

PARTNERING WITH

PURVEYORS OF FINE SEAFOOD

SINCE 1995

boston fish market

Full Line of Fresh and Frozen
Seafood Wholesale & Retail



PRODUCT CATALOG





Our History

Our story is a testament to the pursuit of the American dream, hard work, and the promise to never compromise on quality and service. We offer the freshest seafood available and strive to satisfy our customers no matter how big or small your needs are.

Since a young boy in Greece, Louie Psihogios has been a sherman above all else. Louie and his family were farmers who owned a large sum of olive trees and went shing throughout the Mediterranean Sea in Turkey and Greece.

Fishing was always a passion of Louie's. When Louie came to the United States, he worked in countless Greek restaurants. Over time, he ascended the chain of commands until he eventually became a head chef who made dishes with authenticity, quality, and mouthwatering taste. His cooking style resulted in him earn accolades from patrons and the kitchen staff alike.

In 1995, Louie had the opportunity to open his very own Fish Market in Chicago. Though it was small, Louie's gained dedicated customers from far and wide. Eventually, the business moved into a 40,000 square foot facility to Des Plaines, Illinois, to meet demands. However, Boston Fish Market did not stop there. Louie knew it was only a matter of time until he had to nd an even larger facility to handle the demand of his business.

International Sourcing

Nationwide Distribution



Fish-In, Fish-Out

Boston Fish Market was established in 1995 as a Chicago-based importer & processor with nationwide distribution and global sourcing network. We serve some of the nation's largest foodservice distributors, the most discerning clients, chefs, restaurants, and institutions in the United States and produce products within the quickest time frame possible.



With over twenty-five years of domestic and international sourcing experience, Boston Fish Market has developed strategic relationships with a global network of premier seafood producers. We continue to break new ground ever since. The range of products being offered includes fresh seafood, frozen products, dry products, and fresh produce, etc. Boston Fish Market established the Sushi department in 2015.



Our team is composed of long-time seafood supply chain professionals who have held senior sourcing positions with some of the top food companies in the country. Daily, we have full fleet of refrigerated semi-trailers, box vans, and panel vans shipping daily, thus we employ professional drivers who understand the product they are hauling and understand the importance of each and every delivery. With hundreds of seafood shipments per week in areas ranging from across the world, Alaska to Canada, the Gulf to Europe, the Mediterranean, South America, the Pacific Islands, we ship thousands of orders per week to all points throughout the nation with the fastest delivery with the freshest artistry.



Seafood Processing

State-of-the-Art Equipment and Expertise

We are the first choice of many of our nation's top food distributors as well as some of Chicagoland's best restaurants. Our 40,000 square foot Des Plaines warehouse is HACCP compliant with freezers and dry units. We use top-of-the-line technology with machines ranging from filleting to pin boning machines, huge refrigerated processing rooms, and full-body sanitary overgarments. Our highly trained fish butchers understand the complexity of cutting the fish and food consumption safety. Whether it is filleting, scaling, portioning, grading, or packing, we tailor our products to our customers' specifications and satisfaction.



SALMON

King Salmon by Ora King



Size

Whole
Fillet

Fresh, oily flavor with medium texture and medium flake. High fat content. Raw fish comes in with a bright to opaque orange and cooks up orange.



Ora = Fresh, Alive, Well-Being!

Ora King has the highest oil content of all salmon species. The “wagyu of salmon” – the result of a “Best of Breed” husbandry program over seven generations

Sustainably farmed – GMO free, no antibiotics, no vaccines, no chemicals

A concerted effort to minimize stress throughout the life-cycle and an Ike Jime based harvesting technique results in consistently high quality taste and texture.

King salmon eggs destined to produce Ōra King salmon are nurtured in the crystal clear waters flowing from the Te Waikoropupu Springs near Golden Bay. The waters of this region have been verified as the clearest waters in the world, an ideal beginning to the life cycle for Ōra King salmon.

