

WHO IS FISHERMAN?

He is from the Westfjord of Iceland, a storyteller with a strong connection to the nature, whom he respects and protects by all means.

He is a professional and works according to old traditions but enjoys beeing experimental.





FISHERMAN FROZEN SHOP COLLECTION

The Fisherman frozen shop collection combines tratidional Icelandic recipes and famous international dishes.

Each box contains 800 grams (28oz) of environmentally certified quality fish that is originated & processed of Fisherman in Westfjords of Iceland.





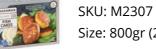






FISH CAKES





Size: 800gr (28oz)

This fish is originated & processed in Westfjords of Iceland.

Iceland fish cakes united the whole family at the dining table. You only need to fry the Fish cakes for few minutes on your frying pan with some butter and onion and serve with potatoes and Fisherman tartar sauce to make perfect Icelandic lunch or dinner.

INGREDIENT:

Icelandic line-caught Arctic Cod (58%), Milk, onion, wheat, potatoflour, **butter** (**cream**, salt) **eggs**, vegetable oil (rapeseed, sunflower and grape seed oil, coriander essential oil, vitamin D), vegetable power (salt, maltodextrin, starch, yeast, vegetables (onion, carrots, leeks), flavoring, carrot juice, spices), pepper.

NUTRITION IN 100 G:

nergy:	606kJ / 145 kkal (404 cal)
at:	8,0 g (0.28 oz)
aturated fat :	4,0 g (0.14 oz)
arbohydrate:	9,9 g (0.34 oz)
f which sugar:	1,1 g (0.03 oz)
iber:	1,1 g (0.03 oz)
rotein:	7,6 g (0.26 oz)
rotein:	7,6 g (0.26 oz)
alt:	0,49 g (0.017 oz)
	-

Stored in a closed packaging in dry place in a freezer for 18 months.



COD IN TEMPURA





SKU: M2305 Size: 800gr (28oz)

This fish is originated & processed in Westfjords of Iceland.

Arctic cod in tempura is convenient way of cooking perfectly crispy and juicy fish for the iconic Fish and Chip dish. The Arctic cod in tempura only needs 15 minutes in owen to be ready to be served, since the tempura batter has been pre-deep fried in our Fisherman kitchen in Iceland.

INGREDIENT:

Icelandic line-caught Arctic Cod, Sun flower oil, tempura, wheat, (wheat, maize flour, flour treatment agents, (E341, E500 (,salt), pilsner, wheat (wheat, flour treatment agents (E300), garlic powder, salt, pepper)

NUTRITION IN 100 G:

Energy:	608 kJ / 145 kkal
Fat:	7,1 g (0.25 oz)
Saturated fat :	0,9 g (0.03 oz)
Carbohydrate:	4,8 g (1.7 oz)
of which sugar:	0 g
Fiber:	0,1 g (0.003 oz)
Protein:	15 g (0.52 oz)
Salt:	0,42 g (0.01 oz)



LAXAGNE



Size: 800gr (28oz)

SKU: A2304

This fish is originated & processed in Westfjords of Iceland.

Lax is the Icelandic name for Salmon, therefore we are proud to introduce Laxagne to the world. Laxagne is a delicious lasagne made with arctic salmon and spinach. An Icelandic twist to the famous Italian dish.

INGREDIENT:

Icelandic farmed Salmon that is farmed without antibiotics (35%) (salmon, smoked salmon, salt, beech smoke), spinach and onion filling (spinach, onion), sauce (fresh milk, butter (cream, salt), flour, parmesan cheese (milk, salt, jelly, preservatives (E1105 from eggs)), vegetable power (salt, maltodextrin, onions, pumpkin, nip, parsley root, cauliflower, yeast, sugar, carrot juice powder, flavoring, salt, white pepper), lasagne sheets (durum flour, eggs, water), cheese (milk, skim milk, salt, cheese jelly, preservatives (E252)), rapeseed oil

NUTRITION IN 100 G:

Energy:	682kJ / 163 kka
Fat:	9,1 g (0.32 oz)
Saturated fat :	3,6 g (0.13 oz)
Carbohydrate:	8,2 g (0.29 oz)
of which sugar:	1,5 g (0.05 oz)
Fiber:	0,7 g (0.02 oz)
Protein:	12 g (0.42 oz)
Salt:	0,8 g (0.028 oz)

Stored in a closed packaging in dry place in a freezer for 18 months.







