

Complete Seafood Offerings from Metropolitan Seafood & Gourmet

Anchovies	Lingcod	Yukon River Salmon
Artic Char	Spanish Mackerel	Rainforest Salmon
Barramundi	Boston Mackerel	Ivory (White Salmon)
Black cod Sablefish	Mahi Mahi	Sockeye Salmon
Bluefish	Monkfish	Coho Salmon
Blue nose Snapper	Moonfish/ Opah	Sea bass (Black)
Butter fish	Mullet	Shad and Shad Roe
Blowfish	Orange Roughy ** only when fresh	Shark Usually Mako
Branzini/Branzino	Opah	Sheephead
Bream/ Sea	Hawaiian Moon Fish	Skate Bay Snapper
Bream/Durato	Patagonian tooth fish	Smelts
Carp	Chilean Sea Bass	Grey Sole (domestic)
Catfish	Pike	Dover Sole (Holland)
Cod	Pollock	Striped Bass (Farmed only allowed in NJ)
Market Cod	Pompano	Sturgeon
Steak Cod	Porgies (Scup)	Swordfish
Scrod Cod	Red Mullet (Rouget)	Spearing
Corvina	Red Snapper	Tilapia
Dogfish	Pink Snapper	Golden Tilefish
Drum	Sablefish	Grey Tilefish
Red Drum	Sardines	Tautog /Blackfish
Red Fish	Portuguese Sardines	Trout Rainbow
Eels	Greek Sardines	Trigger fish
Flounder	Salmon	Tuna (Sushi Grade)
Fluke	Organic Farmed raised from either Scotland or Ireland	Yellow fin tuna
Grouper	Salmon	Big eye tuna
Haddock	Wild depending on the time of the year	Blue fin Tuna
Hake	King(Chinook) Salmon	Turbot
Halibut	Copper River Salmon	Wahoo
Herring		Whitefish
Kingfish		Whiting
Jack Crevalle		
John Dory		

Roe

Caviar (sturgeon roe)	Masago (Capelin roe)
Ikura (salmon roe)	Shad roe
Kazunoko (herring roe)	Tobiko (Flying-fish roe)
Lumpfish roe	

Shellfish

Crustacean

Crabs

- Dungeness crab
- King crab
- Snow crab
- Blue Claw Crabs

Crab Meat

- Fresh Special Lump
- Jumbo Lump
- Colossal
- Florida Stone Crab

Crab Claws

Crawfish live or steamed

Crab Claws

- Blue Crab Cocktail Claw
- Jonah Crab Claws (Empress Crab)

Jonah Crab Live

Langostino

Live Lobsters from 1 ¼ to 5 lbs. plus
Lobster Tails from Brazil, New Zealand
and South Africa

Shrimp Wild Hopper Pink always Crisp
Soft Shell Crabs

Mollusks

Abalone

Clams

- Little Neck Clams
- Cherrystones
- Top Necks
- Chowder Clams

Clams: Fresh Chopped Clam Meat

Clams: Steamers or Whole Belly Clams

Razor Clams

Cockles

Conch

- Frozen
- Fresh
- Canned Meat (Scungilli)

Cuttlefish/ Sepia

Geoduck Giant Clam

Manila Clams

Mussels

- Prince Edward Island

- New Zealand

Octopus: Spanish Baby Octopus as well
as larger varieties

Oysters: too numerous to mention

Shucked Oyster for Stew and Frying

Periwinkles

Snails

Squid

Bay scallops

Sea scallops

Taylor Bay Scallops in the shell

Misc

Sea cucumber

Frogs Legs

Uni (sea urchin "roe")

Baccala Salt Cod

BBQ eels for Sushi