

Diamond'sTM

- Product of Panama – a bicoastal producer of premium warm water lobster tails.
- 100% net weights – a truly “dry” pack, no water added.
- Chemical free – absolutely no chemical additives.
- Compliant – Harvested in compliance with the Caribbean regional management regulation OSP-02-09.
- Accurate – uniformly sized for consistent plating.
- Quality – the freshest tails from the Caribbean Sea, complemented by strong weights and counts.
- Versatile – Available in a full range of sizes for any menu application.



*Atlantic Warm Water
Panulirus argus*

*Pacific Warm Water
Panulirus gracilis*



- Handled with care – sorted and graded by hand to ensure minimal defects with perfect sizing.
- Packed under strict HACCP controls – meets the requirements of the U.S. Food and Drug Administration.



Diamond's™ grilled lobster tails

MAIN INGREDIENTS:

6 oz lobster tails
4 tablespoons butter
1 garlic clove
1 lemon
salt and pepper

SUGGESTED SIDES:

Grilled fresh vegetables
Baked potato
Green salad

If the lobster tails are frozen, start by thawing them to room temperature by submerging them in a bowl of cool water. When fully thawed, lay the tails bottom side up on a cutting board. Using a large knife, cut the tails in half length-wise.

Next create a basting sauce. Melt the butter in a small dish in the microwave, or warm in a small pan and remove from heat. Mince the garlic and add to warm butter. Add one tablespoon of fresh squeezed lemon juice and stir.

Clean and oil the grill to prevent sticking. Heat to medium-high. Once the grill is hot, baste the lobster tails, season with salt and pepper and place them on the hot grill. Make sure to turn once during cooking process. Cook until the lobster meat is firm and opaque, basting throughout. Remove from heat and serve.

Nutrition Facts

Serving size 100 grams

Amount Per Serving

Calories 90	Calories from fat 15
% Daily Value**	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 105 mg.	35%
Sodium 270 mg.	11%
Total Carbohydrate 3g	1%
Dietary Fiber 3g	0%
Sugar 0g	
Protein 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%

* Percent Daily Values are based on a 2000 calorie diet, your Daily Values may vary higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	340mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Standard presentation is individually wrapped lobster tails, packaged in 10 lb cases. Product of Panama.

Diamond's brand lobsters are 100% free of chemical additives.

Available in sizes
5 to 20 ounces each (P. argus) and
2 to 12 ounces each (P. gracilis)

Please ask your Darik representative for more information.

Case Configuration

1 x 10 lb.

Dimensions

16 "L x 12 1/4" W x 4 1/2" H

Volume

.49 cu. ft.

Pallet

12 per layer, 12 high

Diamond's™ brand is exclusively distributed by Darik Enterprises, Inc.

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