

## <Why we launched Tsukiji Selections>

I realized that there are many people who wanted to eat delicious fish but haven't had an opportunity until now. I would like to provide delicious fish to as many people as possible because people feel HAPPY when they find food delicious. My mission is to share with people my knowledge and experiences concerning food and nutrition education/promotion (food and nutrition dynamics) and the issues surrounding it, while delivering a message that there are many different types of edible fish in addition to the fish you eat on the daily basis.

If we continue to capture a limited number of marine fish, ecosystem will gradually collapse, making it impossible to return to its original balance. Though our business is at the grassroots level, we, at Tsukiji Fish Market Inc. always take sustainable marine environment in our mind. I have been committed to introducing and delivering a variety of delicious fish from Japan, which are in high quality and not easily available in Canada, to you through the convenient handy services of Tsukiji Selections.




We will tell you the shipping fee by reply when you place an order with us. If you pick it up directly, there is no shipping fee.




Area	Fee(CAD)
Pick up (1138 Beechwood Cr, North Vancouver, BC V7P 1G7)	Free
North Vancouver, West Vancouver	\$10-15
Vancouver	\$15~
Richmond, Burnaby ( Thursday 16:30-17:30pm)	\$20~
Port Moody, Port Coquitlam, New Westminister, Delta, Surrey...etc.	To be discussed

# <Product list> Dried fish

Price : CAD

<p>101 Dried Hokke (Atka mackerel)</p>  <p>"Toro" Hokke!!</p>	<p>1 piece JPN Kanagawa \$20 Frozen</p> <p>After defrosting, please grill it and enjoy juicy fish meat. It has good fish oil because this one uses large Atka mackerel. <b>Combo deal: [101]+[102]=\$32</b></p>	<p>102 Dried Aji (Horse mackerel)</p> 	<p>2 pieces JPN Shizuoka \$14 Frozen</p> <p>This is the most popular dried fish!! After defrosting, please grill or pan fry. I recommend to pan fry it from meat side first and don't turn it over a lot!</p>	<p>103 Dried Kinme-dai (Alfonsino)</p> 	<p>1 pack JPN Tyoushi \$20 Frozen</p> <p>This flavourful fish was prepared by traditional handmade processing. It has strong flavour and good fish oil.</p>
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<p>104 Dried Masaba (Chub mackerel)</p> 	<p>5-6 pieces JPN Tyoshi \$20 Frozen</p> <p>This is made with a traditional salting method to enhance flavour. We guarantee the quality and the flavour!</p>	<p>105 Dried Squid</p> 	<p>400 g Pacific ocean \$20 Frozen</p> <p>Be amazed by the huge size of this dried Squid! After defrosting, just bake or pan-fry it. This is good with mayo and cayenne pepper powder for appetizers.</p>	<p>106 Dried Squid "Tombi"</p> 	<p>ave220 g Pacific ocean \$13</p> <p>The meat around squid beak. After defrosting, please remove beaks and then grill or pan fry it. The texture is chewy. We love to eat it with beer.</p>
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<p>107 Dried Small-shrimp</p> 	<p>1 p 100 g Kuroshio Current area \$12/P · \$20/2P Frozen</p> <p>We value the attitude of treating bycatch fish responsibly without dumping them. You can use it for fried rice, Okonomi-yaki and pasta!</p>	<p>108 Dried Sanma (Pacific saury) <b>NEW</b></p> 	<p>2 pieces JPN Chiba \$15 Frozen</p> <p>It has strong sanma flavour. please grill or pan fry. I recommend to pan fry it meat-side first and don't turn it over a lot!</p>	<p>109 Fresh fish head <b>NEW</b></p> 	<p>1 P Japan \$3/Small, \$5/M, \$10/L Frozen</p> <p>We only use Sashimi grade fish for it. You can bake, simmer, or use to make Dashi for miso soup.</p>
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## <Product list> Easy-to-cook products



