



Comeau's Atlantic Lobster is a great item to add to your shopping list ! With so many possible uses, this locally harvested lobster takes all the work out of eating lobster. This product is shelled and available in very convenient packaging, making it a breeze to use. Add Comeau's Atlantic Lobster in your seafood chowders, lobster rolls and creamed lobsters.

Atlantic Lobster CK



Preparation & Handling

- Thaw before use.

Product Details

Product Code	1493
Case Size	10 lb
Purchasing Unit	10 x 1lbs case
UPC / SCC	0-62763-01493-9/ 100-62763-01493-6

Nutrition Facts / Valeur nutritive	
Per 100 g / par 100 g	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 70	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.5 g	3 %
Trans / trans 0 g	
Polyunsaturated / polyinsaturés 0.5 g	
Omega-6 / oméga-6 0 g	
Omega-3 / oméga-3 0.3 g	
Monounsaturated / monoinsaturés 0.4 g	
Cholesterol / Cholestérol 90 mg	
Sodium / Sodium 280 mg	12 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	10 %
Iron / Fer	4 %

Menu Serving Ideas

- Use in our creamy seafood chowders, creamed lobsters on freshly baked bread or lobster rolls accompanied with thick-cut French fries.
- Use in salads, pasta dishes, sandwiches or wraps.
- Jazz up your mornings with lobster scrambled eggs.

1493: Lobster claw & knuckle meat.