



LIVE LOBSTER

Homarus americanus

www.riversidelobster.com

LIVE LOBSTER

The Best from the Sea... Harvested Daily!

Harvested from the cold, pristine waters of St. Mary's Bay, in western Nova Scotia, Riverside's live lobster is well known for its black, hard shell and fully-meated characteristics. With more than 20 years of experience in the airfreight business, we take great pride in shipping a premium product to our customers year-round and worldwide. Our aim is always to deliver quality lobster at competitive prices. We guarantee it!



Nutrition Facts

Per 100 g serving

Calories/Energy 75 kcal/314 kJ

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 80mg

Sodium 510g

Salt 1.3g

Potassium 230mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugar 0g

Protein 13g

Live Lobster

- Different types of packaging to suit logistics, specs or needs [8-kg, 10-kg, 50-lb wax lined cartons, 30-lb styros]

Lobster Sizing Available:

Small Culls	0.90-1.45 lbs
Medium Culls	1.50-3.50 lbs
Small Chix	0.95-1.10 lbs
Regular Chix	1.15-1.25 lbs
Quarters	1.26-1.38 lbs
Small Halves	1.40-1.50 lbs
Large Halves	1.55-1.65 lbs

Selects	1.70-1.90 lbs
Small Deuces	1.95-2.40 lbs
Large Deuces	2.45-2.95 lbs
Small Jumbo	3.00-4.00 lbs
Medium Jumbo	4.05-6.00 lbs
Large Jumbo	6.05-8.00 lbs
Extra Large	8.00 lbs and up

- CFIA, NSF, FDA and EU approved and inspected
- PSP testing available for Japan

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