BREADED COD





Size: 800gr (28oz)

This fish is originated & processed in Westfjords of Iceland.

Breaded Arctic Cod has been the favorite of Icelandic families for centuries. You only need to fry the breaded Arctic Cod for few minutes on your frying pan with some butter and you will get authentic Icelandic food experience, wherever you are in the world.

INGREDIENT:

Icelandic line-caught Arctic Cod 80%, bread crumbs, (wheat, salt, spice, yeast), pasteurized eggs, wheat (wheat, flour treatment agents (E300)), salt, Vegetable extracts (salt, maltodextrin, starch, sugar, yeast, Vegetable 8,6% (Onion, carrots, leek), flavoring, carrot juice powder, spice)

NUTRITION IN 100 G:

Energy: Fat:	328kJ / 78kkal 0,5 g (0.017 oz)
Saturated fat :	0,1 g (0.003 oz)
Carbohydrate:	0 g
of which sugar:	0 g
Fiber:	0 g
Protein:	18 g (0.63 oz)
Salt:	0,30 g (0.01 oz)



FISHERMAN SMOKED & CURED SHOP COLLECTION

The Fisherman smoked & cured shop collection is quality craftmanship. Our traditional methods have been perfected over generations and never include any additives or preservatives. Every item is carefully prepared by hand to ensure the most authentic and satisfying culinary experience.

The envelopes contains 100gr (3,5oz) or 300gr (10,5oz) of environmentally certified quality fish that is originated & processed by Fisherman in Westfjords of Iceland.

INTERNATIONAL PALLET SHIPPING: 60 x 12kg boxes Nett weight: 720 kg Gross weight: 800 kg









FISHERMAN

ICELAND

ARCTIC

ROPE HUNG SMOKED





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SALMON ROPE HUNG SMOKED





This fish is originated & processed in Westfjords of Iceland.

The salmon is dry salted and rope hung smoked which gives the fish firmer texture and better taste. Our traditional methods have been perfected over generations and never include any additives or preservatives.

INGREDIENT: ASC certified Smoked Salmon (98%), salt (2%)

NUTRITION IN 100 G:

Energy: Fat: Saturated fat : Carbohydrate: of which sugar: Fiber: Protein:	675kJ / 161 kkal (161 ca 8,2 g (0.29 oz) 1,5 g (0.05 oz) 0,0 g (0.0 oz) 0,0 g (0.0 oz) 0,0 g (0.0 oz) 23 g (0.8 oz)
Protein:	0,0 g (0.0 oz) 23 g (0.8 oz)
Salt:	2,1 g (0.07 oz)

Store in a closed packaging in a dry and cool place 1-3 °C for 21 days and 2-3 days after being opened.



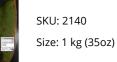


RESPONSIBLY asc. CERTIFIED ASC-AQUA.ORG

SALMON GRAVLAX



SKU: A833 Size: 300gr (10,5oz)



This fish is originated & processed in Westfjords of Iceland.

Gravlax is an Icelandic delicacy. Fresh salmon is cured in a marinade of spices, herbs, salt and sugar, achieving a decadent combination of magnificent texture, and sweet, savory flavour.

INGREDIENT:

ASC certified Smoked Salmon (97%), salt (2%), mix seasoning (1%) (salt, sugar,dill,white pepper)

NUTRITION IN 100 G:

Energy:	683kJ / 163 kkal (163 cal)
Fat:	8,4 g (0.29 oz)
ral.	
Saturated fat :	1,3 g (0.04 oz)
Carbohydrate:	0,6 g (0.02 oz)
of which sugar:	0,6 g (0.02 oz)
Fiber:	0,0 g (0.0 oz)
Protein:	21 g (0.74 oz)
Salt:	1,9 g (0.06 oz)

Store in a closed packaging in a dry and cool place 1-3 °C for 21 days and 2-3 days after being opened.



TROUT BIRCH SMOKED



SKU: A22422 Size: 300gr (10,5oz) asc

This fish is originated & processed in Westfjords of Iceland.

