

# Classic Fish Broth

CG300

A full-bodied fish broth, made by simmering fish bones, vegetables and herbs to extract health-enhancing gelatin and maximize flavor. Serve this broth “as is,” or add vegetables, protein, pasta or rice to create your own hearty and healthy soup or entrée. We use this product in all our seafood soups and chowders. Gluten-Free and Dairy Free.

## Wholesome Ingredients

- Our broth contains high-quality gelatin to support:
  - Digestion.
  - Joint health.
  - Balanced energy intake.
  - Stamina.
- Locally grown vegetables add flavor and nutrition to the broth.
- Appropriate for clear-liquid diets.

Ingredients: Filtered water, extract of fish bones, onion, celery, carrot, bay leaf, parsley, black pepper.

## Serving Information

- Empty pouch into pan, and reheat to 165°F, or
- Submerge unopened pouch in 180°F - 190°F. water.
- Microwaving may damage gelatin and reduce health benefits.

## Storage Information

- Tested shelf life of 45 days.
- For best shelf life and flavor, store between 34°F. and 36°F.

## Packaging Information

- Packaged in clear, food-safe pouches.
- Available in foodservice (8 lbs.) and retail-size (3 lbs.) pack.
- Two 8 lb. or six 3 lb. pouches are shipped in a sturdy, corrugated carton with full-size flaps for added protection.



[ChesapeakeGardens.com](http://ChesapeakeGardens.com)



Nutrition Facts			
Serving Size		1 cup (8 fl oz/235g)	
Servings Per Container		3lb/6, 8lb/16	
Amount Per Serving			
Calories 29		Calories from Fat 13	
% Daily Value*			
Total Fat	1g		2%
Saturated Fat	1g		4%
Cholesterol	4mg		1%
Sodium	256mg		11%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		1%
Protein	10g		
Vitamin A	21%	Vitamin C	2%
Calcium	1%	Iron	1%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

# Sea Harvest Chowder

CG301

A delectable “meal in a bowl” composed of white fish, vegetables and heavy cream in our Chesapeake Gardens Classic Fish Broth, seasoned with a tasty mix of herbs and spices. This is a unique product unavailable in the market until we started making it.

## Wholesome Ingredients

- Made with our Chesapeake Gardens Classic Fish Broth, which contains high-quality gelatin to support:
  - Digestion.
  - Joint health.
  - Balanced energy intake.
  - Stamina.

Ingredients: Chesapeake Gardens Classic Fish Broth, heavy cream, fish (cod, haddock, sea bass and/or halibut), potato, rice starch, celery, carrot, corn, butter, onion, garlic, scallion, sea salt, basil, parsley, oregano, thyme, white pepper, cayenne pepper.

## Serving Information

- Empty pouch into pan, and reheat to 165°F., or
- Submerge unopened pouch in 180°F. - 190°F. water.
- Microwaving may damage gelatin and reduce health benefits.

## Storage Information

- Tested shelf life of 30 days.
- For best shelf life and flavor, store between 34°F. and 36°F.

## Packaging Information

- Packaged in clear, food-safe pouches.
- Available in foodservice (8 lbs.) and retail-size (3 lbs.) pack.
- Two 8 lb. or six 3 lb. pouches are shipped in a sturdy, corrugated carton with full-size flaps for added protection.



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Nutrition Facts			
Serving Size		1 cup (8 fl oz/235g)	
Servings Per Container		3lb/6, 8lb/16	
Amount Per Serving			
Calories 226		Calories from Fat 145	
% Daily Value*			
Total Fat	16g		24%
Saturated Fat	10g		43%
Cholesterol	64mg		21%
Sodium	437mg		20%
Total Carbohydrate	12g		4%
Dietary Fiber	2g		7%
Protein	8g		
Vitamin A	82%	Vitamin C	14%
Calcium	6%	Iron	5%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.

# Creamy Salmon Chowder

CG302

A healthy, gourmet mix of salmon and heavy cream in our Chesapeake Gardens Classic Fish Broth with plenty of vegetables and herbs. High in Omega-3's so it's tasty and good for you too. A real gourmet treat. Gluten-Free.

## Wholesome Ingredients

- Made with our Chesapeake Gardens Classic Fish Broth, which contains high-quality gelatin to support:
  - Digestion.
  - Joint health.
  - Balanced energy intake.
  - Stamina.

Ingredients: Chesapeake Gardens Classic Fish Broth, heavy cream, salmon, potato, rice starch, carrot, celery, corn, butter, onion, garlic, scallion, sea salt, basil, parsley, dill, white pepper, cayenne pepper.

## Serving Information

- Empty pouch into pan, and reheat to 165°F., or
- Submerge unopened pouch in 180°F. - 190°F. water.
- Microwaving may damage gelatin and reduce health benefits.

## Storage Information

- Tested shelf life of 30 days.
- For best shelf life and flavor, store between 34°F. and 36°F.

## Packaging Information

- Packaged in clear, food-safe pouches.
- Available in foodservice (8 lbs.) and retail-size (3 lbs.) pack.
- Two 8 lb. or six 3 lb. pouches are shipped in a sturdy, corrugated carton with full-size flaps for added protection.



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Nutrition Facts			
Serving Size	1 cup (8 fl oz/235g)		
Servings Per Container	3lb/6, 8lb/16		
Amount Per Serving			
Calories 234	Calories from Fat 155		
% Daily Value*			
Total Fat 17g			26%
Saturated Fat 10g			44%
Cholesterol 70mg			23%
Sodium 625mg			26%
Total Carbohydrate 12g			4%
Dietary Fiber 2g			7%
Protein 8g			
Vitamin A	81%	Vitamin C	14%
Calcium	5%	Iron	5%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

# Fisherman's Chowder

CG304

A hearty chowder of white fish, tomatoes and vegetables in our Chesapeake Gardens Classic Fish Broth, seasoned with our special mix of tasty and tangy herbs and spices. This chowder is gluten free and dairy free, as well as healthy and hearty—another “meal in a bowl.” Gluten-Free and Dairy-Free.

