



Brown Clams

Although our clams are technically “farm raised” they are actually grown in natural sand beds bordering the ocean. They must be harvested at precisely the right moment in order to ensure meat quality and yield; Harbor Seafood’s team of quality assurance experts are there to do just that. Our clams are fully cleaned and purged of sand, fully cooked, and then frozen at the peak of freshness. Just heat and eat!



... seafood, the way it should be!

Features and Benefits:

Harbor Seafood offers two sizes of clams- 11/16 per pound (top neck) and 17/22 per pound (little neck), both are packed in a 10 lb case. Our clams are fully cooked and cleaned (purged before cooking to eliminate sand), so the majority of the work is done! This offers customers consistent quality, uniformity, meat yield, taste, texture and over all flavor. There is virtually no waste due to spoilage or unusable clams and most importantly, they are a safe and easy to use option. Oyster Bay clams are competitively priced and excellent for portion control and food cost. No more dealing with bushels, nets, tags, short shelf life and the overall mess that comes with the handling and holding of live clams. Our clams have a 24 month shelf life and come in convenient 1 lb packages; take what you need from the freezer to the pan with ease.

Handling:

Keep frozen up to 24 months. Cook from frozen.

Menu Ideas:

Our Oyster Bay clams are great for appetizers and entrées. Serve them in a traditional dish such as linguine and clam sauce, in a garlic, lemon, white wine, shallot, and parsley broth or in a New England Clam Chowder. For something unique try an Andouille sausage and beer broth or sake steamed over soba noodles. Whatever you choose to create, Oyster Bay clams will not disappoint.



Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container about 1

Amount Per Serving			
Calories 100		Calories from Fat 15	
		% Daily Value*	
Total Fat 1.5g			3%
Saturated Fat 0g			0%
<i>Trans</i> Fat 0g			
Cholesterol 80mg			25%
Sodium 95mg			4%
Total Carbohydrate 6g			2%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 17g			
Vitamin A 10%	•	Vitamin C 0%	
Calcium 8%	•	Iron 30%	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

11/16 count
Whole Clams, In Shell, Fully Cooked
Item No. 640031
GTIN 1004902911169

17/22 count
Whole Clams, In Shell, Fully Cooked
Item No. 640036
GTIN 10049029117222



Farm Raised

Harvested in: Thailand