



EMPIRE FOODS

Taste 2 Health

Seafood Catalogue

Vietnamese Basa

Sourced primarily from the Mekong Delta in Vietnam, this freshwater catfish is known for its mild flavor and tender, flaky, white flesh. It is a versatile, boneless fillet that easily absorbs the flavors of seasonings and sauces.



Indian Basa

Sourced from the Southeastern coast of India, Indian Basa offers a similar mild taste and firm, pinkish-white flesh to its Vietnamese counterpart. It is widely used in traditional Indian curries and fried preparations.

Fresh Salmon

Empire Foods sources premium Atlantic Salmon from Norway and Scotland. This oily fish is globally prized for its rich, buttery texture and signature pink-to-orange hue.



Salmon Fillet

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Smoked Salmon

Smoked Salmon is a premium seafood delicacy known for its rich flavor, delicate texture, and ready-to-eat convenience. Carefully cured and smoked, it offers a perfect balance of taste and nutrition, making it ideal for gourmet dishes, salads, sandwiches, and fine dining applications.

Tilapia Fillet

A popular freshwater fish with a sweet, neutral taste and white, flaky meat. It is highly adaptable to various cooking methods like grilling, steaming, or baking.



Barramundi

Barramundi is a type of sea bass known for its mild, buttery flavor and firm, flaky white flesh. It is commonly sold in fillets with the skin on for flavor during cooking and as a boneless cut for convenience.



Chilean Sea Bass

Scientifically known as the Patagonian Toothfish, this deep-water species is a luxury seafood item. It is famous for its exceptionally rich, buttery flavor and large, moist flakes.



Black Cod

Also called Sablefish, it is renowned for having even more Omega-3s than many salmon varieties, resulting in a "silky" texture and rich flavor.



Tuna Saku

A saltwater powerhouse known for its meaty texture and deep flavor profile. It is available in various forms, from sushi-grade Saku cuts to canned varieties.



Lobster

A prestigious shellfish known for its succulent, sweet meat found primarily in the tail and claws.

Crab Stick

Also known as imitation crab meat or surimi, this is a highly processed seafood product. It is primarily made from pulverized and washed white fish meat (often Alaskan Pollock) mixed with starches, egg whites, flavorings, and colorants to mimic the texture and taste of real crab leg meat.



Dori Fish Fillet

Dori Fish Fillet is a soft, white fish known for its mild flavor and tender texture. It is easy to cook and highly versatile, making it perfect for grilling, frying, or baking—ideal for both everyday meals and professional culinary use.



Scallops

Scallops are a premium seafood delicacy with a sweet flavor and tender texture. Perfect for quick cooking, they are ideal for searing, grilling, and gourmet dishes.

Squid

The main body section of the squid (mantle) after the head, tentacles, and internal organs have been removed. It is a popular, versatile ingredient known as calamari, celebrated for its tender-chewy texture when cooked quickly.



Soft Shell Crab

Soft Shell Crab is a delicacy known for its tender texture and rich flavor, as the entire crab can be eaten. Ideal for frying or gourmet dishes, it offers a unique and premium seafood experience.



Caviar

Caviar is a luxury seafood delicacy made from salt-cured fish roe, prized for its rich flavor and smooth texture. It adds an elegant, gourmet touch to fine dining dishes.



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