



Sysco

PRODUCT SEAFOOD STORIES

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

Shrimp has long been the most popular seafood on mainstream menus, and for good reason. Sustainable, stable and value-oriented, shrimp continues to increase in demand, particularly when commodity prices continue to escalate. When compared side-by-side, it's easy to see why Portico stands above our competition.



SUPERIOR SHRIMP



Shrimp's versatility makes it a favorite for any menu, whether as an appetizer, entrée, ingredient or topping. Portico brands have an extensive offering over a range of prices to cover any and all of your shrimp applications. We carry both domestic and international white and brown shrimp, as well as the popular Black Tiger shrimp from Southeast Asia.

Our products include:

- Green headless
- Peeled and deveined
- Cooked, peeled and deveined

Portico brand shrimp come in a range of counts as well, from under 10 to over 300 per pound.

We also offer multi-sized packs, a great option for those looking for value.

Quality measures for Portico brand shrimp include:

- Shrimp should not appear dry or dehydrated and should be uniform in size and color appearance.
- Black spots (melanosis) are a sign of age before freezing and will indicate a corresponding loss of moisture and flavor.
- A yellow-green cast is caused by an excessive dose of sodium bisulfite, used to keep black spots from developing.
- Shrimp that have been

allowed to soak in melted ice too long, or suffer temperature abuse, will have a sour taste and unpleasant odor.

- Shrimp that have been over-soaked in sodium tripolyphosphate (STP) will appear translucent and feel slimy with a metallic taste.
- Portico brands consistently deliver **high quality** shrimp with a pleasant, salty odor similar to clean salt water with minimal tail breakage.

Whatever your choice – Tigers, whites, browns, domestic, China, Vietnam, Indonesia, Thailand, Ecuador, cooked, breaded, raw, peeled – Portico has you covered!

CALAMARI PERFECTED

Fresh and natural, Portico Simply calamari comes in the following varieties to meet every operator's needs:

- Tube (trimmed and untrimmed)
- Tube and tentacle (trimmed and untrimmed)
- Ring
- Ring and tentacle

We also offer Portico breaded strips that are fully cleaned and trimmed, ready to go from tray to fryer.

Through Portico's strict PSIP evaluations, our product won't have the lower quality defects that most other suppliers allow, including split tubes, viscera, beaks, discoloration and higher tentacle ratio with rings or tubes. And with our **product evaluations**, we're continually refining our current squid specifications to ensure that we deliver what you've come to expect from Sysco – high quality, fresh products.



Squid has become increasingly popular within the past decade, in large part due to its fried form, calamari. Any form of this seafood rising star is now referred to by its "fried" name, rather than by species.





