



BUCKHEAD
Pride

Monkfish

COMMON NAMES: Monkfish,
the Poor Man's Lobster, Goosefish

FLAVOR: Mild/Moderate

TEXTURE: Firm & Meaty

COOKING METHODS: Grill, Fry,
Bake, or Roast

Monkfish

Product Information:

Monkfish is highly versatile and has a premium texture and taste. Available in fillets and ossobuco tails, they are perfect for creative plating and pairings. Monkfish has a similar texture to scallops when cooked and the taste is often compared to lobster – getting its nickname, “the poor man’s lobster.” Locally caught at Point Pleasant, Buckhead has a personal relationship with the fishermen who supply this fish.

SUPC	PRODUCT NAME	PACK
1044530	MONKFISH FILLET BNLS SKLS FRESH	5 LB
2219426	MONKFISH FILLET BNLS SKLS FRESH	10 LB
2223857	MONKFISH TAIL OSSOBUCCO FRESH	5 LB
6491619	MONKFISH TAIL OSSOBUCCO FRESH	10 LB

BUCKHEAD
Meat & Seafood | a Sysco company