

HUMBLE
&
FRANK

Dip, Dunk, Season, sprinkle, baste, batter or marinate, you'll never have to worry about artificial flavours, colours, or MSG – just ingredients you'll recognize and a sensational come-back-for-seconds taste that the "whole crew" will love.



IT'S HARD TO BE HUMBLE
WHEN YOU TASTE

SO GOOD.

We're dedicated to bringing you incredible flavours that elevate your favourite seafood dishes and meals, expanding your palate and your smile in the process. We believe that eating together is one of the most important parts of building connections in our world, and frankly, we're humbled that you've invited us to your table: **thank you!**

Yours in Seasoning; H&F

www.humbleandfrank.com



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TARTAR & COCKTAIL

DIP, POUR, DUNK AND SWIRL:



ORIGINAL TARTAR SAUCE

BC Mayonnaise (Canola Oil, Liquid Egg Yolk, Liquid Whole Egg, White Vinegar, Water, Granulated Sugar, Salt, Lemon Juice Concentrate, Mustard Flour, Natural Flavours, Calcium Disodium EDTA (To Protect Flavour)), Dill Pickles (Cucumber, Water, White Vinegar, Salt, Seasonings), Organic Cane Sugar, Capers Berries (Capers, Water, Vinegar, Salt), Fresh Lemon Juice, Fresh Lemon Zest (Lemon Zest, Water, Citric Acid), Sea Salt, Cracked Black Pepper, Citric Acid, Dill Weed, Parsley, Natural Flavour, Xanthan Gum, Sodium Benzoate, Potassium Sorbate.

Allergens: Egg, Mustard.

THINK:
Luscious Classic
Lemon & Pickles



TEQUILA LIME COCKTAIL

San Marzano Tomato Paste, Golden Cane Syrup, Filtered Water, Organic Cane Sugar, Distilled Vinegar, Freshly Grated Horseradish Root (Horseradish Root, Distilled Vinegar, Filtered Water, Salt, Natural Flavour), Fresh Lime Juice, Lime Puree (Lime Juice Concentrate, Water, Pulp Cells, Lime Oil, Lime Peel), Fresh Lemon Juice, Tequila Spirit, California Onion Powder, Sea Salt, Citric Acid, White Pepper, Mustard Oil, Spices, Herbs, Xanthan Gum,

THINK:
Boozy Citrus
Tangy Twisted



ORIGINAL COCKTAIL

San Marzano Tomato Paste, Golden Cane Syrup, Filtered Water, Organic Cane Sugar, Distilled Vinegar, Freshly Grated Horseradish Root (Horseradish Root, Distilled Vinegar, Filtered Water, Salt, Natural Flavour), Fresh Lemon Juice, Mustard Oil, California Onion Powder, Sea Salt, Citric Acid, White Pepper, Spices, Herbs, Xanthan Gum, Natural Flavours.

Allergens: Mustard.

THINK:
Rich & Tangy
Horseradish Kick



CAJUN CHIPOLTE

BC Mayonnaise (Canola Oil, Liquid Egg Yolk, Liquid Whole Egg, White Vinegar, Water, Sugar, Salt, Lemon Juice Concentrate, Mustard Flour, Natural Flavours, Calcium Disodium Edta (To Protect Flavour), Dill Pickles (Cucumber, Water, White Vinegar, Salt, Seasonings), Sugar, Capers Berries (Capers, Water, Vinegar, Salt), Fresh Lemon Juice, Chipotle Peppers In Adobo Sauce (Chipotle Peppers, Vinegar, Tomatoes, Onions, Sugar, Salt, Paprika, Soybean Oil, Spices), H&F Cajun Seasoning (Sea Salt, Paprika, Onion Powder, Garlic Powder, Spices, Herbs), Salt, Citric Acid, Natural Flavour, Xanthan Gum.

Allergens: Soy, Egg, Mustard.

THINK:
Sweet & Smoky
Chipolte Kick



MARINADES

SOAK, SLATHER, SAUCE AND DRIP:



MISO SESAME

Japanese Mayonnaise (canola oil, liquid egg yolk, liquid whole egg, white vinegar, water, sugar, salt, lemon juice concentrate, mustard flour, natural flavours, calcium disodium EDTA), Soy Sauce (water, wheat soybeans, salt, brewing starter [aspergillus sojae]), Organic Shiro Miso Paste (white rice, soy beans, sea salt, filtered water, culture (aspergillus oryzae)), Fresh Lemon Juice, Fresh Lime Juice, Mirin, Sesame Oil, Sugar, Sodium Benzoate

Allergens: Sesame, Soy, Egg, Mustard

THINK:
Mild & Creamy
Toasted Sesame



LEMON HONEY HERB

Non-GMO Sunflower Oil, Water, Orange Juice, Fresh Lemon Juice, Californian Crushed Garlic, Grainy Dijon Mustard, Distilled Vinegar, Canadian Honey, Sherry Vinegar, Sea Salt, Cracked Black Pepper, H&F Herbes De Provence, Natural Flavours, Citric Acid, Herbs and Spices, Xanthan Gum.

Allergens: Mustard, Sulphites

THINK:
Crowd Pleaser
Classic



LEMON BUTTER GARLIC

Non-GMO Sunflower Oil, Water, Orange Juice Concentrate, Fresh Lemon Juice, California Crushed Garlic, Grainy Dijon Mustard (Water, Mustard Seeds, Vinegar, Salt, Citric Acid, Natural Flavours, Potassium Metabisulphite, Spice (Turmeric)), Distilled Vinegar, Cane Sugar, Honey, Butter (milk), White Wine Vinegar, Sea Salt, Cracked Black Pepper, Herbs, Spices, Onion Powder, Garlic Powder, Natural Flavours, Citric Acid, Xanthan Gum.

