam, Grill Boil	<b>Calories:</b> 129, <b>From Fat</b> 1.2g, <b>Sat Fat</b> 0g, <b>Cholesterol</b> 212mg, <b>Sodium</b> 705mg,
<b>Mussels</b>	Mild, Tender	Wild Farm	<b>USA</b> Canada	Live	Year Round	Clams Oysters	Steam, Boil Grill	<b>Calories:</b> 146, <b>From Fat</b> 3.8g, <b>Sat Fat</b> .7g,, <b>Cholesterol</b> 48mg, <b>Sodium</b> 314mg,
<b>Oysters</b>	Flavor varies, Tender	Wild Farm	<b>USA</b> <b>Canada</b>	Live	Year Round	Clams Mussels	Steam, Grill Bake, Broil	* 6 med size
<b>Red King Crab</b>	Medium Mild Flavor, Mild to moderate, sweet flavor	Wild	Russia	Frozen	Year Round	Snow Crab	Boil, Bake, Broil, Grill, Steam	<b>Calories:</b> 84 <b>Fat Calories:</b> 5.4 <b>Total Fat:</b> 0.6g <b>Saturated Fat:</b> 0.1g <b>Cholesterol:</b> 42mg <b>Sodium:</b> 836mg <b>Protein:</b> 18.3g
<b>Scallops</b>	Mild, Sweet, Tender, Chewy if overcooked	Wild	USA	<b>Fresh</b>	Year Round	Shrimp Halibut (cut into chunks)	Bake, Grill Pan Sauté Grill	<b>Calories:</b> 95 <b>Total Fat</b> .7g, <b>Saturated Fat</b> .2g <b>Cholesterol</b> 35mg <b>Sodium</b> 567 mg <b>Carbohydrates</b> 4.6g <b>Protein</b> 17g
<b>Shrimp</b>	Mild, Best shrimp have a firm texture & sweet taste.	<b>Wild</b> Farm	USA <b>Argentina</b> Various countries	<b>Frozen</b> Fresh	Year Round	Langostinos	Boil, Grill Steam	<b>Calories:</b> 99 <b>Total Fat</b> .3g, <b>Saturated Fat</b> .1g <b>Cholesterol</b> 189 mg <b>Sodium</b> 111mg, <b>Carbohydrates</b> .2g, <b>Protein</b> 24g
<b>Snow Crab Clusters</b>	Sweet Flavor, Delicate Texture	Wild	Canada	Frozen	Year Round	King Crab	Boil, Bake, Broil, Grill, Steam	<b>Calories</b> 31.7 <b>Total Fat</b> .3g <b>Cholesterol</b> 19.7 mg <b>Sodium</b> 190.7 mg <b>Sugars</b> 7g