



MONKFISH

We offer monkfish tail meat, fillets and whole fish. Dense and sweet, monkfish is similar to lobster tail meat in flavor and texture. The meaty fillets and tails can be used in a wide array of interesting menu applications. Northern Wind is a direct off-loader and primary processor of monkfish harvested in North Atlantic waters.



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Monkfish has gained popularity in culinary circles as an exotic species that can be served with a range of seasonings and sauces to delight adventurous diners. The monkfish tail yields fantastic meat that is firm in texture and can be roasted, sautéed or grilled to perfection.



Features & Benefits

- Consistent and plentiful supply from North Atlantic waters.
- Available as tail meat, fillets, or whole fish to suit operator specifications.
- Moderate pricing creates profit opportunity for restaurant operators.
- Cooking versatility allows chefs to create custom menu ideas.

Size	Description	Weight
Large	Head On	1 x 20 kgs
Small	Head On	1 x 20 kgs
1-2 lbs	Skin/On Tails	1 x 10 kgs
2-4 lbs	Skin/On Tails	1 x 10 kgs
4+ lbs	Skin/On Tails	1 x 10 kgs
1-2 lbs	Skinless Tails	1 x 5 kgs
2-4 lbs	Skinless Tails	1 x 5 kgs
4+ lbs	Skinless Tails	1 x 5 kgs

NUTRITIONAL INFO

Serving Size: 3oz. (85 g) %DV

Calories	65	
Calories from Fat	12	
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	27mg	9%
Sodium	180mg	8%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	16g	

Vitamin A	1%DV
Vitamin C	1%DV
Calcium	1%DV
Iron	2%DV

*Percent Daily Values are based on a 2,000 calorie diet.

