



GROUPER

Known for its naturally sweet flavor and firm, flaky texture, Grouper is a premium fish that enhances any menu. Its versatility makes it ideal for grilling, baking, broiling, or frying, offering operators endless menu possibilities. Our Grouper is carefully processed into skinless, boneless fillets and frozen at peak freshness to preserve its exceptional taste, texture, and quality. The result is a consistent, easy-to-use product that delivers from freezer to plate.



GROUPER

FEATURES AND BENEFITS:

- Wild Caught
- Skinless and Boneless
- High Protein, Low in Fat
- Excellent Portion Control
- 18-Month (IQF) and 24-Month (IVP) Shelf Life

MENU IDEAS:

Fresh grouper is delicious as fillets or hand-cut fingers and can be prepared grilled, blackened, baked, or fried to perfection. Serve with lemon herb butter, garlic Parmesan, Cajun seasoning, or fresh mango salsa, and pair with classic sides like fries, coleslaw, hush puppies, or rice. Grouper also makes excellent fish tacos, sandwiches, wraps, baskets, or seafood bowls, with tartar sauce, remoulade, chipotle aioli, or sweet chili sauce adding the perfect finishing touch.

HANDLING:

Keep frozen. Important: Remove product from packaging and thaw under refrigeration immediately prior to use.

Nutrition Facts

Serving size 4 oz (113g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 40mg 14%

Sodium 60mg 3%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 22g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 540mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Description	1-2 oz / 2-4 oz Fingers / 4-6 oz / 6-8 oz / 8-10 oz Fillets	1-3 lb Fillets
Pack Size	1 x 10 lb	1 x 20 lb
Master Case Net Weight	10 lb	20 lb
Master Case Gross Weight	12 lb	23 lb
Case Dimensions & Case Cube	13.4"L x 9.45"W x 5.3"H 0.388	19"L x 12"W x 6"H 0.989
Pallet Ti x Hi	14 x 12 (est)	8 x 10 (est)
Method of Catch	Wild Caught	Wild Caught
Storage	Keep Frozen	Keep Frozen
Shelf Life	18 months (Fingers) / 24 months (Fillets)	24 months
Country of Origin	Indonesia	Indonesia

4-6 oz Fillets (IVP)

HSF Item #: 570320
DOT Item #: 817323
GTIN: 00049029006051

6-8 oz Fillets (IVP)

HSF Item #: 570322
DOT Item #: 817322
GTIN: 00049029006242

8-10 oz Fillets (IVP)

HSF Item #: 570324
DOT Item #: 817321
GTIN: 00049029009199

1-3 lb Fillets (IVP)

HSF Item #: 570328
DOT Item #: 817320
GTIN: 00049029009632

1-2 oz Fingers (IQF)

HSF Item #: 570633
GTIN: 00049029009540

2-4 oz Fingers (IQF)

HSF Item #: 570632
GTIN: 00049029009533



For more information, please call / email us at
1.800.645.2211 / customerservice@harborseafood.com

