

SEA WATCH FRESH FROZEN CLAM PRODUCTS

Fresh Frozen Raw Sliced Sea Clam Strips are processed from the tongue of the Atlantic surf clam (*Spisula solidissima*). These unbreaded strips have a strikingly sweet flavor and are ready for your favorite recipe or to be breaded and used as clam strips.

Nutrition Facts

Serving Size 113g	
Serving per Container about 20	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 190mg	8%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 12g	

Vitamin A 6% Vitamin C 20%
Calcium 4% Iron 70%

* 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	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram			
	Fat 9	Carbohydrate 4	Protein 4

Preserves natural color and texture

Just thaw and use in any recipe

Use whenever the highest quality clam is required

For menu ideas go to SeaWatch.com

HIGH IN PROTEIN - LOW IN FAT



Fresh Frozen Raw Sliced Sea Clam Strips

Fresh Frozen Chopped Clams are truly the "next best to fresh". Select quality sea clams are chopped, washed, drained and then frozen to capture their freshness and flavor. Available in two convenient package types: pouches or plastic tubs with lids. Use what you need and store the remainder in the refrigerator.

QUICK FROZEN preserves natural color and texture

Just thaw and use in any recipe

Use whenever the highest quality clam is required

Menu Applications: Chowders and Soups, Sauces, Dips, Fritters, Cakes, Clams Casino, and Stuffed Clams

Nutrition Facts

Serving Size 4 oz. (113g)
Serving per Container about 200

Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 70mg	3%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	6%
Sugars 4g	
Protein 18g	

Vitamin A 0% Vitamin C 0%
Calcium 0% Iron 10%

* 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	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram			
	Fat 9	Carbohydrate 4	Protein 4

Based on ESF (D1ES) Chopped Clams



SEA WATCH FRESH FROZEN CLAM PRODUCTS

I.Q.F. Chopped Clam Meat are surf clams, including the tender tongue - ground and individually quick frozen...an easy alternative to block frozen, canned or fresh clams. I.Q.F. Chopped Clam Meat delivers all the clam meat to the chef or production manager when they need it - without defrosting or opening cans - and with the fresh, full flavor of the surf clam in each I.Q.F. bite!

Fresh, full flavor sealed in every bite!

Available year round- ready to use when you need them!

No mess, no waste!

Includes the whole clam with the tender clam tongue ground to a 1/2" size— ready to use in chowders, sauces or in any other special recipe

Add directly into your recipe...no thawing time required!

HIGH IN PROTEIN - LOW IN FAT



I.Q.F. Chopped Clam Meat

Nutrition Facts

Serving Size 100g
Serving per Container about 23

Amount Per Serving
Calories 62 Calories from Fat 5
% Daily Value*

Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	36mg	12%
Sodium	381mg	16%
Total Carbohydrate	2g	1%
Dietary Fiber	<1g	2%
Sugars	1g	

Protein 12g
Vitamin A 0% Vitamin C 5%
Calcium 2% Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

Total Fat	Calories	2,000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		30g	37.5g
Calories per gram		25g	30g
Fat 9	• Carbohydrate 4	• Protein 4	

Based on SW IQF Chopped Sea Clams

CODE	DESCRIPTION	OPERATOR PORTION COST	CASE PACK	GROSS WT.	NET WT.	CASE CUBE	PALLET
D231	Sea Watch Chopped Sea Clams	\$3.47 per lb.	12/4 lb.	61 lb.	48 lb.	1.44	8x5
D1ES	ESF Chopped Sea Clams (pouch)	\$3.47 per lb.	10/5 lb.	lb.	50 lb.	1.37	4x3
DCSA	Sailors Chopped Sea Clams (pouch)	\$3.20 per lb.	10/5 lb.	lb.	50 lb.	1.37	4x3
C231	Sea Watch Sea Clam Strips	\$3.47 per lb.	12/4 lb.	61 lb.	48 lb.	1.44	8x5
9831/98ES	SW/ESF IQF Chop Surf Clams (ziplock)	\$4.56 per lb.	2/5 lb.	12 lb.	10 lb.	.48	9x9
99ES	ESF IQF Chop Surf Clams (ziplock)	\$4.56 per lb.	4/5 lb.	23 lb.	20 lb.	.56	9x10
9031	Sea Watch IQF Sea Clam Tongues	\$4.75 per lb.	1/10 lb.	12 lb.	10 lb.	.48	9x9
D813	Surf Pride Chopped Ocean (tubs)	\$2.74 per lb.	12/4 lb.	53 lb.	48 lb.	1.44	7x6

Clams...protein perfected

Profitable

Versatile

High in Protein

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MADE in U.S.A.