The highly prized King salmon (*Oncorhynchus tshawytscha*) is itself a rare luxury, making up less than one percent of the world’s salmon population. It has the highest natural oil content of all salmon species, giving it a luscious, elegant texture and a rich taste; as well as providing an excellent source of Omega-3.

Ōra King is the culmination of a classical breeding program that has spanned nearly two decades and is designed to yield only the highest quality King salmon with the most appealing taste, texture and color. Through discriminating breeding, responsible husbandry, selective grading and careful handling, The New Zealand King Salmon Company allows only the finest-quality King salmon to be labeled Ōra King—those that best represent the superior culinary attributes of this unique breed.

A Quality at the Source philosophy is the foundation for handling each Ōra King salmon. The salmon are nurtured throughout their lifecycle, minimizing stress and fatigue, and are humanely harvested using a percussive stunning method based on the traditional Japanese Ike Jime technique. These efforts to reduce stress result in a minimum release of lactic acid, which along with rapid chilling help ensure a desirable texture.

Post harvest, highly trained staff prepare the salmon for dispatch to the customer. After an initial size grading immediately after harvest, the salmon are delivered to the factory where each salmon is individually handled to remove the gills, followed by thorough removal of the viscera and kidney line and careful cleaning to remove residue. Master Graders, dedicated to Ōra King, then review each salmon against standards for size, colour and quality. Once approved, an individually numbered Ōra King gill tag is attached to allow for authenticity of origin and traceability for customers. Following a final review by the Master Grader, the salmon are packed into the newly designed Ōra King carton, a recyclable, insulated container, ensuring delivery in optimum condition to customers around the world.



Chilean Salmon

Size

2-3 lbs
3-4 lbs

Canadian Salmon

Size

2-3 lbs
3-4 lbs
4-5 lbs
3-12 oz/ea
Whole
Portion Cut
Skin on or off

Faroe Island Salmon

Size

4-5 lbs
Whole

Organic Salmon

Size

Fillet
Whole

Smoked Salmon

Size

Hot Smoked
Nova Lox

Scottish Salmon

Size

4-5 lbs
Whole

Scottish Salmon is a premium farmed Atlantic salmon that is sustainably raised off the coast of Scotland. The frigid waters and strong currents produce salmon that are both strong and high in fat-content.

Scottish Salmon is one of the more mild flavored salmon on the market. The higher-fat content of these fish lend to a buttery texture mouth-feel. The fish's feed is parasite-free making it safe for raw consumption.



FIN FISH



YOUR CHOICE FOR
TOP QUALITY SEAFOOD



ORATA

Size

Whole
Fillet

PRODUCT OF U.S.A.
WILD CAUGHT



RED SNAPPER

Size

Red Snapper 1-2
Red Snapper 2-4
Red Snapper 4-6
Red Snapper 6
Red Snapper Fillet

PRODUCT OF U.S.A.
WILD CAUGHT



GROUPE

Size

Whole
Fillet

PRODUCT OF U.S.A.
WILD CAUGHT



HALIBUT

Size

Whole
Fillet
Portion

PRODUCT OF U.S.A
WILD CAUGHT



CHILEAN SEA BASS

Size

Whole
Fillet
Portion

PRODUCT OF SOUTH AMERICA
WILD CAUGHT



MONK FISH

Size

Whole
Fillet

PRODUCT OF USA
WILD CAUGHT

SKATE WING

Size

Whole
Fillet

PRODUCT OF U.S.A.
WILD CAUGHT



ARTIC CHAR

Size

Whole
Fillet

PRODUCT OF NORWAY
FARM RAISE



FLOUNDER

Size

Whole
Fillet

PRODUCT OF U.S.A.
WILD CAUGHT



WHITE FISH

Size

Whole
Fillet
Portion

PRODUCT OF CANADA
WILD CAUGHT





WALLEYE PIKE

Size

Whole
Fillet

PRODUCT OF U.S.A.
WILD CAUGHT



CATFISH FILLET

Size

Whole
Fillet

PRODUCT OF U.S.A.
WILD CAUGHT



LAKE PERCH

Size

Whole
Fillet

PRODUCT OF CANADA
WILD CAUGHT



ORANGE ROUGHY

Size

Whole
Fillet

PRODUCT OF U.S.A.
WILD CAUGHT



TUNA (#1, #2)

