



PREMIUM  
seafoods group

# canadian ocean perch



# CANADIAN OCEAN PERCH

(*Sebastes fasciatus* and *S. mentella*)

*Caught in the icy cold waters of the North Atlantic Ocean, our Ocean Perch is moist, flaky and delicious.*



Ocean Perch skin is red and the flesh slightly pink, cooking to an opaque white colour with a slightly sweet taste, just more assertive than cod.

Ocean Perch can be prepared in many delicious forms including pan fried, grilled, broiled or breaded and deep fried.

All of our Ocean Perch are caught off of Canada's East Coast and delivered fresh to our plant by the harvesters' vessels. Annually we process over 5 million pounds of fresh Ocean Perch into fresh and frozen fillets and H&G blocks. We process for private labels and market under our own as well.

We follow the most stringent Quality Control practices. Our groundfish facility is federally registered and audited quarterly. Our HACCP based Quality Management Program is approved by the Canadian Food Inspection Agency and our facility is USDA and EU approved. We also have full traceability of our product from the time it arrives at our plant to the moment it is delivered to our customer.



*Wild Caught*



## PRODUCT SPECIFICATIONS

FORM	SIZING	PACK
<b>FRESH</b>		
Fillets	2-4; 4-6; 6-8 oz	1x10lbs styro
	Skin on pin bone in	
<b>FROZEN</b>		
<b>Shatterpack</b>		
Fillets	2-4; 4-6; 6-8; 8-12; 8+ ct	1x10lbs
	Skin on pin bone in	4x10lbs Master
<b>H&amp;G</b>	150g-300g; 200g-400g	20kg blocks
	300g-500g	

## ANNUAL PRODUCTION

5+ Million lbs

## AVAILABILITY

Fresh July - March  
Frozen Year Round

## METHOD OF CATCH

Otter Trawl

## STOCK

Laurentian Channel Stock (Unit 2)

## CATCH AREA

FAO 21

## NUTRITION FACTS

Serving Size: 3.5 oz

### Amount Per Serving

Calories 94      Calories from Fat 14.7  
% Daily Value\*

Water 78.70g	
Total Fat 1.63g	3%
Saturated Fat 0.2g	1%
Cholesterol 42mg	14%
Protein 18.62g	37%
Iron 0.92mg	5%
Sodium 75mg	3%
Omega-3 0.348g	

\*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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