



SANTA MONICA
SEAFOOD®
Family Owned Since 1939

Rex Sole



CHARACTERISTICS

This tasty flatfish yield a very small and delicious fillet (2- 3 oz.). They cook up quickly with a sweet, delicate flavor.

FOR YOUR MENU

Use as you would any small flatfish, but be aware that these fillets are some of the smallest that we carry. A quick satue or pan fry is all it takes.

FOR YOUR WAITSTAFF


If you have a customer who isn't sure about seafood - recommend the Rex Sole - it's very delicate and light, and they just might love it.

FOR YOUR RETAIL DISPLAY

Rex Sole is a great option for your fish case - delicious and priced right.

Species Name:
Glyptocephalus zachirus

Sustainability Rating:

 Grey - unranked

What:
A right eyed flounder found along the Pacific coast from Alaska to Baja

When:
Available Year-Round

Where:
USA, Canada

How:
Wild Caught/Trawl