

A close-up photograph of a sashimi platter is the central focus of the right side of the image. The platter is filled with several types of sliced raw fish, including salmon and tuna, arranged in a traditional style. The fish is garnished with small pieces of wasabi and ginger. The background is slightly blurred, showing a wooden lattice structure. The image is partially overlaid by a large, semi-transparent orange shape on the left side.

Explore the Finest Frozen Seafood Selection



Welcome to the world of AFC, where culinary excellence meets premium frozen seafood. Discover the unmatched taste, quality, and convenience of our carefully curated selection, designed to elevate your dining experience. From succulent tuna loins to crispy breaded tilapia, we bring you the finest seafood options to tantalize your taste buds.



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01

CO Treated Frozen Tuna

- I. Loins.
- II. Steak.
- III. Saku.
- IV. Ground.

AFC's Tuna Loins: A Journey of Flavor and Excellence

Dive into the world of unparalleled taste and texture with AFC's Tuna Loins. A testament to our commitment to quality and craftsmanship, these premium cuts of tuna redefine what it means to savor the ocean's bounty. Let's explore the remarkable journey that each Tuna Loin undertakes to grace your table with exceptional flavor and versatility.

Crafting Perfection

- I. **Selection:** Our Tuna Loins begin with the careful selection of the finest tuna. We source tuna from pristine waters, ensuring that every loin embodies the pure essence of the sea.
- II. **CO Treatment:** To preserve the pristine qualities of the fish, each Tuna Loin undergoes Controlled Atmosphere (CO) treatment. This method maintains the natural color and taste of the tuna, ensuring a fresher and more appealing product.
- III. **Variety:** AFC offers a range of Tuna Loin options to suit diverse culinary preferences:
 - **Loins:** Experience the essence of tuna in its unadulterated form. These loins are perfect for a myriad of culinary applications, allowing you to explore different flavors and techniques.
 - **Steak:** Savor the hearty richness of tuna steak. Whether grilled, seared, or enjoyed raw in sushi, tuna steak is a canvas for culinary artistry.
 - **Saku:** Delight in the convenience of pre-sliced saku blocks. Achieve uniformity and precision in your dishes, from sushi to sashimi.
 - **Ground:** Ignite your creativity with ground tuna. This versatile option invites innovation, from crafting tuna burgers to imaginative sushi rolls.



The AFC Difference

- I. **Flavor Profile:** Our Tuna Loins offer a rich, yet delicate flavor profile that's truly unique. The CO treatment enhances the natural taste of the fish, ensuring a memorable dining experience.
- II. **Texture:** With a firm and meaty texture, AFC's Tuna Loins provide an exquisite mouthfeel that's both satisfying and indulgent.
- III. **Versatility:** Tuna Loins adapt effortlessly to a range of cuisines. From traditional Asian delicacies to contemporary fusion dishes, their adaptability knows no bounds.

Culinary Inspiration

- I. **Tuna Tartare:** Showcase the freshness of our Tuna Loins in a tantalizing tartare. Combine with fresh herbs, citrus, and seasonings for a burst of flavor.
- II. **Grilled Tuna Steak:** Elevate your barbecue game with succulent grilled tuna steak. A simple marinade lets the natural flavors shine.
- III. **Sashimi Extravaganza:** Craft an exquisite sashimi platter featuring slices of Saku Blocks. The uniformity ensures an artful presentation that delights the senses.
- IV. **Tuna Burgers:** Embrace innovation with ground tuna transformed into juicy tuna burgers. A culinary delight that's perfect for casual dining.





02

Frozen Tilapia Fillets

- I. 3-5 oz.
- II. 5-7 oz.
- III. 7-9 oz.
- IV. 9-11 oz.

AFC's Frozen Tilapia Fillets: The Essence of Delicate Flavor and Convenience

Embark on a culinary journey like no other with AFC's Frozen Tilapia Fillets. These exquisite fillets are a testament to our dedication to quality, ensuring that you experience the freshest taste of the ocean's bounty. Join us as we explore the unique features and endless possibilities that our Frozen Tilapia Fillets bring to your table.

