

Freshwater Farms of Ohio

2624 N. U.S. Hwy. 68 Urbana, OH 43078
937.652.3701

Customer Name:	Customer Phone:	Pick Up Date:
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In a Nutshell:

Freshwater Farms of Ohio is located one mile north of Urbana. Our heart-healthy, fresh rainbow trout is grown, dressed, and even smoked right in Urbana. We also offer other seafood that Dr. Dave recommends for it's wholesomeness and sustainability. Freshwater Farms of Ohio provides a convenient way to incorporate our healthy seafood products into convenient and nutritious meals. Order ahead by calling 937.652.3701 for quick and easy pick up later in the day. We appreciate your business!

#	Ready to Eat	\$\$ each	Total
	Smoked Trout Mousse: Smoked Trout Mousse is a house favorite. Our smoked trout fillets are folded into whipped cream cheese with a mix of garlic, paprika and subtle spices. Spoon on cracker and enjoy! (8 oz)	\$6.50	
	Spring Garden Spread: Our Spring Garden Spread makes a great dip or cracker topper. It is a cream cheese based blend of green onions, horseradish, lemon, and our smoked trout fillets. Once you try it, you'll be hooked! (8 oz)	\$6.50	
	Mediterranean Salad: A unique blend of Mediterranean flavors including Kalamata olives, red & green bell peppers, capers, green onions and our Freshwater Farms Smoked Trout. Great with a cracker or just by the spoonful. (8 oz)	\$8.75	
	Freshwater Farms Smoked Trout Fillet: Our rainbow trout fillets are hot smoked on-site with a special blend of hardwoods. It is ready to eat or can be added to salads, stews and pastas. GREAT with Piccalilly sauce. Two fillets per pkg. (Weight varies)	\$18.00/lb	
	Piccalilly Sauce: Freshwater Farms <i>House</i> tartar sauce is made from garden fresh pickled vegetables and then mixed with a creamy aioli sauce. Perfect paired with our fresh or smoked trout. (8 oz)	\$3.75	

#	Ready to Cook (~15 minutes total prep time)	Price	Total
	Fresh Trout, deboned: Our Rainbow Trout Fillets are farm raised at Freshwater Farms in Urbana Ohio. They are butterflied and deboned. This is not a frozen product and should be cooked and eaten within 3-4 days. This low calorie fish is a great source of protein and is rich in the heart-healthy Omega-3 oils. Pairs excellently with our Freshwater Farms Piccalilly Sauce. (Size varies - please indicate number of fish)	\$10.99/lb	
	Coconut Shrimp Skewers : An Ohio Fish & Shrimp Festival Favorite! Freshwater shrimp is lightly breaded in coconut and spices, skewered and vacuum sealed. Pan or deep-fry. Always delicious. (2 skewers/package - ~ 1/2# pkg)	\$24.00/lb	
	Shrimp Skewers: Jumbo freshwater shrimp skewered and ready for the grill or fry pan. 5 on each skewer. (2 skewers - ~1/2# pkg)	\$24.00/lb	
	Crab Cakes: Chef G's own recipe of succulent crab, red pepper, parsley and onions blended in a creamy sauce and rolled in panko bread crumbs. Fry or bake for a delicious meal. Simply add a salad. (4 crab cakes - ~1/2# pkg)	\$15.00/lb	

	Lemon Pepper Trout Fillets: Farm raised Rainbow Trout fillets are deboned and skinned. Then breaded with cornmeal and a zesty lemon pepper spice blend. Individually vacuum packed and frozen providing an opportunity to serve later in the week. Try pan-fried or oven-baked for a low calorie, heart healthy meal. ~3/4# pkg	\$11.49/lb	
	Orange Basil Marinated Trout: Heart healthy Rainbow Trout Fillets are deboned and skinned, then marinated in an orange basil sauce. Vacuumed sealed and frozen for maximum quality. Serve baked or grilled for a quick and delicious dinner. ~ 3/4# pkg	\$11.49/lb	
	Zesty Cajun Trout Fillets: Heart healthy Rainbow Trout Fillets are deboned and skinned, then covered in zesty Cajun spices which provide just the right amount of kick. Vacuumed sealed and frozen for maximum quality. Great pan fried or baked. Delicious! ~ 3/4# pkg	\$11.49/lb	
	Parmesan Herb Breaded Trout: Heart-healthy Rainbow Trout fillets are butterflied and deboned then breaded in a mix of parmesan cheese, yellow corn meal and Italian seasonings. Individually vacuum packed and frozen providing an opportunity to serve later in the week. Great pan fried or baked. ~3/4# pkg	\$11.49/lb	
	Skinless Trout Filet: Rainbow Trout Fillets are deboned, skinned and individually frozen. Great pan fried, broiled or baked. Suggest breading with a mix of our special "G Seasoning", 1/8 cup flour and 1/8 cup yellow corn meal then pan frying to perfection. Serve with Piccalilly Sauce. ~1/2# pkg	\$11.49/lb	
	Smoked Trout Chowder: A rich and creamy base of potatoes and corn is blended with our hardwood smoked trout fillets to make this warm and comforting chowder. Add up to 2 cups of whole milk or heavy cream. Heat thoroughly and enjoy.	\$15.00	
#	Additional Recommended Items	\$\$ each	Total
	Catfish Nuggets (~3/4# pkg)	4.75/lb	
	Breaded Cod (~3/4# pkg)	9.00/lb	
	Cod Fillet (~3/4# pkg)	7.98/lb	
	Mahi Mahi (~1/2# pkg)	17.50/lb	
	Paddlefish (~1/2# pkg)	10.00/lb	
	Pollock (~1/3# pkg)	7.69/lb	
	Salmon (~1/2 # pkg)	19.00/lb	
	Scallops, large U-10 size (~3/4# pkg)	23.98/lb	
	Yellow Perch (~1/4# pkg)	25.98/lb	
	Yellow Fin Tuna (~1/2# pkg)	17.99/lb	
	Walleye (~1/2# pkg)	24.00/lb	
#	Made Especially for your Dog	\$\$ each	Total
	Smoked Trout Dog Treats: Our Smoked Trout Dog Treats are made from fresh, farm raised rainbow trout and hot smoked with a blend of hardwoods in our smoker. No preservatives added. Makes a great dog training treat!	\$4.25	
Credit Card #	Exp. Date	Security Code	GRAND TOTAL: