

Press Kit



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The Town Dock[®]

Holding Squid to a Higher Standard.[®]



In 1980, Noah Clark's music career was not going as planned. He decided that, until the band made it big, he would clean fish to support his family.

More than 40 years later, what started at the town's public dock in Wickford, Rhode Island, has turned into The Town Dock, a name known around the world for the very best calamari.



Ryan Clark, President & CEO

We moved a little ways down the road and unload our vessels every day at our docks on Point Judith, in Narragansett, Rhode Island. We're still a family-owned company, now in its second generation with Noah's son, Ryan, now The Town Dock's President & CEO.

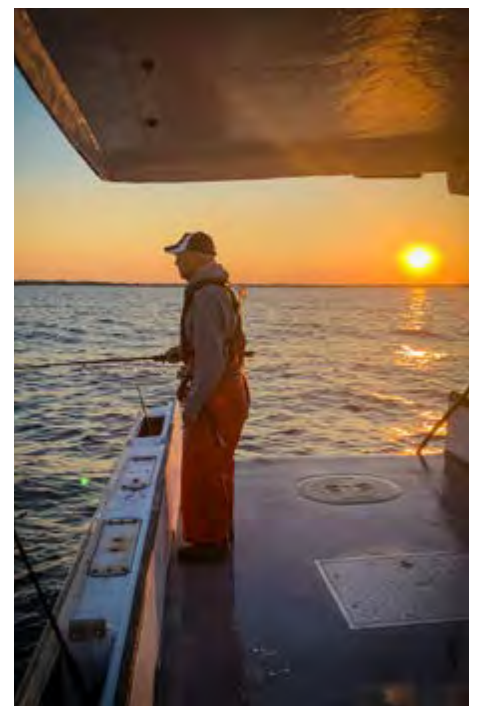
Ryan's career at The Town Dock started when he was a teenager, unloading boats and packing fish during his school vacations. He worked his way up, becoming a manager, vice president, and ultimately succeeding his father as CEO in 2016.

The leadership team of The Town Dock includes:

- Jonathan Huot, Chief Financial Officer
- Brianna Hughes, Ph.D., Vice President of Operations, Supply Chain, & Quality
- Justin Hamilton, Vice President of Sales
- Holly Clark, Vice President of Human Resources.

Additionally, Noah still serves as Chairman of The Town Dock, offering his thoughts and insights from decades in the business.

And most mornings, he's still out fishing.



Noah Clark, Founder & Chairman

PBN
PROVIDENCE BUSINESS NEWS
BEST PLACES
WORK
Winner

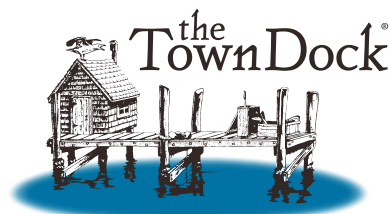


These days, The Town Dock is recognized around the world for its quality calamari and squid expertise.

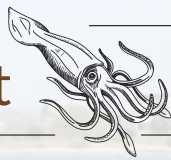
The Town Dock is a market leader in foodservice calamari with a growing retail presence. We are vertically integrated and partner with a dedicated fleet of fishing vessels, local fishermen, and global suppliers. We provide multiple species of squid across multiple product lines to meet a variety of tastes, preferences, and values. We also provide the food-focused support, from cooking tips to margin-boosting ideas to delicious recipes, to help our customers grow their businesses.

We are a major employer in the Port of Galilee, on Point Judith, in Narragansett, Rhode Island.

But we're more than that, too: for four years running, we've been one of Providence Business News's Rhode Island Best Places to Work in the mid-size employer category. We're a company with core values that we live by, including quarterly peer recognition Core Value Awards and annual CEO's Core Value Awards. Our large, volunteer Company Committee has multiple teams that coordinate everything from charitable giving to employee engagement to employee appreciation events. For more than 40 years, we've been holding squid - and ourselves - to a higher standard.