The Art of Selection and Preservation

- I. **Premium Sourcing:** Our Frozen Tilapia Fillets begin with the careful sourcing of tilapia from trusted waters. Each fillet embodies the natural essence of this mild and versatile fish.
- I. **Thoughtful Glazing:** To preserve their pristine quality, our fillets are gently glazed. This thin layer of ice helps lock in moisture, ensuring that every bite is succulent and bursting with flavor.
- III. **Size Varieties:** AFC offers Frozen Tilapia Fillets in a range of sizes, catering to various culinary preferences
 - a. **3-5 oz:** Petite and delicate, these fillets are perfect for creating light and flavorful dishes.
 - b. **5-7 oz:** Versatile and classic, these fillets adapt to a variety of cooking methods and flavor profiles.
 - c. **7-9 oz:** Substantial and satisfying, these fillets are ideal for heartier meals and creative presentations.
 - d. **9-11 oz:** Generously sized for center-of-the-plate excellence, these fillets make a statement in both taste and appearance.



The AFC Difference

- I. **Delicate Flavor:** Tilapia's mild flavor shines through in our Frozen Tilapia Fillets, making them an ideal canvas for various seasonings and culinary techniques.
- II. **Texture:** With a tender and flaky texture, our fillets melt in your mouth, providing a delightful dining experience.
- III. **Versatility:** Our fillets lend themselves to a wide array of preparations, from simple grilling to intricate dishes that showcase your culinary prowess.

Culinary Creativity

- I. **Herb-Crusted Tilapia:** Elevate your fillets with a delicate herb crust that adds depth and texture. Pair with a citrusy sauce for a burst of freshness.
- II. **Tilapia Tacos:** Create a fiesta of flavors with tilapia fillets as the star ingredient in mouthwatering tacos. Customize with your favorite toppings.
- III. **Baked Tilapia:** Keep it simple with a delightful baked tilapia dish. Season with herbs, spices, and a drizzle of olive oil for a healthful and delicious option.
- IV. **Pan-Fried Fillets:** Enjoy the indulgence of pan-fried tilapia fillets, achieving a golden crust that's both satisfying and flavorful.





03

Breaded Tilapia Fillets and Fingers

- I. Fillet.
- II. Fingers.

AFC's Breaded Tilapia Fillets and Fingers: A Symphony of Crispy Indulgence

Step into a world of tantalizing textures and flavors with AFC's Breaded Tilapia Fillets and Fingers. These delectable creations embody the perfect balance of tender tilapia and a golden, crunchy coating that promises an unforgettable culinary experience. Join us as we explore the intricate details that make our Breaded Tilapia Fillets and Fingers a true masterpiece.

The Art of Coating

- I. **Premium Tilapia:** Our Breaded Tilapia Fillets and Fingers begin with premium tilapia fillets. Each fillet is carefully selected to ensure a consistent and succulent bite.
- II. **Exquisite Breading:** The breading process is a harmonious blend of art and science. Our expert chefs have crafted a coating that achieves the ideal balance between crispiness and tenderness.

Variety and Options

- I. **Breaded Fillets:** Indulge in the perfect harmony of flavors as you bite into our Breaded Tilapia Fillets. The succulent tilapia meets a satisfyingly crispy exterior that promises an explosion of taste with every bite.
- II. **Breaded Fingers:** Perfectly portioned for easy handling and dipping, our Breaded Tilapia Fingers are a delightful snack or meal option. They're a crowd-pleaser among all age groups.



The AFC Difference

- I. **Crispy Coating:** Our breading is designed to achieve a delightful crunch while locking in the moisture of the tilapia. Each bite boasts the satisfying contrast of textures.
- II. **Flavorful Tilapia:** Under the golden breading lies the mild and delicate flavor of tilapia. The combination of textures elevates the taste to a whole new level.
- III. **Convenience:** Whether you're looking for a quick snack, a versatile ingredient, or a delightful entrée, our Breaded Tilapia Fillets and Fingers deliver convenience without compromising on quality.