## Wholesome Ingredients

- Made with our Chesapeake Gardens Classic Fish Broth, which contains high-quality gelatin to support:
  - Digestion.
  - Joint health.
  - Balanced energy intake.
  - Stamina.

Ingredients: Chesapeake Gardens Classic Fish Broth, white fish (cod, haddock, sea bass and/or halibut), tomato, potato, carrot, green bean, sweet corn, onion, celery, leeks, fennel, tomato paste, parsley, canola oil, garlic, sea salt, oregano, rosemary, Hungarian paprika, thyme, black pepper, cayenne pepper.

## Serving Information

- Empty pouch into pan, and reheat to 165°F., or
- Submerge unopened pouch in 180°F. - 190°F. water.
- Microwaving may damage gelatin and reduce health benefits.

## Storage Information

- Tested shelf life of 45 days.
- For best shelf life and flavor, store between 34°F. and 36°F.

## Packaging Information

- Packaged in clear, food-safe pouches.
- Available in foodservice (8 lbs.) and retail-size (3 lbs.) pack.
- Two 8 lb. or six 3 lb. pouches are shipped in a sturdy, corrugated carton with full-size flaps for added protection.



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Nutrition Facts			
Serving Size		1 cup (8 fl oz/235g)	
Servings Per Container		3lb/6, 8lb/16	
Amount Per Serving			
Calories 89		Calories from Fat 24	
% Daily Value*			
Total Fat	3g		4%
Saturated Fat	1g		3%
Cholesterol	16mg		5%
Sodium	369mg		15%
Total Carbohydrate	10g		3%
Dietary Fiber	2g		8%
Protein	6g		
Vitamin A	56%	Vitamin C	20%
Calcium	3%	Iron	5%

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# Shrimp Bisque

CG305

A delicious, classy bisque—smooth and thick with some shrimp pieces to give it some texture. We make it from our own Chesapeake Gardens Classic Fish Broth, shrimp stock, heavy cream, sherry and seasoning. Gluten-Free.

## Wholesome Ingredients

- Made with our Chesapeake Gardens Classic Fish Broth, which contains high-quality gelatin to support:
  - Digestion.
  - Joint health.
  - Balanced energy intake.
  - Stamina.

Ingredients: Chesapeake Gardens Classic Fish Broth, heavy cream, shrimp, all-natural shrimp stock, sherry, rice starch, tomato paste, butter, shallots, sea salt, white pepper, cayenne pepper.

## Serving Information

- Empty pouch into pan, and reheat to 165°F., or
- Submerge unopened pouch in 180°F. - 190°F. water.
- Microwaving may damage gelatin and reduce health benefits.

## Storage Information

- Tested shelf life of 30 days.
- For best shelf life and flavor, store between 34°F. and 36°F.

## Packaging Information

- Packaged in clear, food-safe pouches.
- Available in foodservice (8 lbs.) and retail-size (3 lbs.) pack.
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Nutrition Facts			
Serving Size		1 cup (8 fl oz/235g)	
Servings Per Container		3lb/6, 8lb/16	
Amount Per Serving			
Calories 199		Calories from Fat 137	
		% Daily Value*	
Total Fat	15g		23%
Saturated Fat	9g		42%
Cholesterol	103mg		34%
Sodium	511mg		21%
Total Carbohydrate	10g		3%
Dietary Fiber	0g		2%
Protein	4g		
Vitamin A	29%	Vitamin C	5%
Calcium	4%	Iron	3%

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Your Daily Values may be higher or lower depending on your calorie needs.

# Lobster Bisque

CG306

A delicious, classy bisque—smooth and thick with some lobster pieces to give it some texture. We make it from our own Chesapeake Gardens Classic Fish Broth and lobster stock, heavy cream, sherry and seasoning. Gluten-Free.

## Wholesome Ingredients

- Made with our Chesapeake Gardens Classic Fish Broth, which contains high-quality gelatin to support:
  - Digestion.
  - Joint health.
  - Balanced energy intake.
  - Stamina.

Ingredients: Chesapeake Gardens Classic Fish Broth, heavy cream, lobster, all-natural lobster stock, sherry, rice starch, tomato paste, butter, shallots, sea salt, white pepper, cayenne pepper.

## Serving Information

- Empty pouch into pan, and reheat to 165°F., or
- Submerge unopened pouch in 180°F. - 190°F. water.
- Microwaving may damage gelatin and reduce health benefits.

## Storage Information

- Tested shelf life of 30 days.
- For best shelf life and flavor, store between 34°F. and 36°F.

## Packaging Information

- Packaged in clear, food-safe pouches.
- Available in foodservice (8 lbs.) and retail-size (3 lbs.) pack.
- Two 8 lb. or six 3 lb. pouches are shipped in a sturdy, corrugated carton with full-size flaps for added protection.



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Nutrition Facts			
Serving Size		1 cup (8 fl oz/235g)	
Servings Per Container		3lb/6, 8lb/16	
Amount Per Serving			
Calories 199		Calories from Fat 140	
% Daily Value*			
Total Fat	13g		20%
Saturated Fat	10g		43%
Cholesterol	50mg		17%
Sodium	513mg		21%
Total Carbohydrate	8g		3%
Dietary Fiber	1g		3%
Protein	4g		
Vitamin A	30%	Vitamin C	5%
Calcium	4%	Iron	3%

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