



FOOD
VERA

Seafood

Specialities



**PRODUCT
CATALOGUE
2023-24**



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Our Brands

GROTTA BAY





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Lobster, Scallop, Mussels, Clams, Squid & Crab



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Fish facts

Smoking removes much of the disease causing bacteria and it is a traditional method used by fishermen to store food to survive drought period.

Shrimps are high in Omega 3 Fatty acid , Calcium iodine and protein. Around 20 species of shrimps are consumed all around the world.

Gill Bearing, aquatic craniate is known as fish . Eating fish two times per week leads to healthier diet because of its high Vitamins D & B2.

Consuming crab can result in healthy bones , Good heart health , increased immunity, detoxing body and they are tasty as well .



Fish is among the healthiest foods on the planet.

It is the world's best source of omega-3 fatty acids which are incredibly important for your heart and brain.

Squid Is a soft bodied Molluscs whose forms evolved to adopt an active predator lifestyle by distracting using INK , They are also known as Calamari.

Lobster became popular in mid-19th century , until then it was considered as food for lower / servant members of the society back in USA.

The term Scallop came from the culinary term SCALLOPED meaning seafood creamed and served in shell.

Fish is the main source of protein in Japanese Cuisine. Served grilled, or raw as sushi and sashimi .

Known as MOULES in French There are two types of bivalve Mussels - Blue Mussels (*Mytilus edulis*) & Green Lipped Mussels (*Perna canaliculus*)



Shrimps

- ✓ Low in Saturated Fat
- ✓ Low Fat
- ✓ Sugar Free
- ✓ Gluten Free

0 G
FIBER

1 G
CARBS

76
CALORIES

1 G
FAT

15 G
PROTEINS



SHRIMPS PD / PD TAIL ON / HOSO / HLSO / PUD

ITEM CODE	ITEM DESCRIPTION	ORIGIN	UNIT PACKING
SHRP0812TON	SHRIMP RAW IQF PD TAIL ON 8/ 12	INDIA	10X1KG
SHRP1115P	SHRIMP RAW IQF PD TAIL OFF 11/ 15	INDIA	10X1KG
SHRP1115A	SHRIMP RAW IQF PD TAIL ON 11/ 15	INDIA	10X1KG
SHRP002	SHRIMP RAW IQF PD TAIL OFF 16/ 20	INDIA	10X1KG
SHRP001	SHRIMP RAW IQF PD TAIL ON 16/ 20	INDIA	10X1KG
SHRP2125	SHRIMP RAW IQF PD TAIL OFF 21/ 25	INDIA	10X1KG
SHRP2125A	SHRIMP RAW IQF PD TAIL ON 21/ 25	INDIA	10X1KG
SHRP26/30P	SHRIMP RAW IQF PD TAIL OFF 26/ 30	INDIA	10X1KG
SHRP3140PD	SHRIMP RAW IQF PD TAIL OFF 31/ 40	INDIA	10X1KG
SHRP4150P	SHRIMP RAW IQF PD TAIL OFF 41/ 50	INDIA	10X1KG
SHRP100200	SHRIMPS PUD 100/ 200	INDIA	5X2KG
SHRPOU05A	SHRIMPS BLACK TIGER HOSO U5	VIETNAM	10X1KG
SHRP0013	SHRIMPS BLACK TIGER HOSO U7	VIETNAM	10X1KG
SHRPOU10	SHRIMPS BLACK TIGER HOSO U10	VIETNAM	10X1KG
SHRPEJUMB	SHRIMPS BLACK TIGER HOSO U12	VIETNAM	10X1KG
SHRPOMN01	SHRIMPS BLACK TIGER HOSO U15	VIETNAM	10X1KG
SHRP16/20HON	SHRIMPS BLACK TIGER HOSO 16/ 20	VIETNAM	10X1KG
SHRP1020H	SHRIMPS BLACK TIGER HOSO 10 /20	VIETNAM	10X1KG
SHRP2030H	SHRIMPS BLACK TIGER HOSO 20/ 30	VIETNAM	10X1KG
SHRP1620	SHRIMPS RAW BLOCK HLSO 16/ 20	INDIA	5X2KG

 FROZEN PRODUCTS



Fillet & Whole Fish

TYPES OF TUNA



Albacore Tuna (Thunnus Alalunga)



