

**ATLANTIS**  
FOODS

# FLOUR DUSTED CALAMARI

Available in 2 formats:  
4 x 2.5 lbs OR 20 x 8 oz portion packs

Atlantis Foods, providing the best  
seafood quality in Canada!

- Freshness guaranteed
- Unbeatable quality
- #1 Quality Loligo Squid
- Individually quick frozen for easy portion control
- Ready to cook
- No waste - 100% yield
- Guaranteed weight
- Marinated for ultimate tenderness

The FLOUR DUSTED CALAMARI comes from the highest quality loligo squid. Handcut for a homemade appearance from 3 to 5 inch squid. Marinated for flavour, tenderness and lightly floured with no heavy breading or the use of monosodium glutamate (MSG).

#### Cooking Instructions:

1. Product is to be kept frozen.
2. Deep fry from a frozen state at 350 degrees Fahrenheit for approximately 2 minutes.

#### Ingredients:

Squid, flour, canola oil, granulated garlic, oregano, salt, pepper sodium acid pyrophosphate, sodium bicarbonate, monosodium phosphate, corn starch, disodium guanylate



- Family owned company that supports Canadian Jobs and the economy using premium quality imported and domestic raw materials
- Made in Canada by Canadians for Canadians



Please contact us at:

George Chilas | 604-839-5017 | atlantisfoods@shaw.ca

**ATLANTIS**  
FOODS

# FIRE DUSTED CALAMARI

4 x 2.5 lbs

Atlantis Foods, providing the best seafood quality in Canada!

- First to introduce FIRE DUSTED Calamari
- #1 Quality Loligo Squid
- Freshness guaranteed
- Unbeatable quality
- Individually quick frozen for easy portion control
- Ready to cook
- No waste - 100% yield
- Guaranteed weight
- Marinated for ultimate tenderness

The FIRE DUSTED CALAMARI comes from the highest quality loligo squid. Handcut for a homemade appearance from 3 to 5 inch squid. Marinated for flavour, tenderness and lightly floured with no heavy breading or the use of monosodium glutamate (MSG).

#### Cooking Instructions:

1. Product is to be kept frozen.
2. Deep fry from a frozen state at 350 degrees Fahrenheit for approximately 2 minutes.

#### Ingredients:

Squid, flour, canola oil, granulated garlic, cayenne pepper, chili pepper, paprika, salt, pepper sodium acid pyrophosphate, sodium bicarbonate, monosodium phosphate, corn starch, disodium guanylate



- Family owned company that supports Canadian Jobs and the economy using premium quality imported and domestic raw materials
- Made in Canada by Canadians for Canadians



Please contact us at:

George Chilas | 604-839-5017 | atlantisfoods@shaw.ca



# SEA SALT & PEPPER CALAMARI

4 x 2.5 lbs



Atlantis Foods, providing the best seafood quality in Canada!

- #1 Quality Loligo Squid
- Freshness guaranteed
- Unbeatable quality
- Individually quick frozen for easy portion control
- Ready to cook
- No waste - 100% yield
- Guaranteed weight
- Marinated for ultimate tenderness

- Family owned company that supports Canadian Jobs and the economy using premium quality imported and domestic raw materials
- Made in Canada by Canadians for Canadians

The SEA SALT & PEPPER CALAMARI comes from the highest quality loligo squid. Handcut for a homemade appearance from 3 to 5 inch squid. Marinated for flavour, tenderness and lightly floured with no heavy breading or the use of monosodium glutamate (MSG).

**Cooking Instructions:**

1. Product is to be kept frozen.
2. Deep fry from a frozen state at 350 degrees Fahrenheit for approximately 90 seconds.

**Ingredients:**

Squid, wheat flour, canola oil, sea salt, pepper, granulated garlic, sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate, calcium sulfate, dextrose, vegetable shortening (soybean or cottonseed), onion powder, spices, silicon dioxide, disodium inosinate & guanylate.



**Please contact us at:**

George Chilas | 604-839-5017 | atlantisfoods@shaw.ca





# MARINATED CALAMARI

4 x 2.5 lbs

Atlantis Foods, providing the best seafood quality in Canada!



- Freshness guaranteed
- Unbeatable quality
- #1 Quality Loligo Squid
- Individually quick frozen for easy portion control
- Ready to cook
- Versatile use
- Marinated for ultimate tenderness
- No flour dusting

- Family owned company that supports Canadian Jobs and the economy using premium quality imported and domestic raw materials
- Made in Canada by Canadians for Canadians

The MARINATED CALAMARI comes from the highest quality loligo squid. Handcut for a homemade appearance from 3 to 5 inch squid. Marinated for flavour and tenderness and no use of monosodium glutamate (MSG).

#### Cooking Instructions:

1. Thaw and strain excess liquid.
2. Grill, sauté or deep fry using your favourite coating.

#### Ingredients:

Squid, flour, canola oil, granulated garlic, oregano, corn syrup solids, salt, pepper, sodium acid pyrophosphate, sodium bicarbonate, monosodium phosphate, corn starch, disodium guanylate, calcium sulphate.



Please contact us at:

George Chilas | 604-839-5017 | atlantisfoods@shaw.ca



# COCONUT DUSTED CALAMARI

4 x 2.5 lbs

Atlantis Foods, providing the best seafood quality in Canada!

- Freshness guaranteed
- Unbeatable quality
- #1 Quality Loligo Squid
- Individually quick frozen for easy portion control
- Ready to cook
- No waste - 100% yield
- Guaranteed weight
- Marinated for ultimate tenderness

- Family owned company that supports Canadian Jobs and the economy using premium quality imported and domestic raw materials
- Made in Canada by Canadians for Canadians

The COCONUT DUSTED CALAMARI comes from the highest quality loligo squid. Handcut for a homemade appearance from 3 to 5 inch squid. Marinated for flavour, tenderness and lightly floured with no heavy breading or the use of monosodium glutamate (MSG).

**Cooking Instructions:**

1. Product is to be kept frozen.
2. Deep fry from a frozen state at 350 degrees Fahrenheit for approximately 2 minutes.

**Ingredients:**

Squid, Wheat Flour, Canola Oil, Chicken Base (Salt, Dextrose, Wheat Flour, Onion Powder, Spices and Spice Extract, Silicon Dioxide, Dehydrated Parsley, Garlic Powder, Disodium Inosinate, Disodium Guanylate), Salt, Black Pepper, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate, Calcium Sulfate, Coconut Extract (Alcohol, Water, Glycerin, And Natural Coconut Flavors).



**Please contact us at:**

George Chilas | 604-839-5017 | atlantisfoods@shaw.ca