Loin
Portions
Frozen Cube (22#)
Frozen Strips (22#)
Frozen Saku AAA (22#)

BRONZINI



Size
Whole
Fillet

SWORDFISH



Size
Fillet
Portion

MAHI-MAHI



Size
Whole
Fillet
Portion

RAINBOW TROUT



Size
Whole
Fillet

COD



Size
Fillet
Portion

SHELL FISH & MORE





CLAMS

Little necks
Middle necks
Top necks
Cherrystone

KING CRAB

6-9 Ct



SNOW CRAB

5-8 Clusters
8+ Clusters



OYSTERS



80-100 Ct
Specialty
Specialty

East Coast
East Coast (Wellfleet, Malpeque, PEI Canada)
West Coast (Kumamoto, Kusshi, Hood Canal)



MUSSELS

PEI
Mediterranean
Frozen Green-lipped

SHRIMPS



Wild Caught
& Farm Raised

All Size Available



LOBSTERS

Our lobsters are Sweet, clean flavor with firm texture and small flake. Low fat content. Raw flesh comes in pink and translucent white shells are light green to amber. Shells cook up bright red and flesh turns white.





Lobster Tail

SIZE

4 oz Canadian

5 oz South African

8 oz - 10 oz Cold Water

8 oz - 10 oz Warm water

14-16 oz Australian

Live Lobster

SIZE

1.0 lb

1.25 lb

1.50 lb

1.75 lb

2.00 lb

2.5 lb +



SCALLOPS

Size

U-6 Dry

U-8 Dry

U-10 Dry

U-12 Dry

U-15 Dry

10-20 Dry

20-30 Dry

U-10 Processed

BAY

SCALLOP

60-80 CT



PRODUCT OF U.S.A.
WILD CAUGHT

What you can expect from our Scallops:

- Wild-caught
- Strictly assessed for quality and freshness



OCTOPUS



Size

1-2

4-6

6+



SQUID

Size

SQUID



Why Choose Boston Fish Market?

Quality

We strive to provide premium seafood products and superior service to our customers. Our hands-on approach to quality control ensures our customers that each order will be filled to their satisfaction.

Consistency

Our job is to make your wish a reality by providing high-quality products delivered to you. We demand the highest quality products and strict consistency from our suppliers.

Variety

We import hundreds of seafood shipments per week from across the world, Alaska to Canada, the Gulf to Europe, the Mediterranean, South America, the Pacific Islands. We ship thousands of orders per week to all points throughout the nation.

Experience

We have over twenty-five years of applied experience, from fishing operation to wholesale distribution, restaurant management, and purchasing to front-line kitchen experience. We know what separates great products from average products.

Personnel

Our knowledgeable staff are committed to serving your every need. We care about what our customers are looking for and the reality of their day-to-day needs. We like to believe that we can help our clients succeed by providing top-quality products for a fair price with the type of consistency our clients can count on.

Competitive Pricing

Our expert buyers are able to keep our prices attractive to our customers throughout the year. Our fish is so fresh and delicious; we want as many people to experience the wonders of our seafood with fair pricing but without undermining the quality. This is partly due to our unique access to different resources and partnerships from around the globe.



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Cannot find what you are looking for?

This is not a complete list of Boston Fish Market's offerings. If you do not see a product you are looking for, let us know your particular needs. We will provide you with a solution that satisfies your needs.



**Contact your Performance Foodservice
Area Manager to learn more!**