Atlantic Bluefin Tuna (Thunnus Thynnus)



Skipjack Tuna (Katsuwonus Pelamis)



Yellowfin Tuna (Thunnus Albacares)



Bigeye Tuna (Thunnus Obesus)





TUNA - YELLOW FIN

ITEM CODE	ITEM DESCRIPTION	ORIGIN	UNIT PACKING
FISH0060	TUNA FISH	VIETNAM	1X10KG
FISH0004B	TUNA SAKU PREMIUM BLOCK	VIETNAM	1X10KG
FISH000901	TUNA LOIN PREMIUM CHUNK 2 KG UP FRZ.	VIETNAM	1X10KG
FISH0009C	TUNA STEAK YELLOW FIN 180 / 200 GM	VIETNAM	1X5KG
FISH000901D	TUNA LOIN CHILLED UNTREATED 2 - 3 KG	MALDIVES	1X3KG

FISH NILE PERCH FILLETS

FISH0014	NILE PERCH FILLET SKIN LESS	AFRICA	1X10KG
FISH0014D	NILE PERCH FILLET SKIN LESS 0 GLAZE	AFRICA	1X6 KG
FISH0014C	NILE PERCH FILLET PORTION	AFRICA	1X10KG

BASA FILLET

FISH0074B	CREAM DORI BASA FILLET WELL TRIMMED	VIETNAM	4X2.5KG
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 FROZEN PRODUCTS



Fillets & Whole Fish

- ✓ Source of Vitamin D
- ✓ Low Fat
- ✓ Rich in Iodine
- ✓ Gluten Free



WHOLE FISH & FILLETS

ITEM CODE	ITEM DESCRIPTION	ORIGIN	UNIT PACKING
FISH0062C	COD FISH BLACK H/LESS FROZEN 5 / 7 LB	USA	1X20LB
FISH0062D	COD FISH BLACK H/LESS FROZEN 7LB UP	USA	1X20LB
FISH01000	CHILEAN SEABASS H/LESS GUTTED 4-6KG	CHILE	1X20KG
FISH0190	CHILEAN SEA BASS FILLETS SKIN ON 10/12LB	CHILE	1X20KG
FISH0049B	COD FILLET SKINLESS PBI BLOCK FROZEN	RUSSIA	1X6.81KG
FISHBARM	FISH BARMUNDI FILLET S/ON 180 - 220 GM	VIETNAM	1X5KG
FISH0186C	BARAMUNDI FILLET S/ ON	VIETNAM	1X10KG
FISH0100A	SEA BASS FILLETS SKIN ON	TURKEY	1X10KG
FISH0015	KING FISH WHOLE	TAIWAN	1X20KG
FISH163	KING FISH STEAK	UAE	5X2KG
FISH0003	MILK FISH	TAIWAN	1X10KG
FISH0095	HAKE FILLET	UAE	1X10KG
FISH0055	CUTTLE FISH CLEANED	INDIA	1X1KG
FISH147	TILAPIA FISH WHOLE	TAIWAN	1X10KG
FISH147A	TILAPIA FILLET	TAIWAN	1X10KG
FISH0027C	RED SNAPPER FILLET SKIN ON	UAE	1X10KG
FISH0048G	FISH MAHI MAHI FILLET SKIN ON	UAE	1X10KG

FROZEN PRODUCTS



Smoked & Processed Fish

✓ Low in Saturated Fat

✓ 100 % Healthy

0 G
CARBS

0 G
FIBER

4.8 G
PROTEINS

125
CALORIES

7.0 G
FAT

*Note: Facts may vary depending on species & process of smoking.



