## pescados y mariscos COSTA ATLÁNTICO, S.L.

### 2021 CATALOG





## OUR HISTORY

Pescados y Mariscos Costa Atlántico is the rebirth of a family-owned company with more than 50 years of experience in this sector.

Always remembering our origins, know-how, traditions, quality and commitment; we begin the company's projects with renewed energy.





Our 13,000 square feet facilities are located in the Tartessos Industrial Zone of San Juan del Puerto (Huelva) where we recently expanded our capacity.

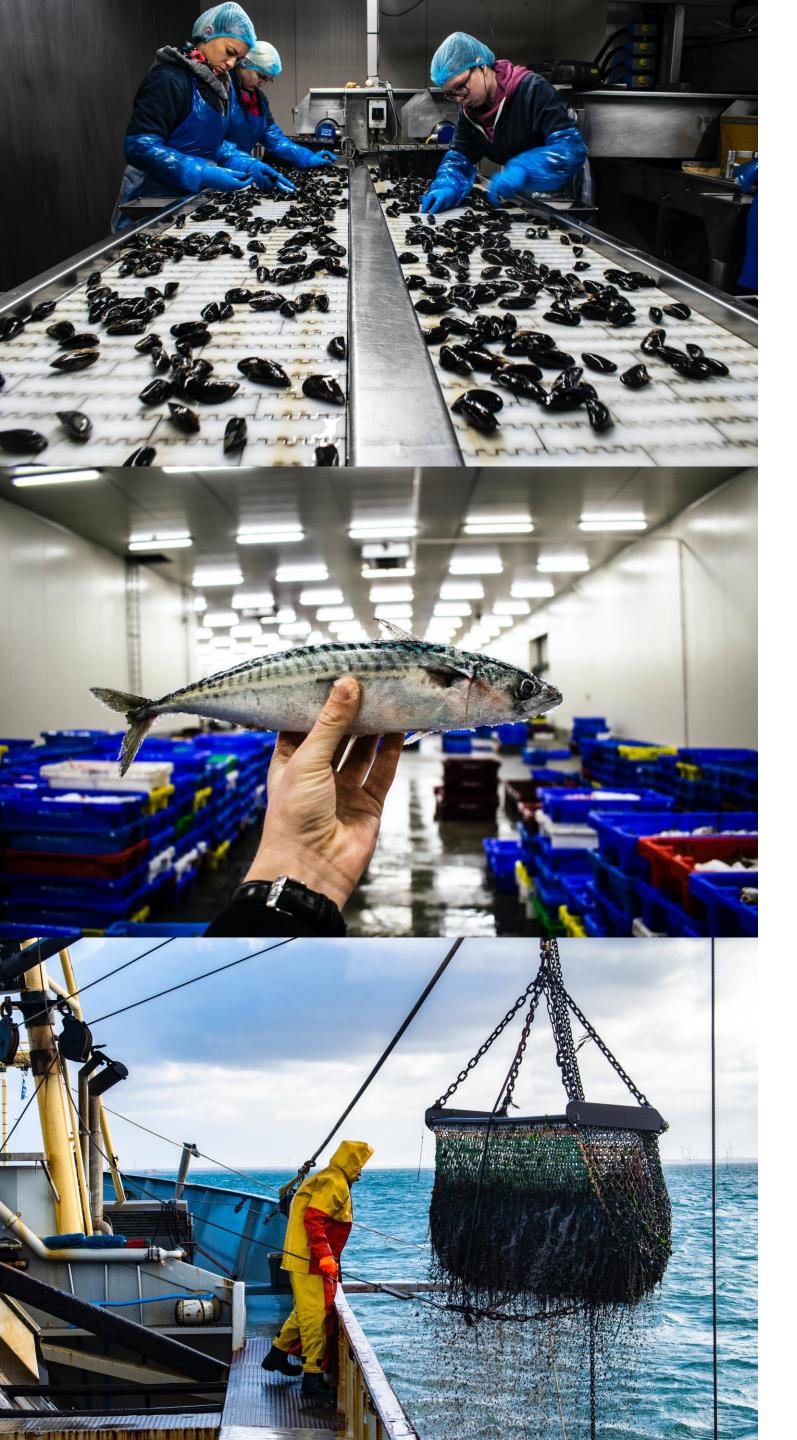
We have available 2 freezer chambers to store up to 300 pallets of product at 0 degrees Fahrenheit, a deep-freeze tunnel to process the product to -35 degrees Fahrenheit, 2 refrigerator chambers to keep fresh product between 32 and 39 degrees Fahrenheit, a processing room with separate areas to process all kind of seafood fresh or frozen and a separate packaging warehouse