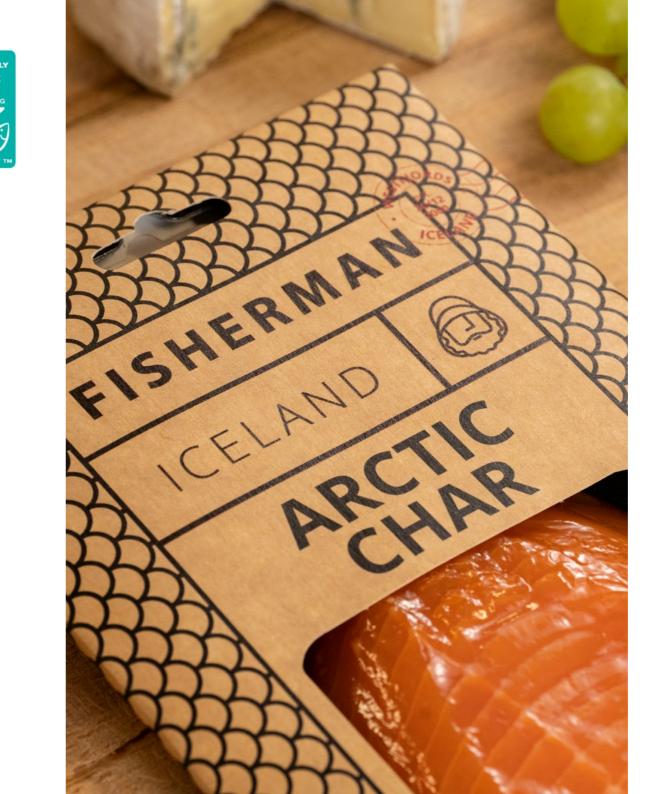
The trout is dry salted and rope hung smoked with birch. The Trout is the sustainable, low mercury fish labeled a "best choice" by the EPA and FDA. Smoked trout has a delicate flavour that will steal the show wherever it is served.

INGREDIENT: ASC certified Smoked trout (98%), salt (2%)

NUTRITION IN 100 G:

Energy:	668kJ / 162 kkal (162 cal)
Fat:	9,5 g (0.33 oz)
Saturated fat :	2,2 g (0.07 oz)
Carbohydrate:	0,0 g (0.0 oz)
of which sugar:	0,0 g (0.0 oz)
Fiber:	0,0 g (0.0 oz)
Protein:	19 g (0.67 oz)
Salt:	2,0 g (0.07 oz)

Store in a closed packaging in a dry and cool place 1-3 °C for 21 days and 2-3 days after being opened.



ARCTIC CHAR BIRCH SMOKED





SKU: A22431 Size: 100gr (3,5oz)

This fish is originated & processed in Westfjords of Iceland.

The Arctic char is dry salted and rope hung smoked with birch. Arctic Char has a distinct light, sweet flavor and firm pink flesh. Every fish is carefully prepared by hand to ensure the most authentic and satisfying culinary experience.

INGREDIENT:

ASC certified Smoked char (98%), salt (2%)

NUTRITION IN 100 G:

Energy:	884kJ / 211 kkal (211 cal)
Fat:	10,3 g (0.36 oz)
Saturated fat :	1,8 g (0.07 oz)
Carbohydrate:	0,0 g (0.0 oz)
of which sugar:	0,0 g (0.0 oz)
Fiber:	0,0 g (0.0 oz)
Protein:	29,6 g (1.04 oz)
Salt:	1,9 g (0.07 oz)

Store in a closed packaging in a dry and cool place 1-3 °C for 21 days and 2-3 days after being opened.



FISHERMAN FROZEN COLLECTION

An eye-catching packaging design, with quick frozen quality fish without ice glaze.

Our Frozen collection has been very popular in stores around the world. The fish is ASC or MSC environmental qualified, in low carbon packaging, that only contains 4 gr. of plastic.

The Fisherman frozen collection contains 250 gr. of frozen fish that is originated & processed by Fisherman in Westfjords of Iceland.









INTERNATIONAL PALLET SHIPPING: 60 x 12kg boxes

60 x 12kg boxes Nett weight: 720 kg Gross weight: 800 kg





nergy:	328 kJ / 78 kkal
at:	0,5 g (0.01 oz)
aturated fat :	0,1 g (0.003 oz)
arbohydrate:	0 g
f which sugar:	0 g
iber:	0 g
rotein:	18 g (0.63 oz)
alt:	0,3 g (0.01 oz)



TROUT



SALMON

SKU: A55826 Size: 250 gr (8.8 oz)

INGREDIENT:

Quick frozen Salmon. Boneless with skin

NUTRITION IN 100 G:

Energy: Fat:	858 kJ / 205 kkal 15 g (0.5 oz)
Saturated fat :	2,6 g (0.09 oz)
Carbohydrate:	0 g
of which sugar:	0 g
Fiber:	0 g
Protein:	19 g (0.7 oz)
Salt:	0,1 g (0.004 oz)

This fish is originated & processed in Westfjords of Iceland.

