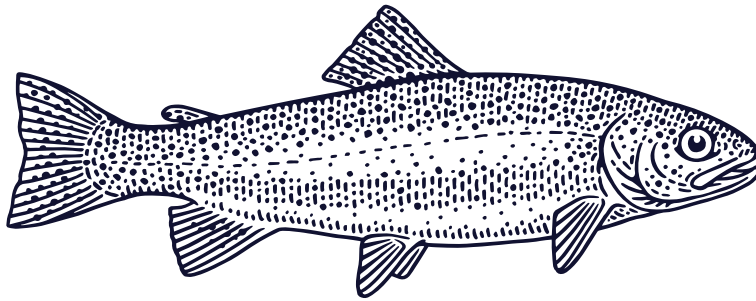




SUPERIOR

CATCH OF THE WEEK



RAINBOW TROUT

Oncorhynchus mykiss

Description: Rainbow trout is a popular freshwater fish known for its vibrant, iridescent coloring. It has a silvery body with a distinctive pink to reddish stripe along its sides, accompanied by black spots on its back, fins, and tail. Cole-Munro trout is sustainably raised in the pristine waters of Georgian Bay and Ontario's North Channel.

Habitat: Raised in the cold, clear freshwater of Georgian Bay and the North Channel in Ontario, these ideal growing conditions promote healthy fish, firm texture, and exceptional quality.

Harvesting: Harvested daily to match customer demand, each fish is processed and shipped within 36 hours to ensure peak freshness. Cole-Munro maintains complete traceability from hatchery to delivery and is both Ocean Wise Recommended and BAP Certified for responsible aquaculture.

Nutritionals:

- Rich in Omega-3 fatty acids
- High-quality lean protein
- Excellent source of Vitamin D & Vitamin B12
- Good source of selenium and potassium

Texture & Flavor Profile:

- Delicate, tender texture
- Slightly flaky when cooked
- Typically moist and succulent

Recommended Cooking Methods: Pan-searing, Grilling, Roasting, Baking, and Broiling.



SUPERIOR

FEATURED PRODUCT

#32251 and #32247

RAINBOW TROUT FILLETS

Fresh, Farm-Raised, Boneless, Skin-On, 6-12 oz.

Product of Canada

1/10 lb. and 1/5 lb.

Contact your Superior sales representative for more information and for availability.



MENU INSPIRATIONS



Recipe & Photo from www.downshiftology.com

RAINBOW TROUT ALMONDYNE

almonds, lemon, and capers

Pairs well with a mild Pinot Blanc



Recipe & Photo from www.foodandwine.com

JAPANESE TROUT

with soy glaze, dashi broth, and rice

Pairs well with a Japanese Koshu