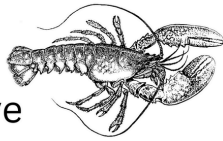


WHAT IS A LOBSTERVORE?!

Lobstervore
[lob-ster-vore] adjective



a person whose diet consists of high protein lobster, that is locally and sustainably harvested.



If you're still searching for the best way to satisfy your craving for this mouthwatering crustacean, we're here to help!

WEBSITE:
lobsterweb.org



SOCIAL MEDIA:
[@masslobsternmens](https://www.instagram.com/masslobsternmens)



LOBSTERVORE

DO YOU LOVE LOBSTER?!

Then you my friend are a fellow **LOBSTERVORE!**



LOBSTER NUTRITION

*Nutrition information is based on 100 grams of
cooked edible product*

- 89 Calories
- 19g Protein
- 0.5 Total Fat
- 72g Cholesterol
- Contains omega-3 fatty acid
- High in amino acids, iron, zinc, vitamin A, B12, B6, B3, B2, potassium, magnesium, calcium, and phosphorous

“KING OF SEAFOOD”



Let's shout out to our local lobstermen — without them we wouldn't be able to enjoy the delicious and nutritious lobster we love so much.

Our local lobster legends are out on the water before sunrise, hauling traps so we can feast like royalty!



Every buttery bite is a bite of tradition, hard work, and hometown pride.

So next time you dive into that tail or dunk a claw in warm butter, give thanks to the many lobstermen who made it possible!



DISHES THAT CAN BE ELEVATED WHEN SUBSTITUTED WITH LOCALLY MASS HARVESTED LOBSTER

- | | |
|-------------------|--------------------|
| • Mac & Cheese | • ALL Pasta Dishes |
| • Taco's | ◦ Carbonara |
| • Putin | ◦ Alfredo |
| • Grilled Cheese | ◦ Ravioli |
| • BLT's | • Fritters |
| • Beef Wellington | • Pot Pie |

**THE LIST CAN GO ON FOREVER,
YOU KNOW WHY?
LOBSTER IS AMAZING!**

HOW WILL YOU EAT YOUR LOBSTER?!

Share your dishes by tagging us on social media with the hashtag **#lobstervore** !

@masslobstermens