Product Line Up



The Town Dock®

Frozen Retail Calamari

Our frozen retail calamari offers consumers restaurant-quality calamari at home. Low in fat and an excellent source of protein, our calamari is a heart-healthy seafood at an excellent price point. Find a store nearby at www.towndock.com/findcalamari



Longfin Calamari

The prime quality Longfin Inshore Squid, caught fresh from the waters off Point Judith, Rhode Island.

This is the same restaurant-quality calamari as our Rhode Island Calamari® line, but sized and packed for the home chef.



Shortfin Calamari

Our choice Northern Shortfin Squid, caught in the cold, deep waters of the North Atlantic.

This is the same restaurant-quality calamari as our Premium Domestic line, but sized and packed for the home chef.



Calamari Steaks

Calamari steaks are made from the same part of the squid as calamari rings, but are from Peruvian Jumbo Squid. They have a mild flavor that makes them an excellent, heart-healthy substitution for chicken in many applications.



Club Pack Calamari

Our choice Northern Shortfin Squid, packed for wholesale club stores.

Frozen Foodservice Calamari



Rhode Island Calamari®

Our flagship product: the highest quality USA Longfin Inshore Squid, caught fresh from the waters off Point Judith, Rhode Island.



Premium Domestic Calamari

Our USA Northern Shortfin Squid and one of our most popular products. Customers love the savory flavor and the competitive price.



Fully Cleaned Calamari

Our imported product with a more delicate texture. Multiple tube sizes are available for maximum flexibility.



Classic Calamari

Our heartier imported product offers excellent plate coverage and a classic calamari flavor profile.



Calamari Steaks

Cut from Jumbo Squid, our calamari steaks offer a unique and cost-effective protein for sandwiches.



Calamari Strips

Cut from Jumbo Squid, our calamari steaks offer a different spin on calamari rings for an appetizer, or ideal for wraps and salads.

Ready to Use Foodservice Calamari



Chef Ready Calamari

Perfectly thawed and ready to use, this calamari saves time, space, and labor for the overwork back of the house.



Certified
Sustainable



MSC-C-54519

The Town Dock®

LONGFIN RETAIL CALAMARI
MSRP \$10.99

Product of
the USA



- Our prime, restaurant-quality Longfin Inshore Squid (*Doryteuthis pealeii*).
- Rhode Island's iconic seafood.
- A sweeter flavor and exceptional texture.
- Available in four cuts: tubes or rings, with or without tentacles.
- Conveniently packaged in two, eight-ounce portions; eight boxes per master case.
- The back of each box includes the recipe for the photo on the front: paella, penne, grilled BBQ, and rosemary polenta calamari.
- MSC certified sustainable & Product of the USA.

Nutrition Facts	
4 servings per container	
Serving size	1/2 Cup (113g)
Amount Per Serving	
Calories	45
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
TransFat 0g	0%
Cholesterol 105mg	35%
Sodium 690mg	30%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	30%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 0mg	0%

*The % Daily Value (DV) 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.

INGREDIENTS: SQUID, WATER, SALT, SODIUM CARBONATES, SODIUM CITRATE, CITRIC ACID



Certified
Sustainable



MSC-C-54519

The Town Dock®

SHORTFIN RETAIL CALAMARI
MSRP \$8.99

Product of
the USA



- Our choice Northern Shortfin Squid (*Illex illecebrosus*).
- Excellent quality product at a value price.
- A slightly thicker calamari with a more savory flavor.
- Available in four cuts: tubes or rings, with or without tentacles.
- Conveniently packaged in two, eight-ounce portions; eight boxes per master case.
- The back of each box includes the recipe for the photo on the front: gochujang and rice noodle; Spanish tapas; arancini-style; and pan roasted calamari.
- MSC certified sustainable & Product of the USA.

Nutrition Facts

4 servings per container
Serving size 1/2 cup (113g)

Amount per serving
Calories 45

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 370mg 16%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 83mg 6%

Iron 2mg 10%

Potassium 41mg 0%

*The % Daily Value (DV) 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.