Stored in a closed packaging in dry place in a freezer for 18 months.



TROUT

SKU: A2178 Size: 250 gr (8.8 oz)

INGREDIENT:

Quick frozen Trout. Boneless with skin

NUTRITION IN 100 G:

Energy:	561 kJ / 134 kkal
Fat:	6,7 g (0.2 oz)
Saturated fat :	1,5 g (0.05 oz)
Carbohydrate:	0 g
of which sugar:	0 g
Fiber:	0 g
Protein:	18,4 g (0.7 oz)
Salt:	0,1 g (0.003 oz)

This fish is originated & processed in Westfjords of Iceland.

Stored in a closed packaging in dry place in a freezer for 18 months.



M55764 SKU: Size: 250 gr (8.8 oz)

INGREDIENT:

HADDOCK

Quick frozen line caught Haddock. No bones, no skin.

NUTRITION IN 100 G:

Fat:0,6 gSaturated fat :0,1 gCarbohydrate:0 gof which sugar:0 gFiber:0 gProtein:18 g	kJ / 76 kkal (0.02 oz) (0.003 oz) (0.63 oz) (0.61 oz)
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This fish is originated & processed in Westfjords of Iceland.





FISHERMAN SMART BOX COLLECTION

This product is perfect for online stores, with individually quick frozen without ice glaze. Just quality fish in high volume boxes.

Our Smartboxes has been very popular due to its practical qualities. The product is frozen in individual pieces for the smart box, therefore it is easy to take only what you need, when cooking. The smartbox sizes is suitable for any freezers.

The Smart boxes contains beetween 1,3 kg - 1,8kg of frozen fish that is originated & processed by Fisherman in Westfjords of Iceland.







COD TOUNGUES

SKU: 2314 Size: 1,5 kg (53oz)

INGREDIENT:

Individually guick frozen Cod toungues from line caught Cod. No bones.

NUTRITION IN 100 G:

Energy: 288 kJ /69 kkal Fat: 0,9 g (0.03 oz) Saturated fat : 0,1 g (0.003 oz) Carbohydrate: 0 g of which sugar: 0 g Fiber: 0 g 15 g (0.52 oz) Protein: Salt: 0,93 g (0.032 oz)

This fish is originated & processed in Westfjords of Iceland.

Stored in a closed packaging in dry place in a freezer for 18 months.



COD IN BREAD CRUMBS

SKU: 2306 Size: 1,3 kg (46oz)

This product is also available in 800gr shop collection package.

INGREDIENT:

Icelandic line-caught Arctic Cod 80%, bread crumbs, (wheat, salt, spice, yeast), pasteurized eggs, wheat (wheat, flour treatment agents (E300)), salt, Vegetable extracts (salt, maltodextrin, starch, sugar, yeast, Vegetable 8,6% (Onion, carrots, leek), flavoring, carrot juice powder, spice)

NUTRITION IN 100 G:

Energy:	328kJ / 78kkal
Fat:	0,5 g (0.017 oz)
Saturated fat :	0,1 g (0.003 oz)
Carbohydrate:	0 g
of which sugar:	0 g
Fiber:	0 g
Protein:	18 g (0.63 oz)
Salt:	0,30 g (0.01 oz)

This fish is originated & processed in Westfjords of Iceland.

Stored in a closed packaging in dry place in a freezer for 18 months.

COD IN TEMPURA

SKU: Size:

Sun flower oil, tempura, wheat, (wheat, maize flour, flour treatment agents, (E341, E500 (,salt), pilsner, wheat (wheat, flour treatment agents (E300), garlic powder, salt, pepper)

Ener Fat: Satu Carb of wł Fiber Prote Salt:

Stored in a closed packaging in dry place in a freezer for 18 months.

COD

SKU: 55876 Size: 1,3 kg (46oz)

INGREDIENT:

Individually guick frozen line caught Cod. No bones, no skin.

NUTRITION IN 100 G:

Energy:	328 kJ / 78 kkal
Fat:	0,5 g (0.01 oz)
Saturated fat :	0,1 g (0.003 oz)
Carbohydrate:	0 g
of which sugar:	0 g
Fiber:	0 g
Protein:	18 g (0.63 oz)
Salt:	0,3 g (0.01 oz)

This fish is originated & processed in Westfjords of Iceland.