# FACILITIES









We invested to renew and refurbish all our machinery in order to be able to adapt ourselves faster to the needs of our clients:

- Belt saw for fish cutting.
- Washing machine for Cephalopods.
- Industrial electric stockpot for Cephalopods and shellfish cooking.
- Hot air oven for Cephalopods and shellfish cooking.
- Double chamber Vacuum sealer machine.
- Skin removing machine for Cephalopods. \*
- Roll-fed thermoforming machine. \*
- Deep-freezer Chamber.

## FACILITIES

Labelling machine with digital weight and the capability to adapt to the needs of the client with, for example, QR and EAN codes.



## Content





### CEPHALOPODS

### SHELLFISH



### FISH

### **BIVALVES**

### MANUFACTURED

## CEPHALOPODS

Our company is a pioneer and well-known in cephalopod manufacturing, always adapting to the requirements of our clients regarding processing, packaging and labelling. The species of Cephalopods more frequently captured and baby squid.

Products from traditional and sustainability fishing using methods like pound nets, traditional clay pot tramps, trawl nets or long lines ("poteras" in Spanish).









### RAW WHOLE OCTOPUS CLEAN IN TRAY

### "Octopus vulgaris"

Our star product, Spanish Octopus clean and selected for cooking purposes. Superior quality, exceptional flavor and perfect texture.

 Cooking options: boil in water for 40/50 minutes. The best sign, to know if cooked to perfection, is to poke the octopus's leg near the head to check if it's tender enough. After that, it can be cooked on the grill or just sliced to savor naturally.

#### Pulpo Entero

- Origin: Spain.
- Capture Zone: FAO 27.
- Fishing method: traditional and sustainable using traps ("nasas" in Spanish) and clay pots.
- Sizes (Gr): 500/1000, 1000/2000, 2000/3000, 3000/4000, 4000/5000, +5000.
- Suggested presentation: Sterilized trays, individually labelled.





### RAW WHOLE OCTOPUS IN BLOSSOM AND CLEAN

#### *"Octopus vulgaris"*

**Our star product, Spanish Octopus** clean and selected for cooking purposes. Superior quality, exceptional flavor and perfect texture. It is blossom shaped in order to improve the presentation.

• Cooking options: boil in water for 40/50 minutes. The best sign, to know if cooked to perfection, is to poke the octopus's leg near the head to check if it's tender enough. After that, it can be cooked on the grill or just sliced to savor naturally.

#### Pulpo Congelado Flor

- Origin: Spain.
- Capture Zone: FAO 27.
- Fishing method: traditional and sustainable using traps ("nasas" in Spanish) and clay pots.
- Sizes (Gr): 500/1000, 1000/2000, 2000/3000, 3000/4000, 4000/5000, +5000.
- Suggested presentation: Vacuum sealed, individually labelled.











### WHOLE OCTOPUS COOKED

### *"Octopus vulgaris"*

Our star product Spanish Octopus, natural 100%, cooked and ready to eat. Superior quality, exceptional flavor and exquisite texture.

• Cooking suggestions: preheat and grill for 5 to 7 minutes or sautee for no more than 5 minutes.