INGREDIENTS: SQUID, WATER,
SALT, SODIUM CARBONATES,
SODIUM CITRATE, CITRIC ACID

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Certified Sustainable



MSC-C-54519

The Town Dock®

CLUB PACK CALAMARI
MSRP \$14.49

Product of the USA



- Our choice Northern Shortfin Squid (*Illex illecebrosus*).
- Excellent quality product at a value price.
- A slightly thicker calamari with a more savory flavor.
- Available in four cuts: tubes or rings, with or without tentacles.
- Conveniently packaged in two, one-pound trays; 12 bags per master case.
- The back of each bag includes the recipe for the photo on the front: pictured here, pan roasted calamari.
- MSC certified sustainable & Product of the USA.

Nutrition Facts

8 servings per container
Serving size 1/2 cup (113g)

Amount per serving
Calories 45

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 370mg 16%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 83mg 6%

Iron 2mg 10%

Potassium 41mg 0%

*The % Daily Value (DV) 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.

INGREDIENTS: SQUID, WATER, SALT, SODIUM CARBONATES, SODIUM CITRATE, CITRIC ACID



The Town Dock®

RETAIL CALAMARI STEAKS
MSRP \$8.99

- Our Peruvian Jumbo Squid (*Dosidicus gigas*).
- Line caught by anglers in the Pacific Ocean.
- A unique new way to enjoy your favorite seafood.
- Each package contains four, four-ounce portions.
- Includes easy recipe for the calamari steak burger pictured on the box.
- Participant in the Fishery Improvement Project (FIP), on the road to MSC sustainability certification.
- Product of Peru.

Nutrition Facts	
4 servings per container	
Serving size	1 Steak (11 g)
Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 200mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 150mg	4%
*The % Daily Value (DV) 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.	

INGREDIENTS: SQU ID, WATER, SALT, CITRIC ACID, SODIUM CARBONATES, SODIUM CITRATE



The Town Dock[®]

RHODE ISLAND CALAMARI[®]



- Our flagship foodservice product and Rhode Island's iconic seafood: Longfin Inshore Squid (*Doryteuthis pealeii*).
- Unloaded at our docks in the Port of Galilee, on Point Judith.
- A sweeter flavor and exceptional texture.
- Smaller sized tubes and rings.
- Available in four cuts: tubes or rings, with or without tentacles.
- Packed in 2.5-pound foodservice trays, with 10 bags per case.
- MSC certified sustainable & Product of the USA.



MSC-C-54519



Nutrition Facts

10 servings per container
Serving size 1/2 cup (112g)

Amount per serving
Calories 45

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	105mg	35%
Sodium	690mg	30%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes	0g Added Sugars	0%
Protein	0g	0%
Vitamin D	0mcg	0%
Calcium	26mg	2%
Iron	0.36mg	2%
Potassium	0mg	0%

*The % Daily Value (DV) 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.

INGREDIENTS: SQUID, WATER, SALT, SODIUM CITRATE (STABILIZER), SODIUM CARBONATE (STABILIZER)



the Town Dock®

PREMIUM DOMESTIC CALAMARI



- Our foodservice Northern Shortfin Squid (*Illex illecebrosus*).
- Caught in the cold, deep waters of the North Atlantic.
- A slightly thicker calamari with a more savory flavor.
- Larger tubes and rings offer excellent plate coverage.
- Available in four cuts: tubes or rings, with or without tentacles.
- Packed in 2.5-pound foodservice trays, with 10 bags per case.
- MSC certified sustainable & Product of the USA.



MSC-C-54519



Nutrition Facts

10 servings per container

Serving size 1/2 cup (113g)

Amount per serving
Calories **45**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 370mg 16%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 83mg 6%

Iron 2mg 10%

Potassium 41mg 0%

*The % Daily Value (DV) 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.

INGREDIENTS: Squid, water, salt, sodium carbonates, sodium citrate, citric acid



The Town Dock®

FULLY CLEANED IMPORTED CALAMARI



- Imported from the best international suppliers.
- Our smaller and more delicate imported product.
- Available in four cuts: tubes or rings, with or without tentacles.
- Multiple tube sizes available for a variety of applications.
- Smaller size yields more rings per pound.
- Packed in 2.5-pound foodservice trays, with 10 bags per case.
- Product of China, India, Pakistan, Thailand, or Vietnam.