Stored in a closed packaging in dry place in a freezer for 18 months.



55878 1,3 kg (46oz)

This product is also available in 800gr shop collection package.

INGREDIENT:

Icelandic line-caught Arctic Cod,

NUTRITION IN 100 G:

rgy:	608kJ / 145kkal
	7,1 g (0.25 oz)
irated fat :	0,9 g (0.03 oz)
oohydrate:	4,8 g (1.7 oz)
hich sugar:	0 g
r:	0,1 g (0.003 oz)
ein:	15 g (0.52 oz)
	0,42 g (0.01 oz)

This fish is originated & processed in Westfjords of Iceland.







LING

SKU: 2366 Size: 1,5 kg (53oz)

INGREDIENT:

Individually quick frozen line caught Ling. No bones, no skin.

NUTRITION IN 100 G:

Energy:	344 kJ / 82 kkal
at:	0,2 g (0.01 oz)
Saturated fat :	0,1 g (0.003 oz)
Carbohydrate:	0 g _
of which sugar:	0 g
iber:	0 g
Protein:	20 g (0.7 oz)
Salt:	0,2 g (0.01 oz)

This fish is originated & processed in Westfjords of Iceland.

Stored in a closed packaging in dry place in a freezer for 18 months.

HADDOCK

SKU: 55877 Size: 1,3 kg (46oz)

INGREDIENT: Individually quick frozen line caught Haddock. No bones, no skin.

NUTRITION IN 100 G:

Energy:	323 kJ / 76 kkal
Fat:	0,6 g (0.02 oz)
Saturated fat :	0,1 g (0.003 oz)
Carbohydrate:	0 g
of which sugar:	0 g
Fiber:	0 g
Protein:	18 g (0.63 oz)
Salt:	0,2 g (0.01 oz)

This fish is originated & processed in Westfjords of Iceland.

Stored in a closed packaging in dry place in a freezer for 18 months.

SAITHE (POLLOCK)

SKU: 2368 Size: 1,5 kg (53oz)

INGREDIENT:

Individually quick frozen line caught Saithe. No bones, no skin.

NUTRITION IN 100 G:

nergy: at: aturated fat : arbohydrate: f which sugar: iber: rotein:	344 kJ / 82 kkal 0,2 g (0.01 oz) 0,1 g (0.003 oz) 0 g 0 g 0 g 20 g (0.7 oz)
rotein:	
alt:	0,2 g (0.01 oz)

This fish is originated & processed in Westfjords of Iceland.



SKU: Size:

Energy Fat: Satura Carbol of whi Fiber: Proteir Salt:

Stored in a closed packaging in dry place in a freezer for 18 months.

FISH CAKES

351 1,8 kg (63oz)

This product is also available in 800gr shop collection package.

INGREDIENT:

Icelandic line-caught Arctic Cod, (58%), Milk, onion, wheat, potatoflour , butter (cream, salt) eggs, vegetable oil (rapeseed, sunflower and grape seed oil, coriander essential oil, vitamin D), vegetable power (salt, maltodextrin, starch, yeast, vegetables (onion, carrots, leeks) , flavoring, carrot juice, spices), pepper.

NUTRITION IN 100 G:

y:	606kJ / 145kkal
	8 g (0.28 oz)
ated fat :	4 g (0.14 oz)
hydrate:	9,9 g (0.34 oz)
ich sugar:	1.1 g (0.03 oz)
	1,1 g (0.03 oz)
in:	7,6 g (0.26 oz)
	0,5 g (0.02 oz)

This fish is originated & processed in Westfjords of Iceland.







ARCTIC CHAR

SKU: 2303 Size: 1,3 kg (46oz)

INGREDIENT:

char. Boneless with skin

NUTRITION IN 100 G:

768 kJ / 184 kkal Energy: 12 g (0.4 oz) Fat: Saturated fat : 2,2 g (0.02 oz) Carbohydrate: 0 g of which sugar: 0 g Fiber: 0 g 19 g (0.7 oz) Protein: 0,2 g (0.01 oz) Salt:

This fish is originated & processed in Westfjords of Iceland.

Stored in a closed packaging in dry place in a freezer for 18 months.

