



Lobster

Homarus americanus

captaindanssonseafood.com

Lobster



Fresh daily From Canada's Atlantic coast, Captain Dan's Lobster is consistently the best tasting shellfish in the world. Cooked, ready to eat, full of rich, all-natural flavour and available in a range of portion sizes.



Nutrition Facts

Serving Size 100 g
Servings Per Container

Amount Per Serving		
Calories 80		Calories from Fat 5
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 115mg		38%
Sodium 560mg		23%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugar 0g		
Protein 18g		
Vitamin A 0%		Vitamin C 0%
Calcium 8%		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

Captain Dan's Seafood
463 Champlain St.
Dieppe, New Brunswick
CANADA E1A 1P2

T 506.872.7621
F 506.382.0936
captdans@nbnet.nb.ca



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Lobster Meat Mastered in 24 lbs Packaging

24 lbs (6 X {2x2})
CKL Meat
CK Meat
Regular Meat
Broken Meat
Fine Meat
Knuckle Meat
Claw Meat
Tail Meat
Combo Meat

Whole Cooked Lobsters Mastered in 10 lbs Packaging

Whole Cooked (Netted) (Non-Netted)
Sizing (10-14 oz)
Sizing (12-14 oz)
Sizing (14-16 oz)
Ocean Run Lobsters

