

# Weekly Specials

## Deals of the Week



Peaches (Virginia)  
Valencia Oranges  
Navel Oranges (72ct)  
Cantaloupes (9ct)  
Cluster Tomatoes  
Heirlooms (10lbs)  
Cherries (Red XLg)  
Asparagus (Standard 11lbs)  
Brussels Sprouts (25lbs)  
Cauliflower (12ct)

Squash Blossom (25ct) **Local**  
Gooseberry (12 x 1pt)  
Scorpion Peppers (8x50g)  
Ghost Pepper (8x50g)  
Morel (1lbs)  
Yellow Tomato  
Mache  
Upland Cress  
Hydro Sorrel

Don't forget to speak to your sales representative about our selection of local cheeses!

Pansies (50ct)  
Rainbow Carrots (10lbs - LG)  
Tri Color Cauliflower (6ct)  
Baby Bok Choy (30lbs)  
White Asparagus (11lbs)  
Italian Eggplant (5k)  
Pea Tendrils (8oz)

Lacinato Kale (24ct)  
Sunflower / Helios Cress  
Sweet Fingerlings (10lbs)  
Mitsuba Cress (2lbs)  
Hydro Bibb (12ct)  
English Peas (10lbs)

Black Mission Figs (12 x 1pt)  
Yellow Watermelon (Ea)  
Fava Beans (10lbs)  
Red Endive (5kg)  
Cherry Heirlooms -12pt **Local**  
Shishito (10lbs) **Local**  
Heirloom Tomatoes **Local**  
Conabria Blossom (50ct)

## Local / Seasonal

## Produce

Watermelon Radish (10lbs)  
Sakura Mix (12x1pt)  
Power Blend (3lbs)  
Heirloom Tomatoes (10lbs)  
Cherry Heirloom (12 x 1pt)  
Baby Watercress (2 x 1.5)

## Seafood

Sword Loin (South American Premium)  
Scallops U/10 Dry (8lbs container)  
Maryland Lump Crab Meat  
Wahoo Loin (East Coast)  
Wild Coho Salmon Fillet (Alaska)

Grouper Fingers (2-4oz each | 10lbs case)  
Chilean Seabass Cheeks (3-7oz | 10lbs case)  
Rock Fillet (4-6oz Pacific | 10lbs case)  
Ocean Garden Shrimp (21-25ct)  
Domestic PUD Shrimp (40-50ct)

## Dairy

Celingini (2 x 3lbs)  
Assortment Cubes (4 x 5lbs)  
Gorgonzola Crumble (4x2.5)  
Gorgonzola Wheel (6lbs avg)

**Firefly Farms - MD Goat**  
Cabra La Mancha (4lbs avg)  
Allegheny Chevre (4lbs avg)  
Spruce Reserve (4 x 9oz)  
Black & Bleu (5lbs avg)

**High Country - MD Cow**  
Cheddar Wheel (sharp/mild) MKT  
Feta (3lbs avg)  
Mozzerella (1lbs)  
Mozzerella Curd (2lbs avg)

## Fancy

Saffron (1oz)  
Vanilla Bean (4oz)  
Flake Finishing Salt (5lbs)

Truffle Peeling (7oz)  
Truffle Oil (8.45oz)  
Truffle Salt (14oz)  
Italian White Truffle Salt (1lbs)  
Kosher Salt (Sea - 10lbs)

Black Garlic Salt (1lbs)  
Cherrywood Smoked Salt  
Ghost Chili Salt (1lbs)  
Pinot Noir Salt (1lbs)  
Lemon Zest Salt (1lbs)

Effective Dates  
August 7 - 13th

Must mention this sheet to get special pricing.



# Capital Seaboard Specialty Oysters

## Summer 2018

Beau Soliels	New Brunswick, Canada	Petite / Medium Salt
Blue Points	Long Island Sound, Connecticut	Large / High Salt
Chesapeake Bay	Virginia	Large / Medium Salt
Chincoteague	Tom's Cove, Virginia	Medium / High Salt
Choptank Sweets	Cambridge, Maryland	Medium / Mild Salt
Copp Islands	Norwalk, Connecticut	Large / High Salt
Gracie's Point	Bradford Bay, Virginia	Large / High Salt
Great Whites	Barnstable, Massachusetts	Large / High Salt
Hollywoods	St. Mary's County, Maryland	Large / Mild Salt
Island Creek	Duxbury, Massachusetts	Large / High Salt
James River	Chesapeake Bay, Virginia	Large / Medium Salt
Maryland Wild	Chesapeake Bay, Virginia	Large / Mild Salt
Misty Points	Chincoteague, Virginia	Medium / Medium Salt
Moon Dancers	Damariscotta River, Maine	Large / High Salt
Mystics	Norwalk, Connecticut	Large / High Salt
Harris 'Primes' (120ct)	Maryland	X Large / Medium Salt
Raspberry Points	PEI, Canada	Medium / High Salt
Salt Ponds	Pt. Judith, RI	Medium / High Salt
Shooting Point Salts	Hog Island, Virginia	Medium / High Salt
SkipJack	Chesapeake Bay, MD	Medium / Medium Salt
SkipJack (XL)	Chesapeake Bay, Maryland	XXL / Medium Salt
Sugar Shacks	Rose Cove, New Jersey	Medium/High Salt
Sweet Petites	PEI, Canada	Medium Deep cup / High
Sweet Necks	Martha's Vineyard	Large / High Salt

With 48hr notice we can get you just about any oyster out there. Ask your sales representative if there is something you would like us to carry.



**CAPITAL  
SEABOARD**

Capital Seaboard

7540 Assateague Drive | Jessup, MD 20794

443.755.1733

[www.CapitalSeaboard.com](http://www.CapitalSeaboard.com)