HOT SMOKED & CURED FISH FILLETS

ITEM CODE	ITEM DESCRIPTION	ORIGIN	UNIT PACKING
FISH0004	SC TUNA LOIN SMOKED	UAE	1X5KG APPX
SCFISH01	SC TUNA SMOKED	UAE	1X5KG APPX
SCFISH02	SC TUNA PASTRAMI	UAE	1X5KG APPX
SCFISH06	SC MARLIN SMOKED	UAE	1X5KG APPX
FISH0053	SWORDFISH (MARLIN SMOKED)	UAE	1X5KG APPX
FISH0151	EEL SMOKED	UAE	1X5KG APPX
FISH0183	SC HAMMOUR SMOKED	UAE	1X5KG
FISH0023	SC KING FISH SMOKED	TURKEY	1KG APPX
FISH0029	HALIBUT SMOKED	DUTCH	1KG APPX
FISH0114	MACKREL FILLET SMOKED PLAIN	DUTCH	1X5KG
FISH001B	HERRING FILLET TRAD.SALTED IN OIL 230 GM	DUTCH	1 X 230 GM
FISHKIPFLT	SMOKED KIPPER FILLET	DUTCH	3 X 1.5 KG
FISH0003C	FROZEN SMOKED MACKEREL FILLET PEPPERED	DUTCH	3 X 1.5 KG
FISH0048	SMOKED RAINBOW TROUT FILLET 500GM	DUTCH	1 X 5 KG
FISH 0012	FROZEN SMOKED HADDOCK FILLET	DUTCH	1 X 5 KG
REN1024	ANCHOVY FILLET MARINATED IN SF/OIL KG	ITALY	1KG
REN1036	OCTOPUS SMALL IN SF OIL KG	ITALY	1KG
REN1081	SMALL STUFFED PEPPER ZEFIRINO W ITH TUNA	ITALY	1KG

FROZEN PRODUCTS



Salmon

✓ Low in Saturated Fat

✓ Low Sodium

✓ 100 % Healthy



0 G
CARBS

0 G
FIBER

5.5 G
FAT

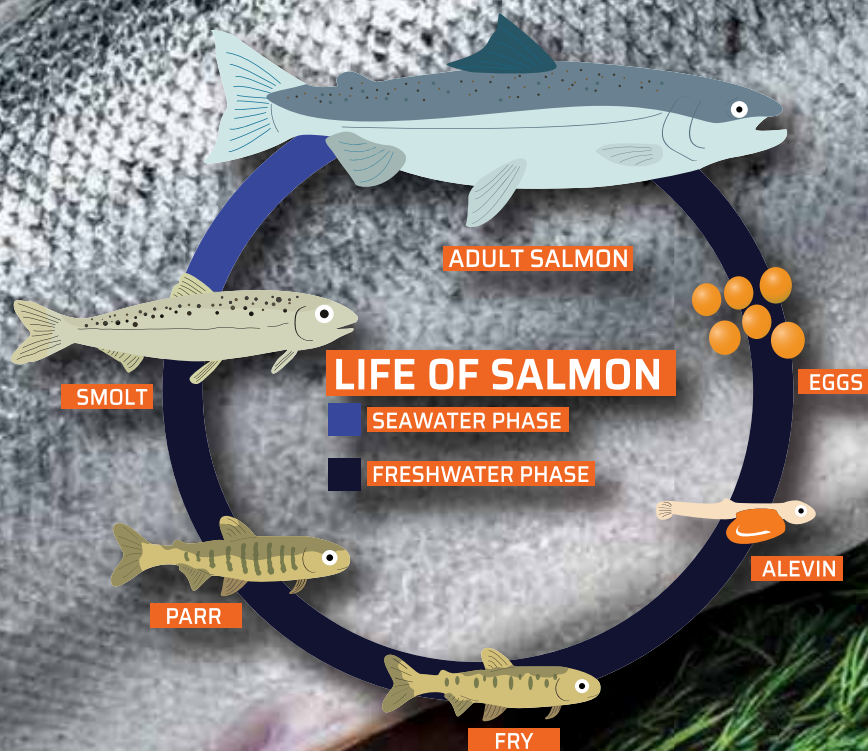
31.7 G
PROTEINS

185
CALORIES



SALMON AND CUTS

ITEM CODE	ITEM DESCRIPTION	ORIGIN	UNIT PACKING
SMON0005	SALMON WHOLE GUTTED FROZEN	NORWAY	4/5KG
SMON0004	SALMON FILLET SKIN ON FROZEN	NORWAY	0.9 - 1.4KG
SMON0013	SALMON FILLET SKINLESS FROZEN	NORWAY	0.9 - 1.4KG
SMON0007	SALMON SMOKED PRESLICED FROZEN	NORWAY	0.9 - 1.4KG
SMON0020	SALMON SMOKED PRESLICED FROZEN	NORWAY	200GM APPX
SMON0004A1	SALMON FILLET SKIN ON CHILLED	NORWAY	1KG APPX
SMON0014	SALMON SMOKED PRESLICED CHILLED	NORWAY	0.9 - 1.4KG
SMON0001	SALMON STEAK CUT FROZEN	NORWAY	1X5KG
CAV010	SALMON ROE CHILLED	DENMARK	100G
SMON0019	SALMON WHOLE HEADLESS GUTTED CHILLED	NORWAY	4/5KG





