

Catch the Wave!

Ride the wave of seafood inspiration with our latest culinary creations, crafted to make waves on your menu and draw in eager diners. From the classic Fish 'n Chips to indulgent Lobster Rolls, these dishes are a testament to the power of the sea on your plate. With seafood in high demand, incorporating it into your menu is key to staying competitive and satisfying diverse customer tastes. Get ready to catch the seafood wave and watch as these easy-to-incorporate, on-trend recipes drive a tide of new customers to your door.



Sea(Food) Levels Are Rising...

There's a large rise in new seafood entreés introduced at chain restaurants at the beginning of the year.

Datassential, 2024

Crispy Shrimp Taco Bowl with Pico de Gallo & Avocado Crema

Dive into this Crispy Shrimp Taco Bowl, featuring Mrs. Friday's® Lightly Dusted Shrimp that are packed with flavor and have a handmade appearance. Complemented by a charred tomato Pico de Gallo and an Avocado Crema, this dish puts the shrimp front and center, delivering a delicious seafood experience.

> or like Mexican food. Datassential, 2024

FOOD COST **GROSS PROFIT**

5 Mrs. Friday's® Lightly Dusted Shrimp (#055249)

Other Ingredients

Total Food Cost

Suggested Menu Price

\$3.05

\$1.10 \$4.15

\$13.95



Take your Fish & Chips to
the next level with our Fully
Loaded version, starring crispy
Mrs. Friday's® Tavern Battered® Cod
fillets. Piled high on a bed of golden
fries that are topped with melty cheddar
cheese, smoky bacon, pickled jalapeños,
scallions, and a drizzle of chipotle ranch, this dish
is an explosion of flavor and texture. It's comfort food
with a bold, indulgent twist that's sure to be a hit.

2 Mrs. Friday's® Tavern Battered® Cod 2-3oz (#070053)	\$2.80
Other Ingredients	\$1.50
Total Food Cost	\$4.30
Suggested Menu Price	\$14.55

FOOD COST 30%



Crispy on the outside, tender and rich on the inside, our Pan Seared Lobster Cakes are a show-stopping appetizer.

Made with our premium King & Prince® Lobster Sensations®, these cakes deliver a burst of ocean flavor in every bite.

Paired with a zesty lemon tarragon aioli, they're sure to make waves on any menu.

FOOD COST 25%

Sensations® (#004610) \$2.68

4 oz. Lobster Sensations® (#004610)	\$2.68
Other Ingredients	\$1.00
Total Food Cost	\$3.68
Suggested Menu Price	\$14.95

Mexican Crispy Pollock Torta



1 Mrs. Friday's® Oven Ready Pollock 3-4oz (#075414) \$1.20
Other Ingredients \$1.35
Total Food Cost \$2.55
Suggested Menu Price \$9.99

FOOD COST 26%



Simply mix melted butter and lemon juice, add Lobster Sensations®, season to taste, and serve in a grilled roll. This quick and easy dish is perfect for operators looking to offer a delicious lobster roll with maximum impact and minimal fuss.

6 oz. King & Prince® Lobster Sensations® (#004610)

Other Ingredients

Total Food Cost

Suggested Menu Price

\$4.02

\$1.25

\$5.27

\$17.59

FOOD COST 30%

Among operators that menu lobster rolls, they have seen a

50% increase in lobster roll sales over the last year. Datassential, 2024

> **GROSS PROFIT** \$12.32



Sweet meets savory with these pan-sautéed
Crab Cakes featuring King & Prince® Jumbo
Crab Sensations® combined with a delicious,
sweet corn. Drizzled with a Creamy
Honey Dijon sauce, these savory
cakes offer a delightful contrast
of flavors and textures.
This tasty appetizer will
make a splash on
your menu!

4oz. Jumbo Crab Sensations® (#004630)\$2.80Other Ingredients\$1.00Total Food Cost\$3.80Suggested Menu Price\$12.95

FOOD COST

\$9.15



Serve up a quick win with a Crispy Panko Tilapia, featuring our Fish Market Fresh® Panko Crusted Tilapia. Paired with a Fresh Charred Corn Relish, this dish offers a simple, efficient solution for operators needing a fast and delicious menu option that will

excite diners.

1 Fish Market (#072020)	Fresh®	Panko	Crusted	Tilapia

\$0.95 Other Ingredients

\$1.42

Total Food Cost

\$2.37 \$13.95 **Suggested Menu Price**

FOOD COST 17%

GROSS PROFIT \$11.58



Honey Orange Firecracker Shrimp

Ignite your menu with this Honey Orange Firecracker Shrimp entrée, featuring Mrs. Friday's® Sauce Ready® Shrimp tossed in a zesty blend of orange sauce, honey, chili flakes, and scallions. Served over white rice, this dish

makes a splash with its vibrant flavors.

7 Sauce Ready® Shrimp (#057364)	\$0.91
Other Ingredients	\$1.50
Total Food Cost	\$2.41
Suggested Menu Price	\$9.99

FOOD COST

Greek Style Crispy Calamari Salad with Lemon Herb Vinaigrette & Tzatziki

Enhance your menu with a Greek-Style Crispy Calamari Salad, featuring golden, crispy Mrs. Friday's® **Lightly Breaded Calamari** Rings & Tentacles paired with a zesty Lemon Herb Vinaigrette and creamy Tzatziki. This refreshing salad combines savory seafood with Greek flavors, making it a standout choice that rides the wave of flavor.

Tentacle Calamari (#041250)

\$10.99

Other Ingredients

Suggested Menu Price

Total Food Cost

9 Mrs. Friday's® Lightly Breaded Ring & \$1.26 \$1.25 \$2.51

Salad is the most popular seafood dish on menus overall. Datassential, 2024

FOOD COST 23%

GROSS PROFIT \$8.48