Nutrition Facts

10 servings per container
Serving size 1/2 cup (113g)

Amount per serving
Calories 45

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 105mg 35%

Sodium 690mg 30%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 0.36mg 2%

Potassium 45mg 0%

*The % Daily Value (DV) 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.

INGREDIENTS: SQUID, WATER, SALT, SODIUM CITRATE (STABILIZER), SODIUM CARBONATE (STABILIZER)



The Town Dock[®]

CLASSIC CALAMARI



- Our larger and more robust imported product.
- Our in-house quality team ensures careful oversight and close partnerships abroad.
- Available in four cuts: tubes or rings, with or without tentacles.
- Larger size offers exceptional plate coverage.
- Packed in 2.5-pound foodservice trays, with four bags per case.
- Product of China, Argentina, or New Zealand.

Nutrition Facts

10 servings per container
Serving size 1/2 cup (113g)

Amount per serving
Calories **45**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 690mg	30%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 50mg	2%

*The % Daily Value (DV) 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.

INGREDIENTS: SQUID, WATER, SALT, SODIUM CITRATE (STABILIZER), SODIUM CARBONATE (STABILIZER)



The Town Dock®

FOODSERVICE CALAMARI STEAKS



- Our Peruvian Jumbo Squid (*Dosidicus gigas*).
- Bolster tight margins by swapping in this cost-effective seafood.
- Individually quick frozen (IQF) for convenience.
- Each steak is 4-6 ounces.
- Each master case contains six, five-pound boxes.
- Product of Peru or China.

Nutrition Facts

20 servings per container

Serving size 1 Steak (112g)

Amount per serving
Calories **60**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 150mg 50%

Sodium 200mg 9%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 13g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 150mg 4%

*The % Daily Value (DV) 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.

INGREDIENTS: SQUID, WATER, SALT, SODIUM CITRATE (STABILIZER), SODIUM CARBONATE (STABILIZER)



The Town Dock®

FOODSERVICE CALAMARI STRIPS



- Our Peruvian Jumbo Squid (*Dosidicus gigas*).
- Perfect unique protein for wraps, salads, or appetizers.
- Individually quick frozen (IQF) for convenience.
- Cut like french fries.
- Each master case contains six, five-pound boxes.
- Product of Peru or China.

Nutrition Facts

20 servings per container
Serving size 4 oz (112g)

Amount per serving
Calories 60

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	150mg	50%
Sodium	200mg	9%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	13g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	150mg	4%

*The % Daily Value (DV) 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.

INGREDIENTS: SQUID, WATER, SALT, SODIUM CITRATE (STABILIZER), SODIUM CARBONATE (STABILIZER)



The Town Dock[®]

CHEF READY CALAMARI

- Perfectly thawed and ready-to-use.
- Saves time, space, and labor—especially perfect for times when all of these are in short supply.
- Previously frozen to maximize usable shelf life.
- Packed with the same great calamari as our frozen Classic line.
- Available in 10-pound rounds (pictured) or polyfoam.
- Product of China, Argentina, or New Zealand.

Nutrition Facts

40 servings per container
Serving size 1/2 cup (113g)

Amount per serving
Calories 45

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	105mg	35%
Sodium	690mg	30%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	11g	22%
Vitamin D	0mcg	0%
Calcium	26mg	2%
Iron	0.36mg	2%
Potassium	50mg	2%

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Calamari Cooking Tips

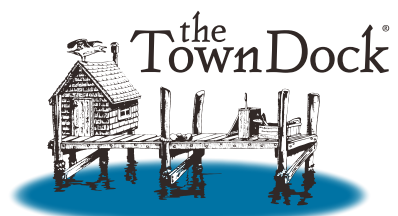


We're the calamari experts from catch to cuisine.
Our Sales team is happy to share their culinary expertise!

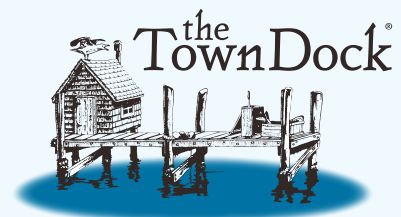
Many of our Sales representatives come from culinary backgrounds, including chefs and restaurant owners. And all of them understand the unique needs of the foodservice or retail industries and are ready to talk through the different species of squid we offer and suggest cooking tips and delicious recipes!