#### Pulpo Natural Cocido

- Origin: Spain.
- Capture Zone: FAO 27.
- Fishing method: traditional and sustainable using traps ("nasas" in Spanish) and clay pots.
- Sizes (Gr): 500/1000, 1000/1500, 1500/2000, 2000/3000.
- Suggested presentation: vacuum sealed, individually labelled.





### OCTOPUS LEGS COOKED

### "Octopus vulgaris"

Our star product Spanish Octopus, 100% natural, cooked, ready to eat. Superior quality, delicious flavor and exquisite texture.

• Cooking suggestions: preheat and grill for 5 to 7 minutes or sautee for no more than 5 minutes. Rejo de Pulpo Cocido

- Origin: Spain.
- Capture Zone: FAO 27.
- Fishing method: traditional and sustainable using traps ("nasas" in Spanish) and clay pots.
- Sizes (Gr): 100/150, 150/200, 200/300 y +300.
- Suggested presentation: vacuum sealed, individually labelled.









### CLEAN CUTTLEFISH

### "Sepia officinalis"

Known as "Choco" in south of Spain. It is considered one of the most well know products of Huelva's cuisine.

Bright white color, extraordinary flavor and tenderness meat.

• Cooking suggestion: strip cut, flour covered and fried in oil or grilled.

#### Sepia Limpia

- Origin: Spain and Morocco.
- Capture Zone: FAO 27 and FAO 34.
- Fishing method: traditional and sustainable, using Long Lines ("poteras" in Spanish) avoiding more aggressive methods.
- Sizes (Gr):
  200/300,300/400,400/600,
  600/800,800/1000.
- Suggested presentation: vacuum sealed or IQF, individually labelled.





### CLEAN SQUID

### "Loligo vulgaris"

100% natural, no additives nor preservatives, it can be natural or clean, ready to eat. Smooth meat and with its sweet characteristic flavor.

• Cooking suggestion: ring cut, flour covered and fried in oil or grilled.

#### Calamar Limpio

- **Origin:** Spain and Morocco.
- Capture Zone: FAO 27 and FAO 34.
- Fishing method: traditional and sustainable, using Long Lines ("poteras" in Spanish) avoiding more aggressive methods.
- Sizes (Units): M, P, 2P, 3P, 4P.
- Suggested presentation: wrapped in plastic or vacuum sealed, individually labelled.









## SHELLFISH

All our products are captured, classified, processed, deep-frozen and packaged on board of ship to guarantee an exceptional quality and freshness.

Traditional and sustainable fishing methods like trawl nets and tramps ("poteras" in Spanish).



Captured in Atlantic Ocean and Mediterranean Sea (Cádiz Gulf), our shellfish always brings the highest freshness, flavor, texture and quality in the products offered.

From the large variety of existing shellfish that we handle, we specialize in: Scarlet shrimp, White shrimp, Red prawn, Norway Lobster and Argentinian prawn.



### RED PRAWN

"Aristeus antennatus"

Due to their habitat, how the product is managed, the quality and the flavor, it is considered as one of the shellfish with the more delicate flavor in the world.

Sea flavor with sweetness notes, soft texture and rich head juices.

• Cooking suggestion: grilled or boiled.

#### Gamba Roja

- Origin: Spain and Morocco.
- Capture Zone: FAO 27 and FAO 34.
- Fishing method: traditional trawl nets. Classified and frozen on board.
- Sizing (Units/Kg): 15/20,20/25,25/30,30/35,35/40.
- Suggested presentation: Sterilized trays, individually labelled.





### LANGOUSTINE

"Nephrops norvegicus"

With a long body, orange colored and big pincers.

It has compact meat with salty flavor and good value in proteins.

• Cooking suggestion: grilled or boiled.

#### Cigalas

- **Origin:** Spain, Iceland, Ireland, Scotland and Holland.
- Capture Zone: FAO 27 and FAO 34.
- Fishing method: traditional trawl nets. Classified and frozen on board.
- Sizing (Units/Kg): 0/3, 3/5, 6/8, 8/10, 11/15, 16/20, 20/30.
- Suggested presentation: Sterilized EPS trays, individually labelled.