CEPHALOPOD & CRUSTACEAN

- ✓ High in Good Fats
- ✓ Low Mercury Content
- ✓ Boosts Immunity

- ✓ Rich in Lean Proteins
- ✓ Is considered as Obvious Future Food Resource



LOBSTERS - WHOLE / TAIL / MEAT

ITEM CODE	ITEM DESCRIPTION	ORIGIN	UNIT PACKING
FISH0034	LOBSTER WHOLE FROZEN 300 /500 GM	OMAN	1 X 10 KG
FISH0035F	LOBSTER WHOLE FROZEN 500 /700 GM	OMAN	1 X 10 KG
FISH0040	LOBSTER WHOLE FROZEN 800 /1000 GM	OMAN	1 X 10 KG
FISH154	LOBSTER WHOLE SLIPPER FROZEN 150 /200 GM	INDIA	1 X 10 KG
FISH154B	LOBSTER WHOLE SLIPPER FROZEN 200 /300 GM	INDIA	1 X 10 KG
FISH0043	LOBSTER TAIL FROZEN 150 /200	OMAN	1 X 10 KG
FISH0043A	LOBSTER TAIL FROZEN 200/ 300	OMAN	1 X 10 KG
FISH0036C	LOBSTER MEAT FROZEN	OMAN	1 X 10 KG
FISH0035G	LOBSTER WHOLE FROZEN 500 /700 GM	CANADA	1 X 10 KG
FISH0180	LOBSTER WHOLE FROZEN 300 /500 GM	CANADA	1 X 10 KG

 FROZEN PRODUCTS



CEPHALOPOD & CRUSTACEAN

- ✓ Prevents Cancer
- ✓ Fights Anemic
- ✓ Strengthens Blood Cell

69%
SELENIUM

70%
COPPER

75%
VIT B12

98%
OMEGA3



CEPHALOPOD WHOLE / TUBE / RINGS

ITEM CODE	ITEM DESCRIPTION	ORIGIN	UNIT PACKING
FISH172	SQUID WHOLE 40 /60	CHINA	5 X 2 KG
FISH0021	SQUID WHOLE 20 /40	CHINA	5 X 2 KG
FISH0006C	SQUID WHOLE CLEANED U/10	INDIA	5 X 2 KG
FISH0006G	SQUID WHOLE CLEANED 20 /40	INDIA	5 X 2 KG
FISH0046A	SQUID TUBE 10/ 20 IQF	CHINA	10 X 1 KG
FISH0097	SQUID TUBE U/10	CHINA	10 X 1 KG
FISH0094	SQUID TUBE U/5	CHINA	10 X 1 KG
FISH0119	SQUID RINGS	CHINA	10 X 1 KG
FISH0132	SQUID TENTACLES	CHINA	10 X 1 KG
FISH0055	CUTTLE FISH CLEANED	INDIA	10 X 1 KG

VALUE ADDED SEAFOOD

FISH0120	CALAMARI RINGS BREADED	UAE	5X2KG
FISH120D	FISH FINGER BREADED	UAE	20 X 300 GM
FISH120E	FISH FINGER KG BREADED	UAE	1X10KG
FISH164	FISH NUGGETS KG BREADED	UAE	1X10KG
FISH120B	BREADED FISH FILLET	UAE	5 X 1KG
FISH120G	BREADED BUTTER FLY SHRIMPS	UAE	5 X 1KG
FISH120H	BREADED PEELED SHRIMPS	UAE	5 X 1KG

