Crab Cakes

Stone Silo Foods
Gourmet Seafood

Each 3 Oz. cake contains blue claw, jonah, snow and rock crab for a total of 65% crab. Then paired with a delicate combination of spinach, parmensan cheese, seasoning and panko breadcrumbs.

On your dinner menu as an appetizer: Dinner of two cakes over pasta or mixed greens or as a great addition to your seafood special or buffet.

Lunch Menu: Crab cake on a roll with lettuce, tomato and onion, a crab wrap, crab cake with soup or salad.

Breakfast/Brunch: An awesome benedict with poached eggs and hollandaise sauce or melted cheese.

** Cooking instructions: May be sauteed, baked, pan fried or flat top grilled using a tablespoon of oil per cake.*

Brown from frozen state approximately 5 minutes on each side. (Use non-stick pan)

Portion Size	3 Oz.
Pack	2-32 Ct.
Net Weight	12 lbs.
Gross Weight	12.75 lbs.
Case Cube	.5877

Measurements of master carton	12" x 12" x 6.25"
Pallet TI/HI	9" x 10" 90 cases to a pallet
Pallet weight	1136.25
Product of the USA	
Case UPC code	

HACCP Compliant and inspected by the FDA and Pa. Dept of Agriculture

Nutrition Facts

Serving Size 1 Cake (85g) 3oz.

Amount Per Serving	
Calories 140	Calories from fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 560mg	23%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 10g	
Vitamin A 15%	Vitamin C 8%
Calcium 6%	Iron 4%

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

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"We Make Seafood Better"

For Additional Information:
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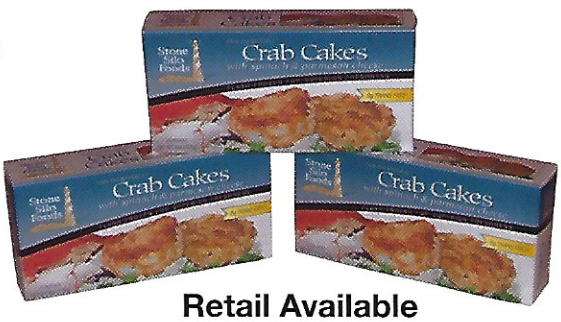

Retail Available