Price : CAD




<p>201 "Saba-miso" (Mackerel) yusen</p>  <table border="1"> <tr><td>2 pieces</td></tr> <tr><td>JPN Miyagi</td></tr> <tr><td>\$11</td></tr> <tr><td>Frozen</td></tr> </table> <p>It uses special miso and recreates the traditional flavour of Japanese miso marinated Mackerel. Just put in into boiling water without breaking the seal, and heat that way for about 5-7 minutes.</p>	2 pieces	JPN Miyagi	\$11	Frozen	<p>202 "Sawara" Kyoto-miso style (Spring mackerel)</p>   <table border="1"> <tr><td>2 pieces</td></tr> <tr><td>JPN Miyagi</td></tr> <tr><td>\$11</td></tr> <tr><td>Frozen</td></tr> </table> <p>Fatty Spanish mackerel marinated in Kyoto-miso. After defrosting, please bake or pan fry it on low heat! It's easy to cook! I recommend removing the miso before baking, as it burns easily.</p>	2 pieces	JPN Miyagi	\$11	Frozen	<p>203 "Gin-dara" Kyoto-miso style (Black cod)</p>   <table border="1"> <tr><td>1 pack</td></tr> <tr><td>JPN Miyagi</td></tr> <tr><td>\$10</td></tr> <tr><td>Frozen</td></tr> </table> <p>Fatty black cod marinated in Kyoto-miso. After defrosting, please bake or pan fry it! It's a thick cut of a generous size. The good fish oil and mild flavour of Kyoto-miso will go well with white rice!</p>	1 pack	JPN Miyagi	\$10	Frozen
2 pieces														
JPN Miyagi														
\$11														
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JPN Miyagi														
\$11														
Frozen														
1 pack														
JPN Miyagi														
\$10														
Frozen														
<p>204 "Aka-uo" Sake-kasu style (Deep-sea red snapper)</p>   <table border="1"> <tr><td>2 pieces</td></tr> <tr><td>JPN Miyagi</td></tr> <tr><td>\$11</td></tr> <tr><td>Frozen</td></tr> </table> <p>After defrosting, just pan-fry or bake it! It is marinated in homemade Kyoto-miso.</p>	2 pieces	JPN Miyagi	\$11	Frozen	<p>205 Simmered Iwashi (Sardine) Yusen OK!</p>  <table border="1"> <tr><td>2 pieces</td></tr> <tr><td>JPN Aomori</td></tr> <tr><td>\$11</td></tr> <tr><td>Frozen</td></tr> </table> <p>It is a cooked product. Just eat it after defrosting or put in into boiling water without breaking the seal, and heat that way for about 5-7 minutes. The flavour is salty-sweet, so it will go well with white rice!</p>	2 pieces	JPN Aomori	\$11	Frozen	<p>206 Simmered Karei (Flounder)</p>   <table border="1"> <tr><td>1p(400g/ 2-3pcs)</td></tr> <tr><td>JPN Chiba</td></tr> <tr><td>\$20</td></tr> <tr><td>Frozen</td></tr> </table> <p>Please take out just the soup and bring to a boil. Then add the fish and heat on medium heat. Simmer it until the soup has boiled down by about 30%.</p>	1p(400g/ 2-3pcs)	JPN Chiba	\$20	Frozen
2 pieces														
JPN Miyagi														
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<p>207 "Unagi-kabayaki" Yu-sen OK!</p>  <table border="1"> <tr><td>300g UP</td></tr> <tr><td>China / Japan</td></tr> <tr><td>China: \$29 / JPN: \$80</td></tr> <tr><td>Frozen</td></tr> </table> <p>Put in into boiling water without breaking the seal, and heat that way for 5-10min! Please do not use microwave!</p>	300g UP	China / Japan	China: \$29 / JPN: \$80	Frozen	<p>208 Salted Salmon belly</p>   <table border="1"> <tr><td>1pc/3pcs/6pcs</td></tr> <tr><td>JPN Sanriku</td></tr> <tr><td>\$6/\$17/\$30</td></tr> <tr><td>Frozen</td></tr> </table> <p>It's very fatty salmon belly. After defrosting, please pan fry or bake it! I like seasoned rice with salmon belly and vegetables.</p>	1pc/3pcs/6pcs	JPN Sanriku	\$6/\$17/\$30	Frozen	<p>209 "Buri-teriyaki" (Yellow-tail)</p>  <table border="1"> <tr><td>5 pieces</td></tr> <tr><td>JPN / China</td></tr> <tr><td>\$19</td></tr> <tr><td>Frozen</td></tr> </table> <p>It is a cooked product. Just put in into boiling water without breaking the seal, and heat that way for about 5-7 minutes. It's good for busy days!</p>	5 pieces	JPN / China	\$19	Frozen
300g UP														
China / Japan														
China: \$29 / JPN: \$80														
Frozen														
1pc/3pcs/6pcs														
JPN Sanriku														
\$6/\$17/\$30														
Frozen														
5 pieces														
JPN / China														
\$19														
Frozen														
<p>210 "Aji-fry" (Japanese horse mackerel)</p>   <table border="1"> <tr><td>3 pieces</td></tr> <tr><td>JPN Tottori</td></tr> <tr><td>\$17</td></tr> <tr><td>Frozen</td></tr> </table> <p>It is made from fresh Aji, frozen only once after preparation. (Not frozen beforehand). Please deep-fry without thawing. Pairs well with tarutaru sauce or Tonkatsu sauce!</p>	3 pieces	JPN Tottori	\$17	Frozen	<p>211 HUGE! Sea tiger shrimp <b>NEW</b></p>  <table border="1"> <tr><td>1 piece</td></tr> <tr><td>East China Sea</td></tr> <tr><td>\$28</td></tr> <tr><td>Frozen</td></tr> </table> <p>Be amazed by the huge size of this shrimp! It's about 27-28cm! You'll be surprised! It's perfect for BBQ or fried shrimp.</p>	1 piece	East China Sea	\$28	Frozen	<p>212 "Wakasagi" (Japanese pond smelt) <b>NEW</b></p>   <table border="1"> <tr><td>200g/p</td></tr> <tr><td>JPN Tohoku</td></tr> <tr><td>\$12/P, \$20/2P</td></tr> <tr><td>Frozen</td></tr> </table> <p>This fish's bones are very soft, so you can eat the whole fish. It's good for tempura, marinated with vegetables or simmered with soy sauce and sugar.</p>	200g/p	JPN Tohoku	\$12/P, \$20/2P	Frozen
3 pieces														
JPN Tottori														
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\$12/P, \$20/2P														
Frozen														