### TIGER LANGOUSTINE

"Parapenaeus Kerathurus"

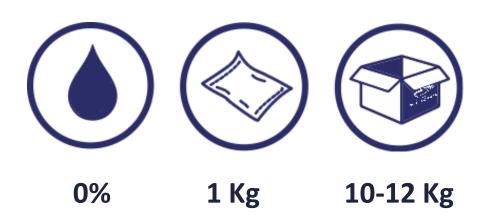
One of the gastronomic treasures of the Andalusian Atlantic Coast. Unmistakable due to its lined colors all along the body.

Firm meat that contains large amounts of vitamins, minerals and proteins

• Cooking suggestion: grilled or boiled.

### Langostino Tigre

- Origin: Spain .
- Capture Zone: FAO 27 and FAO 37.
- Fishing method: traditional trawl nets. Classified and frozen on board.
- Sizing (Units/Kg): 10/20,20/30,30/40,40/50,50/60.
- Suggested presentation: Sterilized trays, individually labelled.





### ARGENTINIAN PRAWN

### "Pleoticus muelleri"

It is considered one of the bestselling species worldwide. Average size, it is distinguishable by its intense red color.

It contains large amounts of protein, Omega 3, calcium, phosphorus and potassium.

• **Cooking suggestions:** Grilled or in elaborate dishes.

#### Gambon Argentino

- **Origin:** Argentina.
- Capture Zone: FAO 41.
- Fishing method: traditional trawl nets. Classified and frozen on board.
- Sizing (Units/Kg): 10/20,20/30,30/40 and tails.
- Suggested presentation: Sterilized trays, individually labelled.







Traditional and sustainable fishing methods, wild caught or aquaculture, using Long Lines ("Palangres" in Spanish), seine nets, shooting nets or trawl nets.

90% of our fresh and frozen fish with Spanish Origin is captured in Atlantic Ocean and Mediterranean Sea (Cádiz Gulf) giving the characteristic flavor, texture and quality of our sea "made in Spain"





Our company is a pioneer and well known for the processing quality of fresh and frozen fish, always learning and adapting to the needs of our clients.

We have our own facilities and machinery with a separate processing room, and the ability to produce a large variety of cuts such as: whole fish round, whole fish clean eviscerated, fillet, loins, portions, butterfly fillet, steak, deboned, blocks or dices.





## "ALMADRABA" RED TUNA

Wild Red Tuna from traditional fishing method called "Almadraba", It's considered "Iberian Ham of the Sea" due to its quality and the red colored meat. It comes from the Cadiz Gulf "Almadrabas", selective fishing method, fixed, sustainable and respectful of the environment.

Its capture is done between the end of March and the end of July when it is deep-frozen. This allows it to be enjoyed all year long with the optimal quality.









The fishing method "Almadraba" assures that only mature fish are captured, the average weight being between 180 Kg and 200 Kg. Also, no cetaceans were hurt due to this type of open traditional fishing.

Each commercial operation is controlled under the strict regulation of the eBCD system (Electronic Bluefin tuna catch Document System) directed by ICCAT (International Commission for the Conservation of Atlantic Tunas).







### BLUEFIN TUNA LOIN

"Thunnus thynnus"

Fillet or loins of red tuna certified from the Almadraba fishing zone. It is prepared without skin, bones and dark meat.

• Cooking suggestions: Raw, Grilled or in an infinite variety of elaborate dishes.

#### Lomo Atun Rojo

- Origin: Spain.
- Capture Zone: FAO 27, FAO 34, FAO 37.
- Fishing method: traditional fishing ("Almadraba" in Spanish) or Long lines.
- Sizing (Gr):
- **1. Fillet or sticks:** 200/300,300/500.
- Suggested presentation: Vacuum sealed. Ultra-frozen, sashimi quality, individually labelled.







