



# *Lobster*



Energy: 234 Kcal / 979 KJ

Total Fat: 3.2 g

Saturated Fat: 0.5 g

Cholesterol: 146 mg

Sodium: 370 mg

Total Carbohydrate: 5.1 g

Protein: 43 g

Spiny lobsters (family Palinuridae) are among the world's most valuable seafood species, driven by strong demand and limited global supply. In Southeast Asia, the ornate rock or spiny lobster (*Panulirus ornatus*) and the spiny lobster (*Panulirus homarus*), are both farmed in Indonesia, Vietnam and Malaysia.



# *Lobster Sizes*

600-700gr

700-800gr

800gr +

Glazing: 30%

Lobster has a sweeter, less 'fishy' taste than crab, but has a flavour which is rich and satisfying. Thanks to the high amount of muscle in lobster tails, it is meaty and quite simply... stunning!





- Insulated Styrofoam Shipping Kits
- Gel Ice Packs
- Rubber bands (for claws)
- Wet Paper or Seaweed (for maintaining moisture and coolness)
- Dry Ice (Frozen lobsters only)

Packaging Type: 10 - 20Kgs Box

# *Contact Us*

Farming the ocean comes with a responsibility. We are dedicated to providing healthy seafood to people all over the world while reducing our footprint and improving fish welfare.

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