



**GREAT NORTHERN
PRODUCTS, LTD.**

LOBSTER

Homarus americanus



Warehouse Specifications:

Master Case Dimensions:

Gross Weight: Various
Pallet Configuration:

Nutritional Value:

Per 100gram serving size

Calories (kcal)	77
Total Fat	0.75g
Saturated	0.181g
Monounsaturated	0.220g
Polyunsaturated	0.296g
Cholesterol	127mg
Sodium	423mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	16.52
Vitamin A	4iu
Vitamin C	0.0mg
Calcium	84mg
Iron	0.26mg

General Information:

The American Lobster can be found in the Atlantic Ocean only along the North American coast. More specifically, it can be found between Cape Hatteras in North Carolina (U.S.), and the Strait of Belle Isle between Labrador and Newfoundland (Canada). However, it is more abundant in the Gulf of Maine in the U.S., and in Canada close to Nova Scotia and in the southern part of the Gulf of St. Lawrence.

Latin Name:

Homarus americanus

Fishing Season:

Fishing season for Lobster varies greatly by region, but is generally open Most of the year by regional openings. The preferred fishing meathod is baited trap but some are caught as bi catch with bottom trawl nets.

Average size and Weight:

Average Weight is between 1# and 5# range in size for Whole Lobsters.

Product Available / Frozen

Whole cooked
Raw Tails
Cooked Meats
Raw Bodies

Sensory Characteristics:

A firm white meat, savory and delicious. The tail is very mild in flavor while claws have a more robust flavoring.

COOL: wild caught Canada & USA

Ingredients:

Lobster

Quality Control: HACCP & CFIA approved



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