TROUT

2302 SKU: 1,3 kg (46oz) Size:

INGREDIENT:

Individually quick frozen Trout. Boneless with skin

NUTRITION IN 100 G:

Energy:	561 kJ / 134 kkal
at:	6,7 g (0.2 oz)
Saturated fat :	1,5 g (0.05 oz)
Carbohydrate:	0 g
of which sugar:	0 g
iber:	0 g
Protein:	18,4 g (0.7 oz)
Salt:	0,1 g (0.003 oz)

This fish is originated & processed in Westfjords of Iceland.

Stored in a closed packaging in dry place in a freezer for 18 months.

SALMON

2301 SKU: 1,5 kg (53oz) Size:

INGREDIENT: Individually quick frozen Salmon.

Boneless with skin

NUTRITION IN 100 G:

Energy:	858 kJ / 205 kkal
Fat:	15 g (0.5 oz)
Saturated fat :	2,6 g (0.09 oz)
Carbohydrate:	0 g
of which sugar:	0 g
Fiber:	0 g
Protein:	19 g (0.7 oz)
Salt:	0,1 g (0.004 oz)

This fish is originated & processed in Westfjords of Iceland.

Stored in a closed packaging in dry place in a freezer for 18 months.

Individually quick frozen Arctic





FISHERMAN DRY & CANNED SEAFOOD COLLECTION

An icelandic delicacy, that have kept the nation alive through harsh winters and cold summers for centuries.

Those quality, nutritious products have long shelf life that suitable for retail stores.

The Fisherman dry & canned seafood collection is originated & processed by Fisherman in Westfjords of Iceland.

COD LIVER

INGREDIENT:

Saturated fat :

Carbohydrate:

of which sugar:

Energy:

Fat:

Fiber:

Salt:

Protein:

Cod liver (99.1%), salt (0,9%)

Monounsaturated: 24 g (0.84 oz)

polyunsaturated: 13 g (0.45 oz)

0 g

0 g

0 g

of which omega-3: 8 g (0.28 oz)

NUTRITION IN 100 G:

SKU: 2104 120 gr in carton (4.23 oz) Size: 10 carton in box.

2129 kJ / 517 kkal

55 g (1.9 oz)

11 g (0.38 oz)

11.6 g (0.4 oz)

0,9 g (0.03 oz)

SKU: Size:

Energ Fat: Satur Carb of wh Fiber Prote Salt:

This product is originated & processed in Westfjords of Iceland.

Canned product, store in dry and clean place for 36 months.









MONK FISH LIVER

2106 120 gr in carton (4.23 oz) 10 carton in box.

INGREDIENT:

Monkfish liver (99.2%), salt (0,8%)

NUTRITION IN 100 G:

gy:	1627 kJ / 395 kkal
	39 g (1.37 oz)
rated fat :	7,5 g (0.26 oz)
ohydrate:	2,4 g (0.08 oz)
hich sugar:	0,7 g (0.02 oz)
r:	0 g
ein:	8,6 g (0.3 oz)
	0,8 g (0.03 oz)

This product is originated & processed in Westfjords of Iceland.

Canned product, store in dry and clean place for 24 months.

DRY COD FILLETS

SKU: 2103 40 gr in carton (1.41 oz) Size: 10 carton in box.

INGREDIENT: **Dried Cod fillets**

NUTRITION IN 100 G:

Energy: Fat: Gaturated fat : Carbohydrate: of which sugar: Fiber: Protein:	1394 kJ / 333 kka 0,6 g (0.02 oz) 0,1 g (0.003 oz) 0 g 0 g 0 g 81 g (2.8 oz)
Salt:	2,0 g (0.07 oz)

This fish is originated & processed in Westfjords of Iceland.

Stored in dry and clean place for 12 months

DRIED SEAWEED

SKU: 2101 15 gr in carton (0.53 oz) Size: 10 carton in box.

INGREDIENT:

Sun dried seaweed

NUTRITION IN 100 G: Energy: 777 kJ / 190 kkal Fat: 156 g (0.05 oz) 0,5 g (0.017 oz) Saturated fat : Carbohydrate: 58 g (2.04 oz) of which sugar: 0 g Fiber: 0 g Protein: 15 g (0.5 oz) Salt: 7 g (0.2 oz)

This product is originated & processed in Westfjords of Iceland.

Stored in dry and clean place for 48 months.

SEA SALT

SKU:	2100
Size:	100 gr in carton (3.52 oz)
	10 carton in box.