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THE SCOOP ON SCALLOPS



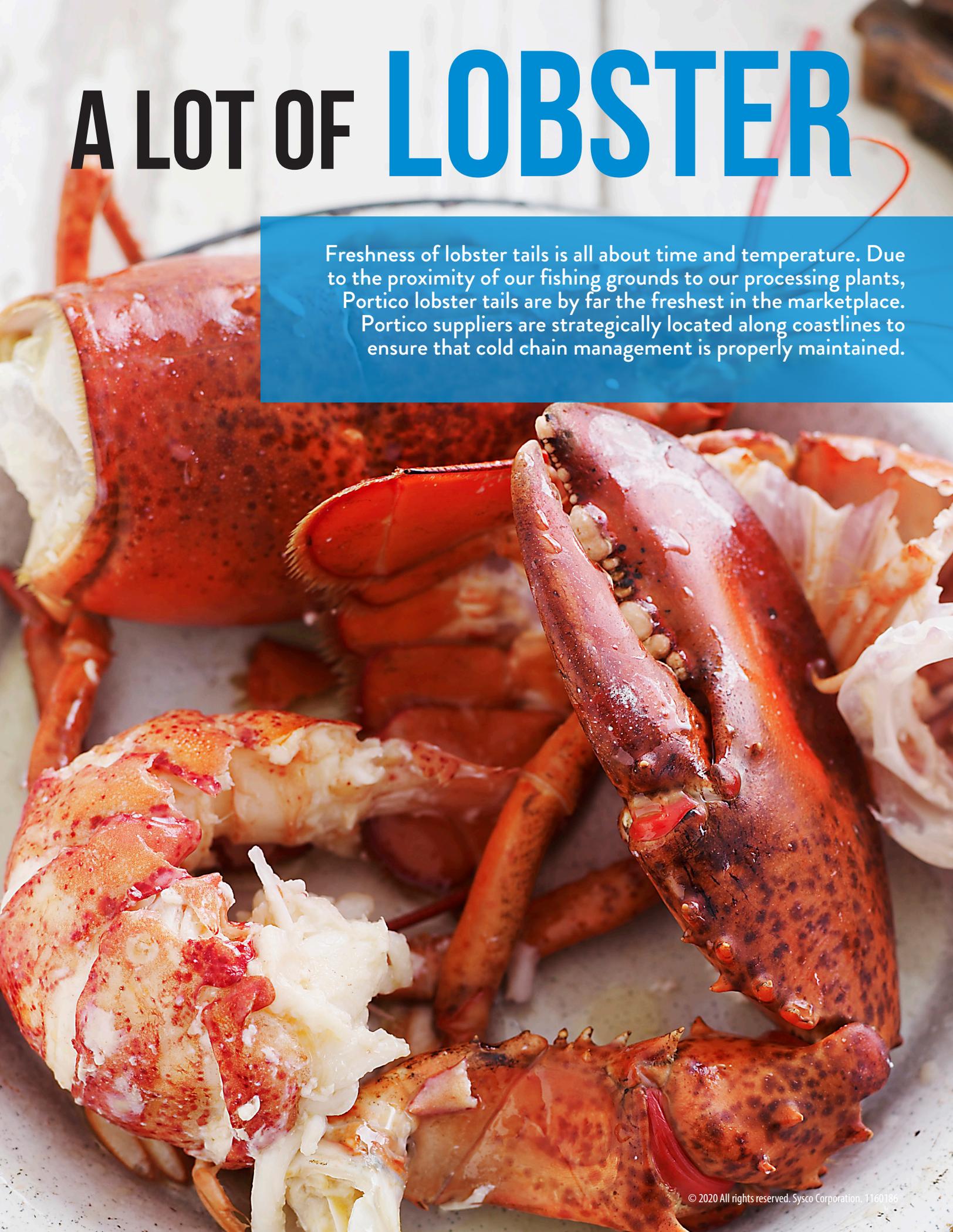
Portico brand sea scallops are harvested from the North Atlantic Ocean, which is rich in nutrients, and has strong, cold currents that produce firm, desirable scallop meat. Our state-of-the-art processing equipment tightly controls moisture for premium taste and quality in the finished product. From searing and crusting to broiling and poaching, our sea scallops can take any plate from good... to great!

Portico Simply and Portico Bounty sea scallops are **all-natural** and are subject to Portico's strict quality processes, including:

- **On-site inspections, audits and quality reporting from receipt of raw material to finished product processing**
- **Uniformity to specifications for consistent sizing and portion control**
- **Tamper-proof shipping containers**

	Sysco Portico Sea Scallops
Full Weight	Portico packs 5.25 to 5.35 lbs gross weight per bag, allowing 5 to 7% glaze, and a net deglazed weight of 5 lbs.
Pieces	Portico pack is under 2% of pieces, with the majority being 0% pieces.
Country of Origin	Portico sea scallops are 100% wild-caught from the North Atlantic.
Over-Processing	Portico Bounty sea scallops are processed until they maintain a maximum of 25% water added.

A LOT OF LOBSTER



Freshness of lobster tails is all about time and temperature. Due to the proximity of our fishing grounds to our processing plants, Portico lobster tails are by far the freshest in the marketplace. Portico suppliers are strategically located along coastlines to ensure that cold chain management is properly maintained.