### BLUEFIN TUNA BELLY

### "Thunnus thynnus"

With a red, pink and white color truly characteristic due to the marbling in its meat.

Considered the most valuable cut in the market due to the high fat percentage, it is called "Toro" in Japanese cuisine.

• **Cooking suggestions:** Raw in sushi or sashimi or Grilled.

#### Ventresca de Atun Rojo

- Origin: Spain.
- Capture Zone: FAO 27, FAO 34, FAO 37.
- Fishing method: traditional fishing ("Almadraba" in Spanish) or Long lines.
- Sizing (Gr):
- **1. Fillet or sticks:** 200/300,300/500.
- Suggested presentation: Vacuum sealed. Ultra-frozen, sashimi quality, individually labelled.







### FILLET OR WHOLE SEA BASS

"Dicentrarchus labrax"

Raised in marine farms in the Mediterranean Sea in a privileged habitat for its development.

Characteristic sea flavor, compact and juicy meat, rich in Omega 3.

• Cooking suggestions: Grilled or whole fried.

#### Lubina Entera

- Origin: Spain.
- Capture Zone: FAO 27, FAO 37 or aquiculture.
- Fishing method: seine nets, controlled night fishing.
- Sizing (Gr):
- **1. Whole Sea Bass:** 300/400,400/600, 600/800, 800/1000.
- **2.** Sea Bass Fillet: 60/70, 100/125, 150/175, 200/220.
- Suggested presentation: IQF or Vacuum sealed. Whole clean piece or boneless fillet.







### FILLET OR WHOLE SEA BREAM

#### "Sparus aurata"

Raised in marine farms in the Mediterranean Sea in a privileged habitat for its development.

Characteristic sea flavor, compact and juicy meat, rich in Omega 3.

• Cooking suggestion: Grilled or whole fried.

#### Dorada Entera

- Origin: Spain.
- Capture Zone: FAO 27, FAO 37 or aquiculture.
- Fishing method: seine nets, controlled night fishing.
- Sizes (Gr):
- **1. Whole Sea Bream:** 300/400,400/600, 600/800, 800/1000.
- **2. Sea Bream Fillet:** 60/70, 100/125, 150/175, 200/220.
- Suggested presentation: IQF or Vacuum sealed. Whole clean piece or boneless fillet.





### NORWAY COD

### "Gadus morhua"

Due to the cold water where it lives and its white meat, the cod is considered one of the meats with the best consistency worldwide.

Source of Omega 3, Selenium and Vitamin D.

• **Cooking suggestions:** Grilled, fried in oil, oven cooked with vegetables.

#### Bacalao Islandia

- Origin: Iceland.
- Capture Zone: FAO 27.
- Fishing method: Long Lines, processed and frozen on board.
- Sizes (Gr):
- 1. **Fillet:** 500/1000, 1000/2000.
- **2.** Loin: 500/800, 800/1200.
- **3.** Portion fillet:180/300.
- **4.** Portion Loin: 180/300.
- Suggested presentation: IQF or Vacuum sealed.





### FILLET OR WHOLE MACKEREL

*"Scomber scombrus "* 

Typical Andalusian White fish typically canned.

### Fish rich in fatty acid Omega 3 and vitamins.

• Cooking suggestions: Grilled, fried in oil or in salad. Caballa o Filete de Caballa

- Origin: Spain.
- Capture Zone: FAO 27.
- Fishing method: Seine nets, daily fishing.
- Sizes (Gr):
- **1. Fillet:** 80/120.
- **2.** Clean Whole piece: 200/300, 300/500.
- Suggested presentation: IQF or Vacuum sealed.





### FILLET OR WHOLE DOVER SOLE

### "Solea lascaris"

White meat fish that is considered one of the best flat fish due to its supreme quality.

With exceptional flavor and fine texture.