 FROZEN PRODUCTS



CEPHALOPOD & CRUSTACEAN

- ✓ Rich in Iron & Protein
- ✓ Improves Brain Function
- ✓ For a Healthy Heart

- ✓ For Healthy Bone and Teeth
- ✓ High Protein and Low Fat

amacore®

happy people, world class fish



SANFORD



MUSSELS & SCALLOPS

ITEM CODE	ITEM DESCRIPTION	ORIGIN	UNIT PACKING
FISH0037	MUSSELS GREEN HALF SHELL	NZ	12 X 1 KG
FISH0184	MUSSELS BLACK FROZEN (WHOLE)	CHILE	10X 908 G
FISH0044	MUSSEL MEAT	CHILE	10 X 1 KG
FISH0022	SCALLOP MEAT 10 /20	CHINA	1 X 10 KG
FISH0022C	SCALLOP MEAT U / 10	CHINA	1 X 10 KG
FISH0110	SCALLOPS W /OUT ROE 10 /20	USA	1 X 10 KG
FISH0072	SCALLOPS W /HALF SHELL	CHILE	1 X 10 KG
FISH0082	SEAFOOD COCKTAIL MIX	INDIA	10 X 1 KG
FISH0136A	RAZOR CLAMS	DUTCH	10 X 1 KG

 FROZEN PRODUCTS



CEPHALOPOD & CRUSTACEAN

✓ Used in all types of Cusines

✓ Octopus is Good Source of Iron, Copper, and Vitamin B6.