Find our recipes and how-to videos at: www.towndock.com/recipes

1. Calamari responds very poorly to overcooking—this is the single biggest factor in an unpleasant texture. Be sure to pay attention and follow directions.
2. The best way to cook calamari is quickly over high heat or for a longer period over low heat. Think a quick, hot grill or a longer, lower simmer. Anything in between is very difficult to get right.
3. If you're having trouble, allowing calamari to marinate in milk, buttermilk, or lemon juice for at least 30 minutes can help with the texture.
4. When frying calamari, only a light breading is necessary. A heavy coating of breading can quickly overpower the calamari and makes cooking more difficult.
5. If you're not sure where to start incorporating calamari into your everyday meals, start with swapping out shrimp in your favorite recipes.



Recipes



More than everyone's favorite appetizer, calamari is also:

- Low in fat
- Excellent source of protein
- Heart-healthy with omega-3s, B-vitamins, and more
- Very versatile
- Fast cooking!

Every delicious photo in this press kit has the recipe posted on our website at www.towndock.com/recipes and we have new recipes landing all the time. Here are a few of our favorites to get started.

Rhode Island Style Calamari

The Official Appetizer of the State of Rhode Island
Makes Four Servings

Ingredients

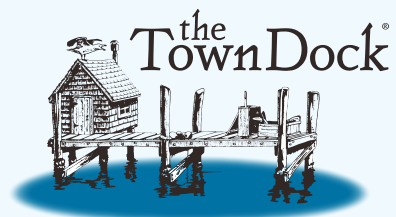
- 1 pound The Town Dock calamari rings & tentacles
- $\frac{3}{4}$ cup of flour
- 1 teaspoon garlic powder
- Black pepper to taste
- Corn oil
- Pickled hot cherry peppers, sliced
- Sliced pepperoncini rings, sliced
- 1 tablespoon pepperoncini juice
- 3 cloves garlic, peeled and chopped

Preparation

1. Coat heavy skillet in about 1/4 inch of oil and heat over medium-high heat.
2. Mix flour, garlic powder, and pepper in a plastic bag. Add calamari rings into the bag and shake until coated evenly. Remove and shake off excess flour.
3. When the oil is very hot, add half calamari to skillet. Cook until crisp and brown (approximately 90 seconds) turning as needed.
4. Remove and drain on paper towels, then repeat with remaining calamari.
5. After removing calamari, sauté fresh chopped garlic in oil. Add peppers and pepperoncini juice and stir until warm.
6. Add calamari, coating in garlic oil, then serve.



Recipe: Penne with Calamari and Cherry Tomatoes



Makes Five Servings

Ingredients

- 1 lb. The Town Dock Calamari Rings, thawed
- 3 tbsp. olive oil
- 3 cloves garlic, minced
- 3 tbsp. tomato paste
- 1 1/2 lb. cherry tomatoes, halved
- 3 tbsp. capers, drained
- 2 tsp. crushed red pepper flakes
- 1 pound dry penne pasta
- 1/2 cup packed chopped or sliced fresh basil, plus more for garnish
- Kosher salt and freshly ground pepper
- 1/2 cup grated Parmesan cheese

Preparation

1. Heat oil in large skillet over medium-high heat. Add garlic and cook until fragrant, about 30 seconds. Add tomato paste and cook, stirring often, until darkened in color, about 2 minutes. Add tomatoes, capers and crushed red pepper, and cook, stirring occasionally, until tomatoes soften.
2. Bring large pot of salted water to boil over high heat. Cook pasta according to package directions. Reserve 2/3 cup of pasta water; drain.
3. Add pasta water to sauce and cook until tomatoes fall apart, about 10 minutes. Stir in thawed Calamari Rings and simmer until fully cooked, about 3 to 5 minutes. Add pasta and basil to sauce and stir until coated. Season with salt and pepper, to taste. Garnish with Parmesan and basil.



