

# TOPPITS®

QUALITY SINCE 1899



## **Arrow Squid**

*Fully Cleaned*

*Mild, Sweet Flavour*

*Naturally Tender*

## Arrow Squid

Toppits Arrow Squid offers a delicious squid bite. White in colour, Arrow Squid makes beautiful plate presentations when coupled with bright vegetables. With a mild, sweet flavour, this squid is ideal for new seafood customers. Choose from squid tubes or tubes and tentacles. All formats are fully cleaned and all tentacles are skinned. Whether baked, fried, grilled, or sautéed, Toppits Arrow Squid makes the perfect appetizer or main course dish.



### Product Features

- Firm white flesh
- Mild flavour profile with a subtle sweetness makes it a great introduction for new seafood consumers
- Shape of Arrow Squid tubes are wider compared to other species creating a distinct plate presentation, especially when grilled or sautéed
- Tentacles are fully skinned, giving a unique, white colour



#### DEFROSTING INSTRUCTIONS

Thaw in refrigerator overnight in original packaging.  
Do not refreeze!



Nutrition Facts		Valeur nutritive	
Per 1 cup (100 g) pour 1 cup (100 g)			
<b>Calories 90</b>		<b>% Daily Value*</b>	
<b>Fat / Lipides 1.5 g</b>		<b>% valeur quotidienne*</b>	
Saturated / saturés 0.4 g			2 %
+ Trans / trans 0 g			2 %
<b>Carbohydrate / Glucides 3 g</b>			
Fibre / Fibres 0 g			0 %
Sugars / Sucres 0 g			0 %
<b>Protein / Protéines 16 g</b>			
<b>Cholesterol / Cholestérol 235 mg</b>			
<b>Sodium 480 mg</b>			21 %
Potassium 250 mg			5 %
Calcium 30 mg			2 %
Iron / Fer 0.75 mg			4 %
*5% or less is a little. 15% or more is a lot			
*5% ou moins c'est peu. 15% ou plus c'est beaucoup			

SQTU10Q10 / SQTU10Q10

Item	Description	Brand	Origin	Pack	SCC
SQTU10Q10	Arrow Squid Tubes (Fully Cleaned) [U/10 ct]	Toppits	China	1/10 kg	10068689107004
SQTU10Q10	Arrow Squid Tubes & Tentacles (Fully Cleaned) [U/10 ct]	Toppits	China	1/10 kg	10068689108544

Wellington Flying Squid | Wild Caught | Catch Method: Unassociated purse seine