1.04 G
FAT

29 %
IRON

2.2 G
CARBS

82
CALORIES

14.91 G
PROTEINS

*Facts per 100 G

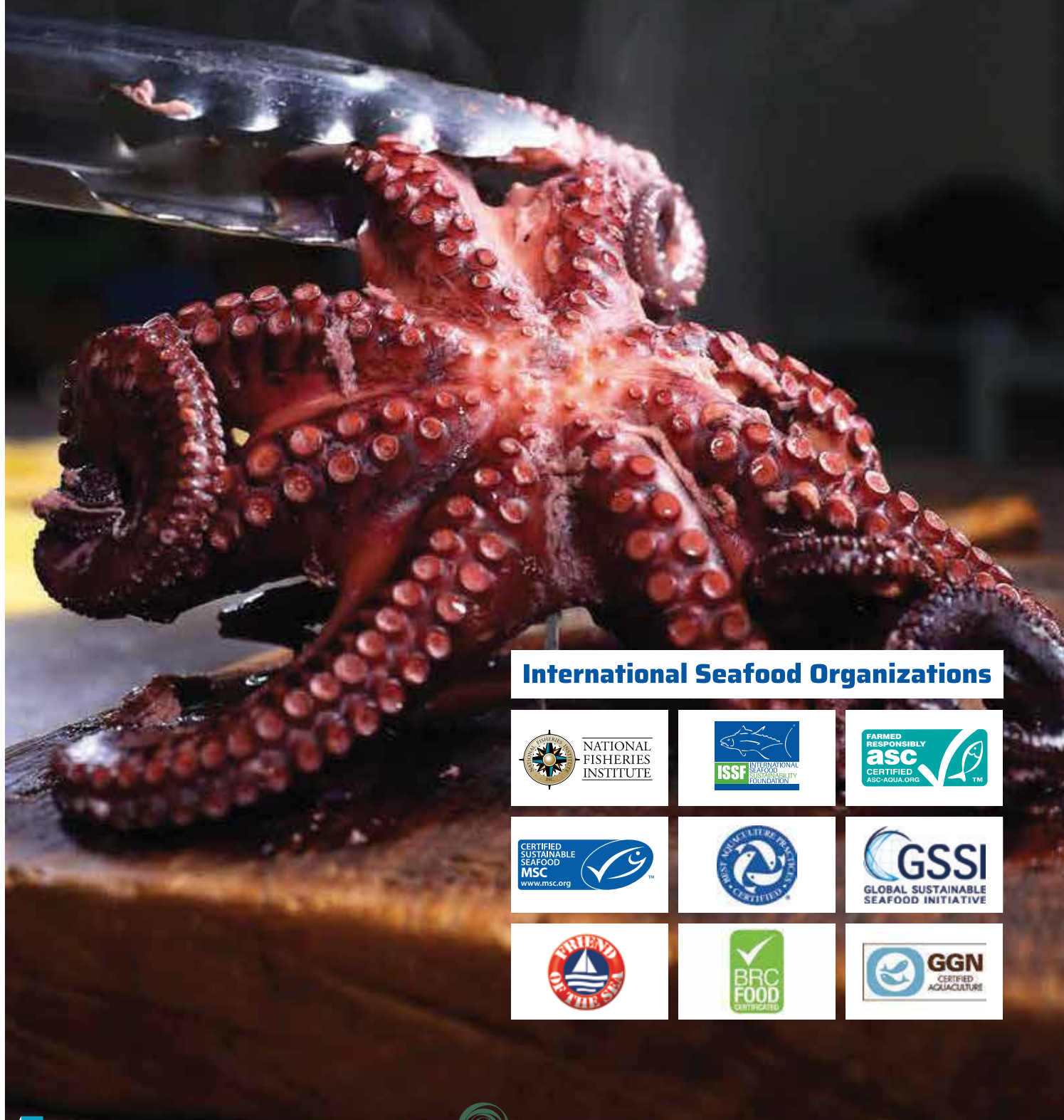
CLAMS / OCTOPUS / CRAB / OYSTERS

ITEM CODE	ITEM DESCRIPTION	ORIGIN	UNIT PACKING
FISH0099B	CLAMS (LITTLE NECK)	DUTCH	10 X 1 KG
FISH0057	CLAMS WHOLE	CHINA	10 X 1 KG
FISH0057A	CLAM MEAT	CHILE	10 X 1 KG
FISH138	OCTOPUS CLEANED	INDIA	1 X 10 KG
FISH139	OCTOPUS BABY	INDIA	1 X 10 KG
FISH0007	CRAB WHOLE	UAE	1 X 10 KG
FISH0056B	CRAB CLAWS KING CAP ON	DUTCH	1 X 10 KG
FISH0056C	CRAB CLAW COOKED JONAH IQF	DUTCH	1 X 10 KG
FISH0078Q	DIBBA BAY OYSTER NO. 2	UAE	50 PCS BOX
FISH0078R	DIBBA BAY OYSTER NO. 3	UAE	75 PCS BOX
FISH0078Z	DIBBA BAY OYSTER NO. 4	UAE	100 PCS BOX
FISH0033	CRAB MEAT	CHINA	1 X 10 KG
FISH0081	CRAB STICK	CHINA	1 X 500 G
FISH0134	CRAB MUD WHOLE FROZEN	AFRICA	1 X 10 KG
FISHCRAB1	SOFT SHELL CRAB KGS	MYANMAR	10 X 1 KG

 **FROZEN PRODUCTS**



European Assortments



International Seafood Organizations



NATIONAL
FISHERIES
INSTITUTE





EUROPEAN ASSORTMENTS

ITEM CODE	ITEM DESCRIPTION	ORIGIN	UNIT PACKING
FISH139	OCTOPUS BABY	DUTCH	5 X1KG
FISHOCTO	OCTOPUS WHOLE	DUTCH	1- 2 KG
FISHOCTO01	OCTOPUS WHOLE	DUTCH	3- 4 KG
FISH0184	FROZEN WHOLE MUSSELS IN SHELL 1KG	DUTCH	5 X 1 KG
FISH0033	FROZEN SNOW CRABMEAT 30/ 70 KOREA	DUTCH	2.27 KG
FISHOCTO	SPANISH OCTOPUS WHOLE 2 - 3 KG	SPAIN	2 - 3 KG
FISHOCTO01	SPANISH OCTOPUS WHOLE 3 - 4 KG	SPAIN	3 - 4 KG
FISHOCTO01A	SPANISH OCTOPUS WHOLE 4 - 5 KG	SPAIN	4 - 5 KG
FISH138A	SPANISH OCTOPUS COOKED TENTACLES	SPAIN	5 X 1.5 KG
FISH0091	CRAY FISH FROZEN	SPAIN	6 X 1 KG
FISH0111B	LANGOUSTINE WHOLE 4/7	DENMARK	6 X 1 KG
FISH0111F	LANGOUSTINE WHOLE 8/12	DENMARK	6 X 1 KG
FISH0111J	LANGOUSTINE WHOLE 13/15	DENMARK	6 X 1 KG
FISHBARM03	LANGOUSTINE WHOLE 16/20	DENMARK	6 X 1 KG
FISH175	KING CRAB LEGS COOKED	USA	1 X 9.08 KG
FISH175E	KING CRAB LEGS CLUSTER RAW	RUSSIA	1 X 8 KG