• Cooking suggestions: Grilled, fried in oil.

#### Lenguado o Filete de Lenguado

- Origin: Spain, Morocco.
- Capture Zone: FAO 27, FAO 34.
- Fishing method: Seine nets.
- Sizes (Gr):
- **1. Fillet:** 60/80.
- **2.** Clean Whole piece: 200/300, 300/500.
- Suggested presentation: IQF or Vacuum sealed. Clean fillet skinless and boneless.





### SWORDFISH

"Xiphias gladius"

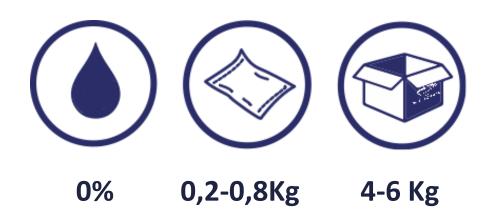
Captured by Spanish ships following the traditional methods, it is considered as having the best quality of its species. It is highlighted by its pale pink color and well-balanced fat content.

Our product is under control and test regulations that include mercury analysis.

• **Cooking suggestions:** Grilled or oven cooked.

#### Pez Espada

- Origin: Spain.
- Capture Zone: FAO 27.
- Fishing method: Long Lines.
- Sizes (Gr):
- **1.** Loin: 4000/7000.
- **2. Fillet:** 200/300, 300/500.
- Suggested presentation: IQF or Vacuum sealed. Clean fillet skinless and boneless.











### RED SNAPPER

"Pristipomoides filamentosus"

Red and grey fish with white compact meat really appreciated on the market.

#### Excellent source of proteins, Omega 3 and nutrients.

• **Cooking suggestions:** Grilled or oven cooked.

Filete Pargo Rojo

- Origin: Spain, Marruecos.
- Capture Zone: FAO 27, FAO 34.
- Fishing method: Long Lines.
- Sizes (Gr):
- **1.** Loin: 300/500, 500/800, 1000/1500.
- 2. **Fillet:** 200/300, 400/600.
- Suggested Presentation: IQF or Vacuum sealed.





### FILLET OR WHOLE ANCHOVY

"Engraulis encrasicolus"

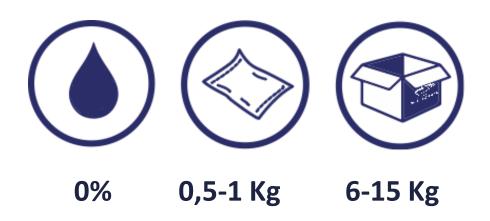
Blue fish known as "bocarte" in Spanish, great value in the Spanish market.

**Contains large amount of fatty acid Omega 3.** 

• Cooking suggestion: fried in oil, canned or dressing.

Boqueron o Filete Boqueron

- Origin: Spain.
- Capture Zone: FAO 27.
- Fishing method: Seine nets, daily fishing.
- Sizes (Gr):
- **1. Whole piece:** 50/60.
- **2.** Fillet: 70/80.
- Suggested presentation: boneless fillet or whole unit in blocks or IQF.





### FILLET OR WHOLE TURBOT

### "Scophthalmus maxima"

Flat fish with diamond shape.

Smooth and white meat with little amount of fat and gelatin texture.

• Cooking suggestion: grilled or oven cooked.

#### Rodaballo Entero o Filetes

- Origin: Spain, Morocco or Aquiculture.
- Capture Zone: FAO 27, FAO 34.
- Fishing method: Traditional fishing method using hook lines.
- Sizes (Gr):
- **1. Whole piece:** 300/500, 500/800,800/1000,1000/1500.
- 2. Fillet: 100/200,200/300,300/350.
- Suggested presentation: whole unit eviscerated IQF or boneless fillet vacuum sealed.





### ICELAND POLLOCK

"Pollachius virens"

Wild fish with similar attributes as the Iceland Cod.

White compact meat, less salty than Cod. It is a source of Omega 3 and Vitamin D.

