



Premium wild-caught seafood sourced from the cold, pristine waters of Canada's North Atlantic.



## NUTRITION FACTS

Values per 100 grams (raw):

Nutrient	Amount	% Daily Value
Calories	94	5%
Protein	18.6 g	37%
Total Fat	1.6 g	2%
Saturated Fat	0.2 g	1%
Carbohydrates	0 g	0%
Cholesterol	42 mg	14%
Sodium	75 mg	3%

**Ingredients:** Ocean Perch

**Allergen:** Fish (Ocean Perch)

# OCEAN PERCH

Ocean Perch is prized for its mild, sweet flavor, firm texture and vibrant color. Our Ocean Perch is wild-caught in the cold, clean waters of the North Atlantic and processed to maintain the highest quality and freshness.

## OCEAN PERCH FILLETS – SKIN ON (IQF)

### AVAILABLE SIZES

- 2-4 ct/lb (4-8oz Fillets)
- 4-6 ct/lb (2.66-4oz Fillets)
- 6-8 ct/lb (2-2.66oz Fillets)
- 8-12 ct/lb (1.25-2oz Fillets)
- 12+ ct/lb (1-1.25oz Fillets)



### PACKAGING OPTIONS

- 4 x 10 lb Shatter
- 4 x 10 lb IQF
- 10 x 5 lb Cellos can be produced based on volumes



 *\*Skinless available upon request*

