



Beyond Shrimp Cocktails

With the abundance of holiday parties, celebrations, and gatherings throughout the months of November and December, you need to think beyond the traditional shrimp cocktail on your holiday menus. You can create endless menu applications with shrimp, while also following the latest healthy diet trends. Look at all the ways that shrimp can add to your operation:

- Shrimp is an excellent low-fat protein source, and contains 0.3 grams of Omega-3 per 3 ounce portion (cooked without added fat or sauces). Omega-3 fatty acids can lower the risk of heart disease and improve brain function.*
- The American Heart Association recommends eating two servings of seafood a week. **
- Portable and snackable, shrimp is an easy to eat high-end addition to your menu.
- Highlight healthy menu items like shrimp and seafood with a special icon or offer made-to-order options with grilling, baking, or sautéing.
- Shrimp cook quickly and easily with the addition of garlic, red hot chili peppers, or any other favorite spices

Even though shrimp is very popular during the holiday season, choosing the right shrimp to prepare for your best customers is just as important. Sysco provides superb, versatile Black Tiger and White shrimp under the Portico Brand.

As any shrimp connoisseur will tell you, Black Tiger and White shrimp are not ordinary shellfish. Processed in modern, tightly controlled facilities, Sysco supplies these shrimp on a year-round basis from various shrimp producing countries. Portico Black Tiger and White shrimp are farm-raised in clean, controlled



waters for a fresher taste and graded after processing, with no hidden costs in waste or shrinkage.

Portico's peeled and deveined shrimp also save kitchen preparation time and are available tail-on and tail-off. Sysco individually quick freezes both raw and cooked shrimp to lock in tenderness and flavor, and packs them in polybags, so you can thaw only the amount you need. Sysco developed unique packaging that practically eliminates packaging waste and improves sanitary conditions. And Sysco guarantees that Portico Simply Black Tiger and White shrimp have no added chemicals, remain at 100% net weight after thawing, and always stay within specifications for count and consistency.

If you're looking for a taste sensation, look no further to — shrimp! And remember to think beyond the shrimp cocktail by adding an array of festive and heart-healthy menu items to your holiday celebration menus.

* Source: *USDA Nutrient Database for Standard Reference*

** Source: *American Heart Association*