INGREDIENT:

Sea salt

NUTRITION IN 100 G:

Energy:	0 kJ / 0 kkal
at:	0 g
Saturated fat :	0 g
Carbohydrate:	0 g
of which sugar:	0 g
iber:	0 g
Protein:	0 g
Salt:	100 g (3.52 oz

This product is originated & processed in Westfjords of Iceland.

Stored in dry and clean place for 36 months.



FISHERMAN SAUCE COLLECTION

Good sauce can make great Fisherman fish even better.

The Fisherman sauce collection is processed by Fisherman in Westfjords of Iceland.







TARTAR SAUCE WITH CAPERS



SKU: 31000 Size: 160 ml (5.4 oz) 9 jars in box.

SKU: 31011

Size: 2 l. (67.6 oz)

INGREDIENT:

Mayonnaise, rapeseed oil, **egg yolk**, water, seasoning, **mustard powder**, vinegar, sugar,salt, preservatives (E211, E202)), Remopure (water, preservatives (E211, E202)), Remopure (water, cauliflower, cabbage, sugar, vinegar, **wheat**, cucumber, **mustard powder**, onion, flavoring, seasoning, salt, transformed starch, pH adjustment (E509), natural flavoring (Cayenne pepper), seasoning, coloring (E101, E141)), capers (3%) (caper, water, wine vinegar, Citric Acid E330, potassium sorbate (E202)), sugar, Potassium sorbate (E202, E211) lime juice (lime juice, potassium pyrosulfite (E224), salt

NUTRITION IN 100 G:

Energy: Fat:	1570 kJ / 375 kkal 36 g (1.2 oz)
Saturated fat :	2,4 g (0.08 oz)
Carbohydrate:	11 g (0.38oz)
of which sugar:	7,5 g (0.26oz)
Fiber:	0,1 g (0.003oz)
Protein:	2,1 g (0.07 oz)
Salt:	0,9 g (0.03 oz)

This fish is processed in Westfjords of Iceland.

Store in a cool place (1-3°c) for 3 months or 14 days after being opened.



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GRAVLAX SAUCE

Rapeseed oil, brown sugar, (sugar syrup), mustard (water, vinegar, sugar, **mustard seeds**, ground **mustard seeds**, salt, seasoning, Citric acid E330), dill

1629 kJ / 393 kkal

27 g (0.95 oz)

2,6 g (0.09 oz)

33 g (1.16oz)

31 g (1.09oz)

2,5 g (0.08 oz)

1,1 g (0.03 oz)

This fish is processed in Westfjords of Iceland. Store in a cool place (1-3°c) for 3 months or 14 days

0 g



INGREDIENT:

Energy: Fat:

Fiber:

Protein: Salt:

Saturated fat :

Carbohydrate: of which sugar:

after being opened.

NUTRITION IN 100 G:



SKU: 31001 Size: 160 ml (5.4 oz) 9 jars in box.

HORSERADISH SAUCE



SKU: 31013 Size: 2 l. (67.6 oz)

INGREDIENT:

Mayonnaise, rapeseed oil, **egg yolk**, water, seasoning, **mustard powder**, vinegar, sugar, salt, preservatives (E211, E202)), **Greek yogurt**, horseradish paste (13%) (horseradish, rapeseed oil, Citric acid E330), Sodium metabisulphite (E223)), salt, lemon juice, (lemon jucie, potassium pyrosulfite (E224), preservatives (E202, E211)

NUTRITION IN 100 G:

Energy: Fat: Saturated fat : Carbohydrate: of which sugar: Fiber: Protein:	1607 kJ / 390 kka 39 g (1.4 oz) 4,7 g (0.16 oz) 3,8 g (0.13oz) 2,7 g (0.09oz) 0 g 4,7 g (0.16 oz)
Salt:	1,13 g (0.04 oz)

This fish is processed in Westfjords of Iceland.

Store in a cool place (1-3°c) for 3 months or 14 days after being opened.

FISHERMAN IS A RESPONSIBLE PRODUCER

Westfjord is a unique fishing and fish farming area with small green sustainable villages. The cold water comes directly from the mountains, the electricity is hydroelectric powered by waterfalls and hot water is heated geothermally.

In our 20-year history we have constantly been working in improving how we deliver high quality fish to our customers, treat mother nature with respect and build up the society we live in. We are therefore proud to say that we are MSC and ASC certified.



 Scan the QR code to find more information about the carbon footprint of our fish.
www.fishermaniceland.com/footprint





FISHERMAN

ICELAND

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