



## THE PORTICO PLEDGE:

- NO COMPROMISE IN QUALITY
- SUPERB CONSISTENCY
- FRESH, NATURAL FLAVOR
- SUSTAINABILITY IS KEY

# FRESH FISH



ENSURING FOOD SAFETY, QUALITY,  
& SUPPORT *with each delivery*



Sysco is the global leader in selling, marketing and distributing food products to restaurants, healthcare and educational facilities, lodging establishments and other customers who prepare meals away from home. Our family of products and services also include equipment and supplies for the food service and hospitality industries.

When the goodness of nature meets the quality of Sysco, the wonders never cease. From fresh finfish to superior shrimp and gourmet lobster, Sysco has all you'll need to continue the tradition of quality for all of your seafood needs.

**The source is the focus.** With an increased focus on food sources and sustainability, customers are looking for food sources that are responsibly managed and ecofriendly. Knowing where their food is coming from is an important factor for many customers.

**Health matters.** Recent studies have heralded the many health benefits of even modest consumption of seafood, making seafood a healthier choice for many. This healthy reputation is helping the category grow significantly – particularly with fish high in omega-3 fatty acids, like salmon.

**Value is still important.** While consumer tastes and operator menus are evolving to include highend offerings, the constant and stable value of shrimp, the category leader, is still unmatched. Shrimp has long been the most popular seafood item on mainstream menus, and is being used in more unconventional dishes. From tacos to sandwiches to salads, shrimp is here to stay.

### Food Service Trends

Seafood options are already so plentiful and varied, but when coupled with a bounty of preparations and applications, the opportunities for menu innovation are infinite. The following trends are based on restaurant consumer surveys, and are great ways to stay on the forefront of changing tastes for seafood.

**Grilled seafood** has been a hot menu item due to the healthful and upscale perception. Try using infused oils and butters brushed onto the seafood prior to grilling for added flavor.





***Fusion is fashionable*** and this popular trend is finding its way onto sushi menus. Think Latin with hot peppers and cilantro, or Mediterranean with olives and sun-dried tomatoes.

***Surf and turf*** has long been a mainstay on upscale menus, but the dynamic duo is getting a facelift to fit a range of menus. Roasted lamb with seared scallops, sirloin steak with shrimp scampi... the possibilities are endless.

***Classic southern seafood*** has enjoyed resurgence in recent years, including venerable favorites like shrimp and grits gracing a range of menus from diners to upscale establishments. Spicy Cajun and Creole fare from the Gulf area are also gaining in popularity.

***Pairing fruit and seafood*** helps highlight the fresh taste of high-quality seafood with bright and vibrant fruit flavors. A few examples include citrus glazes on grilled fish or fresh fruit salsas aside lightly-fried shrimp or calamari.



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