



**GOOD  
CATCH**



# PLANT-BASED SEAFOOD

Real seafood taste and texture. Easy Non-GMO 1:1 swap-out applications for Tuna Salad, Fish Fillet Sandwiches, Crab Cake Sliders, and Tuna Melts. Our frozen products cook quickly straight from the freezer, and our tuna flake is ready to serve once slacked.

All Good Catch products are available for local distribution through DOT Foods. See individual products for more details.



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**SIX-LEGUME  
PROTEIN BLEND:**



PEA



FAVA



CHICKPEA



NAVY



LENTIL



SOY

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## DELI-STYLE TUNA 23g protein per serving

A classic pantry staple, but made from plants. High in protein and incredibly flaky and versatile.

**INGREDIENTS:** Water, Good Catch® 6-Plant Protein Blend (Pea Protein Isolate, Soy Protein Concentrate, Chickpea Flour, Faba Protein, Lentil Protein, Soy Protein Isolate, Navy Bean Powder), Sunflower Oil, Natural Flavors, Yeast Extracts, Lactic Acid (Vegan Source), Salt, Onion Powder, Sugar, Garlic Powder, Corn Starch. CONTAINS SOY.

**SHELF LIFE:** 12 months

**DOT ITEM #** 737971  
**SYSCO ITEM #** 7145809  
**UPC** 00859543007256

### PRODUCT SPECIFICATIONS

UNIT	CASE	CASE	CASE
Per case	6 saddle bags	Height	7.57"
Weight	15	Length	13.28"
UOM	lbs	Width	11.91"
		Gross Weight	16.00lb
		Net Weight	15.00lb
			6x 2.5lb pouch

Nutrition Facts	
Serving size	(100g)
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
Sodium 530mg	23%
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 23g	<b>36%</b>
Vitamin D 0mg	0%
Calcium 50mg	4%
Iron 3.9mg	20%
Potassium 210mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## SALMON BURGER 16g protein per serving

A delicate, mild-yet-rich flavor without any of the downside. A juicy burger with a touch of citrus and real salmon taste and texture.

**INGREDIENTS:** Water, Good Catch® 6-Plant Protein Blend (Pea Protein Isolate, Soy Protein Concentrate, Chickpea Flour, Faba Protein, Lentil Protein, Soy Protein Isolate, Navy Bean Powder), Coconut Oil, Natural Flavors, Sunflower Oil, Methylcellulose, Yeast Extracts, Corn Starch, Onion Powder, Salt, Lemon Juice, Lemon, Shallot, Orange, Spice, Garlic Powder, Annatto Extract, Vegetable Juice. CONTAINS SOY.

**SHELF LIFE:** 12 months

**DOT ITEM #** 748005  
**SYSCO ITEM #** 7207387  
**UPC** 00859543007591

### PRODUCT SPECIFICATIONS

UNIT	CASE	CASE	CASE
Per case	2 units	Height	6.62"
Weight	10	Length	15.31"
UOM	lbs	Width	9.12"
		Gross Weight	10.57lb
		Net Weight	10.00lb
			40x 4oz Burger

Nutrition Facts	
Serving size	1 Burger (113g)
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
Sodium 540mg	23%
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 16g	<b>25%</b>
Vitamin D 0mg	0%
Calcium 40mg	4%
Iron 3mg	15%
Potassium 150mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**DOT ITEM #** 738204  
**SYSCO ITEM #** 7195705  
**UPC** 00859543007447

## BREADED CRAB CAKES 15g protein per serving

Lump crabmeat-like texture and sweet crab flavor complemented with sweet peppers, green onions, parsley and a kick of spice.

**INGREDIENTS:** Water, Good Catch® 6-Plant Protein Blend (Pea Protein Isolate, Soy Protein Concentrate, Chickpea Flour, Faba Protein, Lentil Protein, Soy Protein Isolate, Navy Bean Powder), Wheat Flour, Red Bell Pepper, Sunflower Oil, Corn Starch, Green Onion, Parsley, Natural Flavors, Salt, Lemon Juice, Methylcellulose, Corn Maltodextrin, Organic Cane Sugar, Onion Powder, Spices, Paprika, Yeast Extracts, Garlic Powder, Yeast, Corn Flour, Xanthan Gum, Acetic Acid. CONTAINS SOY AND WHEAT.

**SHELF LIFE:** 12 months

Nutrition Facts	
Serving size	2 breaded plant-based crab cakes (113g)
Amount per serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 550mg	24%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 15g	21%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.7mg	15%
Potassium 150mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### PRODUCT SPECIFICATIONS

UNIT	CASE	CASE	CASE
Per case	2 units	Height	6.62"
Weight	10	Length	15.31"
UOM	lbs	Width	9.12"
		Gross Weight	10.57lb
		Net Weight	10.00lb
			80x 2oz Cakes



**DOT ITEM #** 738203  
**SYSCO ITEM #** 7169720  
**UPC** 00859543007423

## BREADED FISH FILLET 12g protein per serving

Tender, flaky whitefish texture in a light, crispy breading. The ultimate fish sandwich experience—without the fish!

**INGREDIENTS:** Water, Good Catch® 6-Plant Protein Blend (Pea Protein Isolate, Soy Protein Concentrate, Chickpea Flour, Faba Protein, Lentil Protein, Soy Protein Isolate, Navy Bean Powder), Wheat Flour, Sunflower Oil, Corn Starch, Natural Flavors, Methylcellulose, Yeast Extracts, Sugar, Salt, Corn Maltodextrin, Garlic Powder, Onion Powder, Corn Flour, Yeast, Spices, Xanthan Gum, Acetic Acid. CONTAINS SOY AND WHEAT.

**SHELF LIFE:** 12 months

Nutrition Facts	
Serving size	1 breaded fillet (113g)
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 500mg	22%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 12g	21%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2.3mg	15%
Potassium 100mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### PRODUCT SPECIFICATIONS

UNIT	CASE	CASE	CASE
Per case	2 units	Height	6.62"
Weight	10	Length	15.31"
UOM	lbs	Width	9.12"
		Gross Weight	10.57lb
		Net Weight	10.00lb
			40x 4oz Fillets