 FROZEN PRODUCTS

Crab Meat Chopped



QUALITY *Since 1914*
& CONSISTENCY
FROM WATER TO TABLE





PHILLIPS-CRAB MEAT CHILLED

ITEM CODE	ITEM DESCRIPTION	ORIGIN	UNIT PACKING
FISH0123	CRAB MEAT JUMBO LUMP 454 GM CHILLED	INDONESIA	1 X 454GM
FISH0123B	CRAB MEAT CULINARY JUMBO 454 GM CHILLED	INDONESIA	1 X 454GM
FISH0123L	CRAB MEAT LUMP 454 GM CHILLED	INDONESIA	1 X 454GM
FISH0123A	CRAB MEAT SPECIAL 454 GM CHILLED	INDONESIA	1 X 454GM
FISH0125	CRAB CLAWS 454 GM CHILLED	INDONESIA	1 X 454GM

Jumbo Lump, consisting of two large muscles connected to the swimming fins of the crab. ❄️



Phillips Culinary Crab is 100% wild-caught crab meat from the whole crab into jumbo lumps with no artificial binders. ❄️



Crab Meat Lump is a blend of broken pieces of jumbo lump and special crab meat. ❄️



Special crab meat consists of the smaller pieces of white meat from the body of the crab. ❄️



Crab Meat Claw is a brown meat from the claws and legs of the crab. ❄️



❄️ CHILLED PRODUCTS



Japanese



BENEFITS OF SUSHI

- ✓ Anti-Aging Diet
- ✓ Nutrient Dense
- ✓ Protein & Calcium
- ✓ Lower Blood Pressure
- ✓ Boost Immune System
- ✓ Improves Digestion
- ✓ Improves Health of Colon



JAPANESE SEAFOOD

ITEM CODE	ITEM DESCRIPTION	ORIGIN	UNIT PACKING
JAP0063	KANI KAMABOKO - FROZEN	JAPAN	1 X 500 GM
JAP0073	KAMABOKO AKA FISH CAKE - FROZEN	JAPAN	1 X 150 GM
JAP0062	TOBIKO RED / ORANGE - FROZEN	JAPAN	1 X 500GM
JAP0062A	TOBIKO GREEN - FROZEN	JAPAN	1 X 500 GM
JAP0062D	TOBIKO BLACK - FROZEN	JAPAN	1 X 500 GM
JAP0062E	TOBIKO GOLD - FROZEN	JAPAN	1 X 500 GM
JAP0059	MASAGO ORANGE - FROZEN	JAPAN	1 X 500 GM
JAP0123	SHIME SABA (MACKREL) - FROZEN	JAPAN	1 X 140 - 160 GM
JAP0143A	UNAGI KABAYAKI (EEL SMOKED) - FROZEN	JAPAN	1 X 250 GM
JAP0179	IKURA SANWA (SALMON ROE EGG) - FROZEN	JAPAN	72X100 GM
JAP0197	TAMAGO YAKI	JAPAN	1 X 500 GM
JAP190A	CHUKA IDAKO (SEASONED BABY OCTOPUS) - FROZEN	JAPAN	1X2 KG
JAP327	HAMACHI (YELLOW TAIL FISH FILLET) - FROZEN	JAPAN	1 X 1 KG
CHIN102	ABALONE DRY	CHINA	1 X 1 KG
JAP0156	UNI SEA URCHIN	JAPAN	1 X 100 GM
JAP0161	SANWA - TAKO OCTOPUS BOILED	JAPAN	1 X 1 KG
JAP0138	HOTATE KAIBASHIRA - SCALLOPS	JAPAN	1 X 1 KG
JAP0200	SUSHI EBI (SHRIMPS)	JAPAN	30 PCS

 FROZEN PRODUCTS

OUR CLIENTS



AIRLINES



HOTELS



HOSPITALS



SHIPS



FOOD
VERA



RESTAURANTS



SUPERMARKETS



SCHOOLS



CATERING



TRADERS

OUR INTERNATIONAL NETWORK





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