

# Microwave Steam Bowls...Ready in Minutes!

**8 oz  
Bowls!**



**New!**

## Single Serving Meals

- Shrimp Alfredo** (HSF Item #696751)  
 Creamy Parmesan sauce enveloping fettuccine, and plump, juicy garlic shrimp.
- Shrimp South of the Border** (HSF Item #696750)  
 Succulent shrimp infused with Mexicana-inspired chipotle and chili seasonings, served with rice, corn, black beans, tomatoes, and peppers.
- Feisty Clam & Linguine** (HSF Item #696755)  
 Ocean fresh clams delicately tossed in linguine, coated in a garlic white wine sauce with the perfect hint of spice!
- Lobster Shrimp Mac & Cheese** (HSF Item #696754)  
 Succulent lobster, plump shrimp and tender pasta generously coated in a rich, creamy cheese sauce.
- Shrimp & Grits** (HSF Item #696757)  
 Buttery cheese grits paired with plump, juicy shrimp expertly seasoned, with garlic and smoked sausage.
- Hibachi Shrimp** (HSF Item #696756)  
 Plump, juicy shrimp coated in an Asian-inspired stir-fry sauce, served with fluffy rice and flavorful steamed vegetables.



- Shrimp Pesto** (HSF Item #696752)  
 Plump, juicy shrimp with a blend of vegetables in a creamy pesto sauce.
- Shrimp Scampi** (HSF Item #696758)  
 Succulent, plump shrimp in a delectable, buttery garlic sauce.



Product Description	8 oz
Pack Size	9 x 8 oz
Master Case Net Weight	4.5 lb
Case Dimensions & Case Cube	19.8" L x 7.9" W x 6.9" H • 0.625
Unit Dimensions	6.38" L x 1.86" W x 7.06" H
Pallet Ti x Hi	6 x 12
Shelf Life	24 months
Country of Origin	Processed in USA

Harbor Seafood Contact:  
516-775-2400



Additional  Flavors on Back

# Microwave Steam Bowls...Ready in Minutes!



## Single Serving Meals

- **Caribbean Jerk Shrimp**

Plump, juicy shrimp infused with vibrant Caribbean jerk spices, served with rice and perfectly steamed vegetables.

- **Shrimp Creole**

Tender shrimp in a zesty Creole sun-dried tomato sauce, paired with Andouille Sausage, rice and steamed vegetables.

- **Shrimp Jambalaya**

Tender shrimp seasoned with spicy Cajun spices, Andouille sausage, fluffy rice, red and green peppers, onions, and diced tomatoes.

- **Maui Mahi**

Mild Mahi Mahi in a Hawaiian-inspired sauce, served alongside tender pasta, mango, edamame, and sweet red peppers.



**These additional flavors can be ordered  
6 - 8 Weeks Lead Time**

**Premium Restaurant Quality Meals  
in a Microwave Cook-in-Bowl or Oven  
Preparation**

**Harbor Seafood Contact:  
516-775-2400**