# <Product list> Sashimi

Price : CAD

<p>301 "Sime-saba" Maclerel with vinegar</p>   <p>2pieces*160g JPN Miyagi \$12 Frozen</p> <p>We can call it "KINKA mackerel", which are large in size and come from Ishinomaki landing harbour. It has good quality fish oil. You can sear the surface of it with flame or heat.</p>	<p>302 Sliced Octopus for 4 serving</p>   <p>250g JPN Hokkaido \$24 Frozen</p> <p>After thawing, it can be eaten as it is. Fresh octopus slices. You will be addicted to this rich flavour and texture. Please enjoy it with Ponzu!</p>	<p>303 Snow crab for sashimi (Zuwai-kani)</p>  <p>20pcs Canada \$80 Frozen</p> <p>Ready for sashimi (with soy sauce), or lightly immerse in hot water for Shabu-Shabu with Ponzu. Also it's good for tempura.</p>
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<p>304 Negitoro</p>   <table border="1" data-bbox="178 673 304 755"> <tr> <th>pack</th> <th>price</th> </tr> <tr> <td>3p</td> <td>\$31.50</td> </tr> <tr> <td>5p</td> <td>\$51.50</td> </tr> </table> <p>100 g JPN \$11</p> <p>Please enjoy the rough (coarse) texture of real tuna. Feel the difference from commercial products.</p>	pack	price	3p	\$31.50	5p	\$51.50	<p>305 "Hotate" (Japanese scallops meat)</p>   <p>About 6 pcs Hokkaido \$29 Frozen</p> <p>We have done the sushi prep work such as dehydration and aging for you! After defrosting, please just cut it!</p>	<p>306 "Ikura" (Salmon roe)</p>   <p>150 g JPN Okhotsk \$29 Frozen</p> <p>This is the salmon caviar from high-quality salmon caught in set net. Sushi, chirashi sushi, Ikura-don, etc...</p>
pack	price							
3p	\$31.50							
5p	\$51.50							

<p><b>Tuna is easy to discolour by oxidation. Please store in the coldest place in the freezer. We recommend that you consume it within 2 weeks of purchase.</b></p>	<p>307 "Shirasu" Boiled baby sardine</p>  <p>100 g Shizuoka/Aichi/Mie \$10 Frozen</p> <p>After defrosting, please enjoy the gentle flavour of the sea. It is good with soy sauce, ponzu and adding to salad.</p>	<p>308 Sakura Shrimp <b>NEW</b></p>   <p>120g \$17/p, \$50/4p Kuroshio Current area Frozen</p> <p>After thawing, it can be eaten as it is. It has a strong and sweet flavour. For sushi, sashimi-don, salad, etc...</p>
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# <Product list> Appetizers