Recipe: Arancini-Style Calamari

Makes Four Servings

Ingredients

- 1 lb. The Town Dock Calamari Tubes, thawed
- 3 tsp. olive oil, divided
- 1 large shallot, minced
- 3 cloves garlic, minced
- 1 cup arborio rice
- 4 1/2 cups low-sodium vegetable broth, kept hot
- 3/4 cup finely grated Parmesan cheese, divided
- Kosher and freshly ground black pepper, to taste
- 8 ounces fresh mozzarella cheese pearls
- 2 cups jarred tomato sauce
- 1/2 cup toasted panko bread crumbs
- 2 tbsp. chopped fresh basil

Preparation

1. Heat 1 teaspoon oil in large skillet on medium heat. Add shallots and saute until softened, about 2 to 3 minutes. Add garlic and cook until fragrant, about 30 seconds. Add rice and cook, stirring constantly, until rice is translucent, about 3 minutes. Stir in 1 cup hot broth. Simmer on medium-low heat, stirring constantly, until liquid is completely absorbed, about 1 to 3 minutes. Repeat with remaining broth until rice is fully cooked and thick, about 12 to 15 minutes. Stir in 1/2 cup Parmesan, and season with salt and pepper. Remove from heat and let cool to room temperature, about 20 minutes.
2. Stuff each calamari tube with rice mixture until full. Press one mozzarella ball into the center of each tube and seal with rice mixture. Set aside for cooking in tomato sauce.
3. Heat large skillet over medium-high heat. Add tomato sauce and cook until reduced slightly, about 10 minutes. Season with salt and pepper. Place stuffed calamari in sauce and cook, covered, until fully cooked, about 2 to 4 minutes.
4. Top each calamari with toasted bread crumbs, remaining Parmesan and basil; serve.



Recipe: Calamari Gyro

Makes Four Servings

Ingredients

- 1 lb. The Town Dock Calamari Strips, thawed
 - 1 medium English cucumber
 - 1 cup plain Greek yogurt
 - 2 tsp. chopped fresh dill
 - 4 cloves garlic, minced, divided
 - 1/4 tsp. red wine vinegar
 - Kosher salt and freshly ground black pepper
 - 2 tsp. canola oil
 - 1 1/2 tsp. ground cumin
 - 2 tsp. minced fresh oregano
 - 2 tsp. fresh lemon juice
 - 4 rounds pita
 - 4 leaves iceberg lettuce
 - 1 pint cherry tomatoes, quartered
 - 1/2 red onion, thinly sliced
1. Cut cucumber in half. Finely chop 1/2 cucumber and combine with yogurt, dill, 2 cloves garlic and vinegar. Season with salt and pepper, to taste; set aside. Slice remaining cucumber into thin rounds, and set aside for serving.
 2. Heat oil in large skillet over medium-high heat. Add Calamari Strips, remaining garlic, cumin and oregano and cook until fully cooked, about 2 to 3 minutes. Add lemon juice and stir until combined.
 3. Spread yogurt sauce over pita and top with lettuce, tomato, onion, sliced cucumber and cooked Calamari Strips. Repeat with remaining pita. Serve and enjoy.



Squid Facts



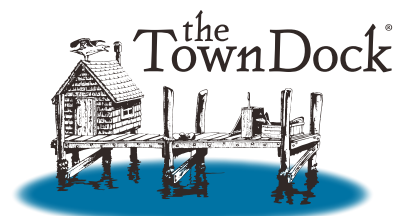
We're the calamari experts from catch to cuisine and Dr. B is ready to share her knowledge!

Brianna Hughes, Ph.D., is our Vice President of Operations, Supply Chain, & Quality. She received her doctorate in food science at the University of Maine, where she worked in the seafood lab.

Learn more about squid in her educational video series:

www.towndock.com/squid-facts

1. Squid have three hearts: one for each gill, and one for the rest of their body.
2. Scientists estimate that there are at least 300 species of squid around the world.
3. Squid are able to swim at speeds of up to 25 mph, making them the fastest marine invertebrate.
4. Most squid have a natural lifespan of about a year - their short life cycle is part of what makes them sustainable.
5. Inside their bodies, squid have what is called a quill or pen, which is made of chitin and acts like a backbone (it looks a lot like a clear plastic quill-point pen).



Get in Touch

Media Contact

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