



GAZPACHO

A chilled soup made from tomatoes, cucumbers, red & green peppers, onions, garlic, balsamic vinegar and extra virgin olive oil.

Code: KC405

UPC: 00667978014059

Shelf Life: 19 days from date of manufacture

Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 2g	
Vitamin A 25% • Vitamin C 100%	
Calcium 6% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

MENU CALLOUTS:

- Vegetarian
- Dairy Free

NUTRITIONAL BENEFITS:

- Good Source of Fiber
- High in Vitamin A
- High in Vitamin C
- Zero Cholesterol

INGREDIENTS: Water, Cucumber, Tomato Puree (tomatoes, salt, citric acid), Diced Tomatoes in Juice (tomatoes, tomato juice, salt, calcium chloride, citric acid), Green Peppers, Onions, Red Peppers, Yellow Peppers, Olive Oil, Balsamic Vinegar (contains sulfites), Cider Vinegar, Sea Salt, Pepper Sauce (vinegar, red pepper, salt), Spices, Garlic Juice (garlic juice, salt).

HANDLING INSTRUCTIONS:

Store at 29-35°F

Serve Chilled.

Pack Size: 3 - 4# Bags/Case

Case Dimensions: 12.75" x 9.25" x 4"

Pallet Configuration: 14 x 7 (98 cases)

Technical data as of 4/02/10. Please refer to website for most up-to-date information.



LOBSTER CHOWDER

A traditionally rich New England style chowder made with lobster stock, potatoes and light cream. Add your own lobster meat.

Code: KCC13

UPC: 00667978019139

Shelf Life: 32 days from date of manufacture

Nutrition Facts	
Serving Size 1 cup (250g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 700mg	29%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 5g	
Vitamin A 10%	• Vitamin C 0%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Chicken Stock, Light Cream (milk, cream), Potatoes, Water, Celery, Wheat Flour, Butter (cream, salt), Sherry (contains sulfites), Onions, Lobster Stock (lobster, salt, codfish), Tomato Puree (tomatoes, salt, citric acid), Sugar, Rice Starch, Sea Salt, Pepper Sauce (vinegar, red pepper, salt), Natural Clam Extract, Spices. Contains milk, wheat, lobster, codfish, clam ingredients.

ALTERNATIVE APPLICATION RECOMMENDATIONS:

- Pour around a nest of fresh pasta (linguine / parpadelle)
- Place a crabcake in the center of
- Use as a base for a seafood casserole / lasagna
- Mix with fresh cooked seafood (both items chilled) – as a stuffing base for lobsters, other fin fish, etc.
- Thin with water / wine – poach mussels

HANDLING INSTRUCTIONS:

Store at 29-35°F

Heat to 165°F as quickly as possible by placing pouches in a water bath, kept preferably around 180 -190°F or by pouring thawed product into double boiler (stirring constantly to avoid scalding)

Pack Size: 3 - 4# Bags/Case

Case Dimensions: 12.75" x 9.25" x 4"

Pallet Configuration: 14 x 7 (98 cases)

Technical data as of 4/02/10. Please refer to website for most up-to-date information.



SALMON CHOWDER WITH DILL

Fresh & smoked salmon, poached in home-made salmon stock, with potatoes and leeks. Finished with capers, dill, and a touch of cream.

Code: KC185

UPC: 00667978011850

Shelf Life: 30 days from date of manufacture

Nutrition Facts	
Serving Size 1 cup (250g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 630mg	26%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 9g	
Vitamin A 8%	• Vitamin C 0%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Salmon Stock, Salmon, Light Cream (milk, cream), Potatoes, Leeks, Onions, Butter (cream, salt), Rice Flour, Smoked Salmon (salmon, salt, cane sugar, wood smoke), White Wine (contains sulfites), Olive Oil, Dill, Sea Salt, Capers (capers, water, vinegar, salt), Spices, Pepper Sauce (vinegar, red pepper, salt).
Contains salmon, milk ingredients.

GARNISH RECOMMENDATIONS:

- Crispy bacon pieces
- Crouton smeared with smoked salmon (or trout or bluefish pate)
- Salmon roe
- English Cucumber rounds
- Herbed crème Fraiche
- Any type of caviar
- Poached Maine shrimp (these are the small sweet ones)
- Sautéed / Fried soft shell crab

HANDLING INSTRUCTIONS:

Store at 29-35°F

Heat to 165°F as quickly as possible by placing pouches in a water bath, kept preferably around 180 -190°F or by pouring thawed product into double boiler (stirring constantly to avoid scalding)

Pack Size: 2 - 8# Bags/Case

Case Dimensions: 14.5" x 8" x 4.875"

Pallet Configuration: 14 x 7 (98 cases)

Technical data as of 4/02/10. Please refer to website for most up-to-date information.