



#1025 Premium Fish Variety Pack

Ahi Tuna - 6oz Steak (wild)

Ahi means "fire" in Hawaiian and references the smoke that was produced from the fishing line going over the side of the boat so quickly. This hearty fish, also known as yellow fin tuna, has a mild taste and firm texture. A very versatile catch.

Ingredients: Yellowfin tuna, water, sodium ascorbate, sodium citrate, beet extract, salt and annatto. Processed from FAS Tuna

Contains: Fish

Method of catch: Wild Caught.

Designated: Halal, Kosher, Gluten Free



Maple BBQ - 7/8oz Planked Salmon (farmed)

We've placed a portion of Salmon on a pre-soaked cedar plank. All you have to do is thaw and place on the grill or in the oven. In minutes you'll be ready to serve a succulent pre-portioned entree of premium Salmon, delicately infused with the taste and aroma of cedar wood. Mmmm... so easy and so delicious.

Ingredients: Atlantic Salmon (Fish) (80%), brown sugar, maple, and BBQ sauce (dehydrated vegetables (tomato, onion, garlic), sugar, water, maple sugar (5%), dextrose, salt, spices, acetic acid, Worcestershire sauce powder (vinegar, molasses, corn syrup, salt, garlic, sugar, spices, tamarind, flavoring, maltodextrin), vegetable (canola oil, acidity regulator: sodium acetate

Contains: Fish. May contain milk, egg, wheat, soybeans, mustard, sulphites and celery.

Cooking instructions: Conventional oven: preheat oven to 425°F/220°C. Place salmon and plank directly on middle rack. Bake for 10-12 minutes or until internal temperature is 145°F.

Black Cod 5 oz portion (wild)

Black cod, also known as Sablefish and Butterfish, is a gourmet fish with a rich, buttery flavor and delicate, silky texture. It has so many different names because it is so popular around the globe.

It is found on the menus of the world's most exclusive seafood restaurants.

Ingredients: Sablefish, skin on – Vac Pak

Contains: Fish

Method of Catch – Wild Caught

Nutrition Facts	
Serving size (100g)	
Amount Per Serving	
Calories	220
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 2.8g	
Monounsaturated Fat 5.7g	
Cholesterol 45mg	15%
Sodium 380mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 16g	32%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.72mg	4%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
Serving size (100g)	
Amount Per Serving	
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	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 2.8g	
Cholesterol 45mg	15%
Sodium 380mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 16g	32%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.72mg	4%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
Serving size (100g)	
Amount Per Serving	
Calories	250
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 4.1g	21%
Trans Fat 0g	
Polyunsaturated Fat 2.6g	
Monounsaturated Fat 10g	
Cholesterol 65mg	22%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.44mg	8%
Potassium 588mg	10%
Vitamin A	6%
Vitamin B6	15%
Magnesium	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Mahi Mahi 6oz Portion (wild)

Sometimes called Dorado, the name Mahi-Mahi comes from the Hawaiian language meaning “very strong”. This fish has lean flesh with a mild, sweet flavor profile, moderately firm texture and large, moist flakes. With the rise in other whitefish pricing, Mahi-Mahi is a great premium alternative. Mahi Mahi has mild flavor great for authentic fish tacos - Easily takes on flavors introduced during cooking - Grillable, crustable, blackened or baked, Mahi Mahi is very versatile.

Ingredients: Mahi Mahi

Contains: Fish

Method of catch: Wild Caught

Nutrition Facts	
Serving Size 1.5 oz	
Amount Per Serving	
Calories 100	Calories from Fat 7
	% Daily Values*
Total Fat 0.82g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 86mg	29%
Sodium 104mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	42%
Vitamin A 5%	•
Iron 7%	Calcium 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g