THINK:
Rich + Savory
Roasted Garlic



HAWAIIAN SESAME SOY

Naturally Brewed Soy Sauce (water, wheat soybeans, salt, brewing starter [aspergillus sojae]), Fresh Lemon Juice, Fresh Lime Juice, Mirin (rice wine vinegar, cane sugar, sake), Filtered Water, Japanese Sesame Oil, Fresh Ginger, Fresh Garlic, Cane Sugar, Sambal Oelek (chili, salt, distilled vinegar, xanthan gum), Natural Flavours

Allergens: Sesame, Soy

THINK:
Authentic Hawaii
Ginger Zing



HURRICANE SRIRACHA

Japanese Mayo (canola oil, liquid egg yolk, liquid whole egg, white vinegar, water, sugar, salt, lemon juice concentrate, mustard flour, natural flavours, calcium disodium EDTA), Naturally Brewed Soy Sauce (Water, Organic Whole Soy Beans, Organic Wheat, Sea Salt, Brewing Starter (Aspergillus Sojae), Sriracha Chili Sauce (chili, sugar, garlic, distilled vinegar), Rice Vinegar, H&F Sweet Chili Sauce (Thai Red Peppers, fresh garlic, distilled white vinegar, salt, cornstarch), Japanese Sesame Oil, Sugar, Citrus Fibre, Xanthan Gum, Sodium Benzoate.

Allergens: Egg, Mustard, Sesame, Soy

THINK:
Creamy Heat
Toasted Sesame



CHIPOLTE LIME

Non-GMO Sunflower Oil, Water, California Crushed Garlic, 100% Pure Orange Juice Concentrate, Distilled Vinegar, Chipotle Peppers in Adobo Sauce (Chipotle Peppers, Vinegar, Tomatoes, Onions, Sugar, Salt, Paprika, Soybean Oil, Spices, Xanthan Gum), Fresh Lime Juice, Fresh Lime Puree (Lime Pulp, Citric Acid), Sea Salt, Spices, Herbs, Xanthan Gum, Citric Acid, Natural Flavours.

Allergens: Soy.

THINK:
Spicy Snap
Citrus Squeeze



BATTERS

(COAT, FLIP, PAT, AND FRY)



ORIGINAL BEER BATTER

Unbleached Wheat Flour, Corn Starch, Potato Flour, Baking Powder, Onion Powder, Garlic Powder, Sea Salt, Humble & Frank Custom Blend Spices, Herbs.

Allergens: Wheat

THINK:

Golden Crunch
Home Run Taste



GLUTEN FREE BEER BATTER

Brown Rice Flour, Sweet Rice Flour, Tapioca Starch, Arrowroot Flour, Baking Powder, Garlic Powder, Onion Powder, Humble & Frank Custom Blend Spices (Herbes De Provence, Dill, Parsley, Cracked Black Peppercorn, Paprika), Sea Salt, Xanthan Gum.

THINK:

No Wheat
Safe & Savory



TEMPURA BATTER

Unbleached Wheat Flour, Cornstarch Baking Powder, Sea Salt.

Allergens: Wheat

THINK:

Light & Munchy
California Roll



CAJUN BEER BATTER

Unbleached Wheat Flour, Corn Starch, Rice Flour, Baking Powder, Onion Powder, Garlic Powder, Sea Salt, Humble & Frank Custom Blend Spices, Herbs.

Allergens: Wheat

Sweet & Smoky
Chipotle Kick

FREE FROM
ARTIFICIAL FLAVOURS,
COLOURS & GLUTEN



SEASONING RUBS

(SPRINKLE, POUR, SHAKE, AND RUB)



ORIGINAL SEAFOOD RUB

Sea Salt, Paprika, Garlic Powder, Onion Powder, Humble & Frank Custom Blend Spices (Herbes De Provence, Dill, Parsley, Cracked Black Peppercorn, Paprika)

THINK:

Dive into Taste
Cajun Twist



WEST COAST SALMON

Brown Sugar, Cane Sugar, Sea Salt, Garlic Powder, Onion Powder, Smoked Paprika, Crushed Chili Powder, Rubbed Thyme, Tarragon, H&F Custom Blend of Spices & Herbs.

THINK:

Caramel Brown
Sugar + Tarragon



SZECHUAN SESAME

Cane Sugar, Sea Salt, Roasted Sesame Seeds, Black Sesame Seeds, H&F Togarashi Blend (Orange Peel, Crushed Seaweed Nori, Minced Garlic, Szechuan Peppercorn Extract, Crushed Chili Pepper, Spices, Herbs, Annatto Powder)

THINK:

Szechuan Spice
Togarashi Blend



CITRUS SWEET CHILI

Cane Sugar, Pink Himalayan Salt, Lemon Peel, Orange Peel, Lime Zest, Citric Acid, Non-gmo Crystallized Lemon (Citric Acid, Lemon Oil, Lemon Juice, Maltodextrin), Tarragon, Summer Savory, Onion Powder, Garlic Powder, Crushed Red Chili Peppers, H&F Custom Blend of Spices & Herbs.

THINK:

Sweet Heat
Tingling Goodness

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