

# EVERYDAY *Products*

**CAPE SEAFOOD AND PROVISIONS** offers the freshest seasonal seafood available from sustainable fisheries, and sourced locally when possible. At Cape Seafood you'll find a wide variety of:

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- Sustainably caught whole, filleted, and portioned fish
  - Fresh east and west coast oysters
  - Live spot prawns, crabs, lobsters in season
  - Fresh varieties of clams and mussels
  - Fresh varieties of scallops
  - Fresh and frozen varieties of shrimp
  - Live Uni (in season) and cleaned uni in trays
  - Fresh and frozen squid
  - Steaks and chops from West Coast Prime Meats™
  - Imported and domestic caviar

## CAPE SEAFOOD AND PROVISIONS *House-made*

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- Connie and Ted's™ soups and chowders
  - Smoked fish varieties
  - Gravlax
  - Crab cakes
  - Clam "stuffies"
  - Dips and spreads
  - Fish fumet (stock)
  - Bouillabaisse base
  - Cioppino base
  - Remoulade sauce
  - Cocktail sauce
  - Mignonette
  - Tartar sauce
  - Marinara sauce

## *Party Platters*

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- Peel-and-eat or peeled shrimp with cocktail and remoulade
  - Crab claws with cocktail and remoulade
  - Assorted sashimi
  - Smoked fish assortment
  - Gravlax

**CAPE SEAFOOD AND PROVISIONS** also stocks a variety of gourmet pantry items like vinegars, oils, pasta, herbs and spices, spice mixes, bread crumbs, hook-and-line caught canned tuna, anchovies, sardines, beans, lentils, rice, butter, sea salt, etc. to round out your meal. We'll even have cedar planks and wraps as well as lobster and crab crackers, shellfish openers and the like.

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Our offerings change daily. Call us at (323) 556-2525 for the latest varieties in stock. If you are looking for something special, give us 48 hours and we'll do our best to procure it for you!

