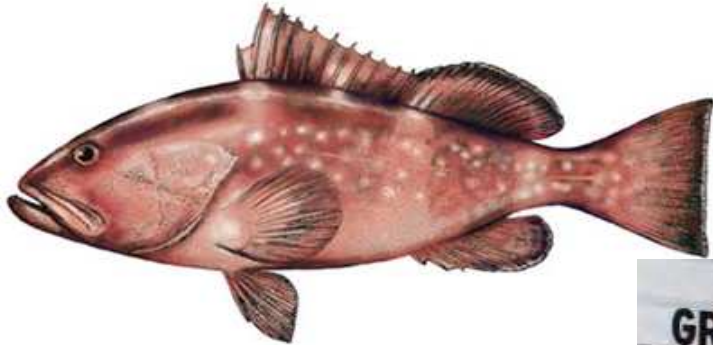


# St. Johns FOOD SERVICE, INC.

Red Grouper



### Attributes

Firm texture, white meat with large flake and a mild flavor. Extra lean fish.

**TIRED OF PAYING HIGH PRICES FOR FRESH GROUPE (WHEN IT IS AVAILABLE)?**



**WE CAN HELP • ASK YOUR SALES REP ABOUT OUR GULF OF MEXICO IQF FROZEN GROUPE FILETS TASTES LIKE FRESH ! COSTS MUCH LESS ! AVAILABLE !**

### Fresh Grouper Flavor Profile

Fresh Grouper is a lean, moist fish with a distinctive yet mild flavor, large flakes and a firm texture. The Red Grouper has a slightly sweeter, milder flavor than the Black Grouper and is considered to be the better of the two. Grouper's flavor profile is like a cross between Bass and Halibut.

### Grouper (*Epinephelus morio*, *Mycteroperca bonaci*) Description

There are three different fish which are known as Grouper in the US market; the Red Grouper, (True) Black Grouper, and Gag which the market commonly calls Black Grouper. True Black Grouper is hard to come by. Both True Black Grouper and Gag have a higher yield and firmer texture than Red Grouper. Groupers in general have big heads, large mouths and heavy bodies. **Red Grouper** is most commonly found in the market place and average market size varies from 5 - 15 lbs for whole fish. **Black Grouper** and Gag range in market size from 15 - 20 lbs for whole fish.

### Fresh Grouper Availability

Fresh seafood availability chart: **green** areas show peak availability, **light green** show limited availability, **gray** indicates not available fresh. Frozen available all year long.

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green

ITEM	UN	SIZE	BRAND	DESCRIPTION	LIST PRICE
14396	CS	1/30LB	GULF/P	GROUPE RED FILLETS 1-2LB	\$ 7.59 / LB

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