As one of America's favorite shellfish, crab has long been among the top ten seafoods consumed. Crab maintains worldwide appeal and is considered a premium entrée option, with many varieties and forms.



CRAB IS A CLASSIC

Our fresh crab varieties include king, snow and Dungeness crab. Each of these comes in various forms. A few examples include:

- King crab sourced from Russia, Norway and Alaska. Available in boiler claw, window cut-split legs, portions and whole cooks
- Snow crab sourced from Canada, Russia and Alaska. Available in cocktail claws, snap & eat, sections and meat
- Dungeness crab sourced from Canada, Alaska and the Pacific Northwest (Washington, Oregon and California). Available in snap & eat, sections, whole cooks and meat

All of these items are soaked in brine instead of being blast-frozen, allowing the flaky, tender meat to release easily from the shell. Sysco also offers a full range of crab meat in our SeaWings product line – jumbo lump, backfin, special and claw – as well as surimi (imitation crab meat). We also offer several delicious crab cake products that are conveniently packaged ready to cook and serve.



SUPERSTAR OF SEAFOOD SALMON



From fresh, wild-caught Alaskan King fillets to individual quick-frozen skin-on Norwegian portions, Portico has your salmon solution. Portico Simply offers both Norwegian and Alaskan salmon in a wide variety of skinless and skin-on portions. Some of our Alaskan offerings include:

- King
- Coho
- Sockeye
- Keta
- Pink

Our wild Alaskan salmon is supplied through Marine Stewardship Council (MSC) certified fisheries, guaranteeing that our products come from responsible and sustainable sources.

Portico Prime Norwegian and Chilean Atlantic Salmon varieties, as with all Portico products, are also completely traceable, **from table back to hatchery**. The salmon is farmed along rugged coastlines and packed in its most natural state with no added sodium, water or triphosphates.

We proudly hold ourselves to the toughest quality standards in the industry, including:

- Dimensional consistency in portions
- Strict processing practices, including bone, skin and bloodline removal
- Testing for color defects, dehydration viscera, cut/trim and other specifications

Firm texture, fresh flavor, superior salmon. No matter which product you choose, you're getting the best with Portico brand salmon.



All fish are not created equal, and salmon is a shining example of seafood superiority. With an array of varieties that cover a range of textures and flavors, and packed with heart-healthy omega-3s, it's no wonder that salmon is consistently a top performer. In fact, consumer surveys have shown salmon to be the third most-consumed seafood.

Sysco tuna is continually inspected, has uniform color, taste and texture, and has a lower percentage of flake, giving you a better yield. In fact, Sysco standards for tuna are set higher than that of the U.S. government! We have a ZERO tolerance policy for:

- Hard bones in tuna
- Scorching (surface defect from exposure to metal cans)
- Honeycombing (evidence of decomposition)
- Poor cleaning
- Bruising (dark red or brown blotches)



TUNA 101



- Albacore. The only species that may be labeled white or white meat tuna by U. S. law. Albacore is a premium tuna species. The flesh generally is a light, creamy white. Rich in omega-3 fatty acids, it is firm in texture with a very mild flavor.
- Skipjack is the most abundant species of the commercially canned tunas. Its flesh is darker than other tunas, with a strong taste. Due to its high oil content, it has a pronounced flavor and aroma, and a relatively tender texture. Its small size accounts for the smaller loins and chunks. This is the lowest cost tuna and the largest selling Sysco tuna.
- Yellowfin, or “ahi,” is somewhat similar to skipjack, but the yellowfin tuna has a characteristic long yellow-colored lateral fin. It is lighter in color than skipjack with a firmer texture and milder flavor. The color ranges from pale tan to pink, and is often used by the Japanese for sushi and sashimi.
- Tongol must be labeled as light tuna, but its color can be similar to that of albacore, and is often considered as a lower cost alternative. Its color is white to light-pink, with meat that is tender but not quite as dry as albacore. A highly seasonal fish and a localized catch accounts for Tongol’s varying costs.