• Cooking suggestions: grilled or oven cooked.

#### Fogonero de Islandia

- Origin: Iceland.
- Capture Zone: FAO 27 Capture Zone: FAO 27.
- Fishing method: Traditional fishing method using hook lines.
- Sizes (Units/kgs):
- **1. Portions:** 500/1000, +1000.
- **2.** Fillet: 120/150, 180/250.
- Suggested presentation: IQF vacuum sealed in bags or in boxes.





### FILLET OR WHOLE SARDINE

### "Sardina pilchardius"

#### One of the best-selling blue fish worldwide.

#### **Excellent source of Omega 3.**

**Cooking suggestions:** fried in oil or canned with oil.

#### Sardina o Filete de Sardina

- Origin: España.
- Capture Zone: FAO 27.
- Fishing method: Seine nets. Daily fishing.
- Sizes(Gr):
- **1.** Whole pieces: 10/15, 15/20.
- **Fillet:** 40/60. 2.
- Suggested presentation: IQF vacuum sealed in bags or in boxes.





### CORVINA FILLET

"Argyrosamus regius"

Wild White fish captured in Spanish waters greatly appreciated in the market due to its delicate meat.

• Cooking suggestions: grilled or raw in "ceviche". Filete de Corvina

- Origin: Spain.
- Capture Zone: FAO 27, FAO 37.
- Fishing method: Long Lines.
- Sizing (Gr):
- **1.** Fillet: 180/220, 300/500, 500/800, 2000/3000.
- Suggested presentation: Clean and Boneless fillets IQF vacuum sealed in bags or in boxes.





### BLUE SHARK

"Prionace glauca"

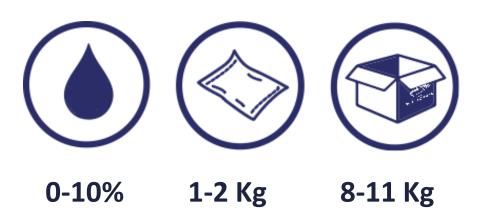
This fish lives near the surface of the sea and it has relatively large size which makes it easy to capture.

White, tender and juicy meat with the benefit of a low rate of fat and good proteins, vitamins A and B content.

• Cooking suggestions: grilled or oven cooked.

#### Caella

- Origin: Spain.
- Capture Zone: FAO 27.
- Fishing method: Long Lines.
- Sizes (Gr):
- **1.** Fillet: 200/300, 300/500.
- Suggested presentation: Clean and Skinless fillets IQF vacuum sealed in bags or in boxes.







### NORWAY SALMON

#### "Salmo salar"

Blue fish that lives in both fresh and salt water, with long body, small head and pink meat. It is considered one of the healthiest seafood.

It is a source of high-quality protein, vitamins, minerals and, also, fatty acid Omega 3.

• Cooking suggestion: grilled or oven cooked.

#### Salmon Noruego

- Origin: Norway.
- Capture Zone: FAO 27.
- Fishing method: Seine nets, Daily fishing.
- Sizing (Gr):
- **1.** Fillet: 1000/1500, 1500/2000, 2000/2500.
- **2.** Portion: 150/200, 200/300, + 300.
- Suggested presentation: Clean and Skinless fillets or portions IQF vacuum sealed in bags or in boxes.







## BIVALVES

Traditional and sustainable fishing methods with manual process and daily fishing.

Recently, we opened a new process of pasteurization in our facilities which allowed us to obtain the authorization to commercialize them frozen worldwide.

With the pasteurization, we achieve the shell opening of the bivalve, kill microorganisms, kill bacteria or toxic elements that could be in the product and, at the same time, preserving all the qualities of the product like flavor, texture and tissue consistency.







- Our bivalves are captured in production zones "A", sold in regulated fresh fish Spanish markest and are inspected and analyzed under of the legal normative of the UE.
  - We fulfill the requirements to export and commercialize bivalves to USA under the food and health security control for Raw Mollusk Bivalves managed by the FDA and included in the ICSSL list.