Price : CAD

<p>401 "Mentaiko" Cod roe with green chili</p>  <p>100g JPN Hukuoka \$10 Frozen</p> <p>It is from FUKUOKA which is famous for making good Mentaiko. This spicy flavour is absolutely delicious with steaming-hot cooked rice!</p>	<p>402 "Sakura-Tarako" Salted cod roe</p>  <p>100g JPN Hukuoka \$10 Frozen</p> <p>This is made by special recipe with salt. No artificial colour.</p>	<p>403 "Shiokara" Salted cuttlefish</p>  <p>100g JPN Kanagawa</p> <p><b>Out of stock</b></p> <p>This "Shiokara" made with traditional secret recipe inherited for 430 years by a long-established business. After thawing, it can be eaten as it is. It's good with Japanese sake.</p>
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<p>404 Ika &amp; Uni with Kani-Miso</p>  <p>100 g JPN Hyogo \$15 Frozen</p> <p>It pairs the rich taste of sea urchin + crab miso with the good texture of fresh squid. No artificial colour. After thawing, it can be eaten as it is.</p>	<p>405 "Engawa" with Korean style spicy sauce</p>  <p>100 g JPN Hyogo \$15 Frozen</p> <p>The Engawa of golden flatfish is pickled in a special Korean-style spicy sauce. The texture is very good too. After thawing, it can be eaten as it is. It's good with Japanese sake.</p>	<p>406 "Karasumi" Dried mullet roe</p>  <p>1 piece JPN Edomae \$57/P / \$110/2P Shelf-stable</p> <p>It is a high-quality item that is sold at department stores in Tokyo. It takes 3 weeks to dry carefully with only salt and sunshine! Please slice thin and just eat it!</p>
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<p>407 Japanese REAL Wasabi (S,L)</p>  <p>L 50g, S 5g JPN Shizuoka \$10/L · \$1.5/S Frozen</p> <p>The best quality Wasabi made from 100% Japanese wasabi root. Sashimi will become the highest grade by adding this!</p>	<p>408 Japanese Tororo</p>  <table border="1" data-bbox="703 982 840 1136"> <tr><td>1p</td><td>\$3</td></tr> <tr><td>5p</td><td>\$14</td></tr> <tr><td>10p</td><td>\$27</td></tr> <tr><td>15p</td><td>\$39</td></tr> <tr><td>20p</td><td>\$50</td></tr> </table> <p>40g JPN Kagoshima \$3 Frozen</p> <p>This is made from 100% Japanese yam (Yamato-yam). It's a good amount for one portion. Use as a topping for rice, or with Tuna-don, Soba, or Natto.</p>	1p	\$3	5p	\$14	10p	\$27	15p	\$39	20p	\$50	
1p	\$3											
5p	\$14											
10p	\$27											
15p	\$39											
20p	\$50											

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## <Product list> Seaweed

Price : CAD

501	Salted Wakame	130 g JPN Akita \$10 Frozen Once you try this one you will never be satisfied with any other seaweed! It's good with miso soup, vinegared vegetables and seaweed salad.	502	Mekabu	100g JPN Akita \$8 Frozen It's made of tiny pieces seaweed, and very sticky. It's rich in mineral. Please enjoy it with ponzu and soy sauce!	503	Raw-aosa-nori	100g JPN Shizuoka \$8 Frozen It will go well with miso soup, tempura and sashimi. It is flash frozen to keep its strong flavour.
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504	Sushi Nori	1p(30 pcs) Japan 64⇒ 44 Shelf-stable It's a good quality sushi nori.					
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## <Product list> Meat

Price : CAD

601	Aka-Ushi Wagyu Strip Loin	Chunk 3-4lb, cut 0.5-1lb JPN Kumamoto Cut:\$185/lb Frozen Please check the stock size. Both the chunk and cut will be delivered in a frozen vacuum pack.	602	Aka-Ushi Wagyu Rib Eye	Chunk 3-4lb, cut 1-1.5lb JPN Kumamoto Out of stock Please check the stock size. Both the chunk and cut will be delivered in a frozen vacuum pack.	603	Aka-Ushi Wagyu Tender Loin	Chunk 3-4lb, cut 0.3-0.7lb JPN Kumamoto Out of stock Please check the stock size. Both the chunk and cut will be delivered in a frozen vacuum pack.
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604	Miyazaki Wagyu	Cut1-1.5lb Chunk 6lb JPN Miyazaki Cut:\$175/lb · Chunk \$155/lb Frozen Please check the stock size. Both the chunk and cut will be delivered in a frozen vacuum pack.					
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