Sysco supports tuna harvest by Pole and Line, which involves the use of a hook and line attached to the end of a pole, catching only one fish at a time. Recently, this method has increased in popularity because it is “ecofriendly,” reducing negative impacts on baitfish. Other commercial fishing methods are destroying tuna populations and other fish species in the process but Pole and Line fishing focuses on ocean sustainability instead of the bottom line.



NOT ALL **TILAPIA** ARE CREATED EQUAL

Portico Simply tilapia products are “All Natural,” containing no additives, preservatives or antibiotics. Our tilapia is caged raised in controlled environments in clean, freshwater lakes and reservoirs to ensure consistent flavor. Our Portico Simply supplier owns the farms, hatcheries, and the fish, allowing for 100% traceability. We stamp a production date code on each individually packed fillet and also on the outside of our cartons. Many other processors treat tilapia fillets with carbon monoxide after they have been filleted. Portico Bounty tilapia is only treated while the fish is still alive and fresh, before being filleted, frozen or packaged, guaranteeing quality. Lastly, all Portico tilapia are 100% grain fed while others use algae, giving an off flavor to the fish.



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CATFISH & PANGASIUS

Portico Brand catfish and pangasius are processed in Sysco approved facilities and packed to Sysco's rigid quality standards.

Baked, broiled, stewed or fried, catfish is a versatile fish that offers a wholesome meal at a great value. All Portico catfish is farm-raised making it highly and 100% replenishable. Our catfish is also grain-fed, allowing it to maintain a mild, slightly sweet flavor. Add Portico catfish to your menu as a "heart-healthy" option. It's high in protein and low in cholesterol and saturated fat.

Striped pangasius is an increasingly popular finfish, farmed in the Mekong River Delta in Vietnam. It can be featured in any recipe calling for cod, sole or tilapia but at a reduced plate cost. However, Sysco makes sure that reduced cost doesn't mean reduced quality. Portico Bounty pangasius has a fully integrated production process, beginning in the nursery and ending in our Sysco approved processing facilities.

Choosing Portico Bounty pangasius ensures that your fish is protected. Our "less costly" competitors bypass our high quality checks, like:

- Water testing. All water is tested for chemicals, cleanliness and impurities.
- Oversoaking. Portico Bounty Pangasius has written specifications as to how much moisture can be added to the product. Competitive products are often pumped with up to 15% more water than the 9% moisture limit Portico specifications allow.
- Net Weight. Through our Point Source Inspection program, every shipment is checked and verified to be 100% net weight. Selling short weight products is illegal and not tolerated in the Portico program.



Consistent color

Consistent sizing

No over-soaking

No product misleading



Portico Simply meets or exceeds USDC Grade A Specifications, and guarantee uniformity and net weight.



Cod is considered the premium species in the whitefish category and has long been on the Top 10 Seafood list in the United States. Harvested by wild catch only, our Portico cod is subject to **stringent specifications for size, uniformity, color and more.** Adding cod to your menu is easy and very profitable. Portico Bounty cod includes a variety of traditional cuts from loins and tails to cellos. Loins make a great main dish entrée and tails are perfect for sandwiches or as salad-toppers. Cello is the ideal cut for fish and chips and is always a menu favorite. Since the Sysco Portico cod program is locked in at prices that provide significant advantage compared to the competition, you're always getting the best value around.

COD & POLLOCK

Mild, tender and firm, Alaska pollock is a popular choice for its versatility and adaptability, accounting for 30% of all U.S. seafood landings by weight. Annual harvests average 1.1 million metric tons, all on a sustainable basis at MSC-certified fisheries. With its snow-white fillet that flakes beautifully, Alaska pollock is a go-to choice for many applications. It is best used in value-added breaded options such as fish sticks, sandwich fillets and fish and chips.



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