### COCKLES

"Donax trunculus"

#### Mollusk-bivalves with small size and a fine flavor. Source of iron.

 Cooking suggestions: cook with garlic and oil in high heat. The moment it opens its shell, take off the heat and serve.

#### Coquinas de Huelva

- Origin: Spain.
- Capture Zone: FAO 27.
- Fishing method: traditional beach trawl. Daily fishing.
- Sizes (Cm): 3 5.
- Suggested presentation: vacuum sealed and pasteurized.







### SPANISH CLAMS

### "Chamelea Gallina"

#### Mollusk-bivalves with a small size and a strong sea flavor. Source of iron.

 Cooking suggestions: cook with garlic and oil in high heat. The moment it opens its shell, take off the heat and serve.

#### Chirlas de Huelva

- Origin: Spain.
- Capture Zone: FAO 27.
- Fishing method: traditional beach trawl. Daily fishing.
- Sizes (Cm): 3 5.
- Suggested presentation: vacuum sealed and pasteurized.





### HUELVA RAZOR CLAMS

### "Ensis directus"

Mollusk-bivalves with an average size with a smooth sea flavor.

Source of iodine and fatty acids.

 Cooking and consuming option: cook with garlic and oil in high heat. The moment it opens its shell, take off the heat and serve.

#### Navajas de Huelva

- Origin: Spain.
- Capture Zone: FAO 27.
- Fishing method: traditional beach trawl. Daily fishing.
- Sizes (Cm): 10 12.
- Suggested presentation: Sterilized trays or vacuum sealed, pasteurized.







### FINE SPANISH CLAMS

"Ruditapes decussatus"

Considered the best clam on the Spanish Coast. Source of iron, Potassium and calcium

 Cooking and consuming option: cook with garlic and oil in high heat. The moment it opens its shell, take off the heat and serve. Almejas Finas

- Origin: Spain.
- Capture Zone: FAO 27.
- Fishing method: traditional beach trawl. Daily fishing.
- Sizes (Cm): 4-6.
- Suggested presentation: vacuum sealed, pasteurized.







## **FLOUR COVERED**

Recently, we create a new line of clean and flour covered seafood, ultra-frozen ready to be fried.

Fishes are captured by Huelva Fishermen, auctioned, sent to the facilities, eviscerated, flour covered and ultra-frozen from the fresh product to keep this freshness in the product.

It isn't necessary to defrost it to fry it, it goes directly from the frozen to the frier.







	lt	must	be	cooked	with	а	large	amount	of	oil	to	170ºC	of
l <i>,</i>	ter	mperat	ure	and add	ing the	e k	product	t in small	an	nour	nts,	taking	out
	wł	nen the	y ar	e crispy a	nd gol	de	n color	ed.					

- With our product you will save manpower, working time, preparations and near 40% of the oil to fry consume.
- We offer the possibility to use corn flour adapting ourself for all our clients to have the option of consume our products.





### FLOUR COVERED CUTTLEFISH

### Choco Frito





3-4 min



### FLOUR COVERED BLUE SHARK

### Adobo Frito





3-4 min

### BABY PRAWN OMELET

#### Tortilla de Camaron





3-4 min



### FLOUR COVERED ANCHOVY

### **Boqueron Frito**





2-3 min

### FLOUR COVERED MONKFISH BLOCKS

### Taquitos de Rape





3-4 min



### FLOUR COVERED SQUID RINGS

### Anillas de Calamar





### FLOUR COVERED ANCHOVY FILLET

### Filete de Boqueron





2-3 min



### FLOUR COVERED CORVINE FILLET

Corvina Empanada



4-5 min

### CUTTLEFISH HAMBURGERS

#### Hamburguesas de Choco





3-4 min



### FLOUR COVERED HAKE STICKS

### Pavias de Merluza





3-4 min







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