Culinary Exploration

- I. **Tilapia Sandwich:** Craft a gourmet sandwich by placing a Breaded Tilapia Fillet between two slices of fresh bread. Add your favorite condiments and veggies for a satisfying meal.
- II. **Tilapia Tenders Platter:** Arrange Breaded Tilapia Fingers on a platter, accompanied by an array of dipping sauces. It's a perfect appetizer for gatherings and parties.
- III. **Tilapia Po' Boy:** Dive into a culinary adventure by creating a Tilapia Po' Boy. Load up a hoagie roll with Breaded Tilapia Fillet, lettuce, tomatoes, and your choice of sauce.
- IV. **Tilapia Tacos:** Transform Breaded Tilapia Fingers into a tantalizing taco filling. Top with fresh salsa, shredded cabbage, and a drizzle of creamy dressing.



Nutritional Riches and Beyond: Exploring Tuna and Tilapia Fish

When it comes to seafood choices, tuna and tilapia fish stand out not only for their delectable flavors but also for the array of nutritional benefits they offer. From their healthful attributes to their impact on the environment, these fish play a significant role in our culinary landscape. Let's dive into the nutritional and holistic aspects of tuna and tilapia fish.

Nutritional Powerhouses

Tuna Fish

Tuna is renowned for being a lean source of protein that's low in fat yet abundant in essential nutrients. Whether you opt for tuna loins, steaks, or saku blocks, you're treating yourself to a protein-packed delight that supports muscle health and overall well-being. Tuna is also a rich source of selenium, which boasts antioxidant properties and contributes to a healthy immune system.

Tilapia Fish

Tilapia, with its mild taste and delicate texture, is a versatile choice for various culinary creations. It's an excellent source of lean protein and is often preferred for its lower calorie content. Tilapia is also rich in essential vitamins and minerals, including B vitamins, phosphorus, and selenium.



Omega-3 Fatty Acids

Both tuna and tilapia offer omega-3 fatty acids, which are known for their cardiovascular benefits. Omega-3s support heart health by reducing inflammation, improving blood vessel function, and lowering the risk of heart disease.

Brain Function and Development

The omega-3 fatty acids found in tuna are especially beneficial for brain health and development. These essential fats play a crucial role in maintaining cognitive function and may help reduce the risk of cognitive decline.

Mood Enhancement

The omega-3s in tuna are also linked to emotional well-being. Research suggests that a diet rich in these fatty acids may help reduce the risk of depression and improve mood stability.

Muscle Maintenance

Protein is essential for maintaining and building muscles. Tuna and tilapia are both excellent sources of lean protein, making them ideal choices for individuals seeking to support muscle health, whether it's for athletic performance, physical recovery, or general strength.

Weight Management

Tuna and tilapia are low-calorie, high-protein options that can aid in weight management. Protein has a satiating effect, helping you feel full and satisfied after a meal, which can contribute to reduced calorie intake and better portion control.

B

Health Benefits

Essential Nutrients

Tuna and tilapia are rich in essential nutrients such as selenium, vitamin B12, and phosphorus. Selenium acts as an antioxidant, protecting cells from damage, while vitamin B12 supports nerve function and energy metabolism. Phosphorus contributes to bone health and plays a role in various bodily functions.

Inflammation Reduction

Omega-3 fatty acids possess anti-inflammatory properties that are beneficial for managing chronic inflammation, which is linked to various health conditions, including arthritis, autoimmune disorders, and heart disease.

Immune Support

The selenium content in both tuna and tilapia contributes to a healthy immune system. Selenium helps protect cells from oxidative stress, aids in the production of enzymes involved in immunity, and supports the body's defense mechanisms.

Eye Health

Omega-3 fatty acids, particularly DHA, are also essential for maintaining eye health. Adequate intake of DHA has been linked to a reduced risk of age-related macular degeneration and improved overall visual function.

Pregnancy Benefits

The omega-3s in tuna offer benefits for expectant mothers. They contribute to fetal brain and eye development, making tuna a valuable addition to a pregnancy diet when consumed in moderation and taking mercury levels into consideration.