



Standing Order

Tier 1: Spend \$150 on your standing order and receive a 5% discount*
Tier 2: Spend \$300 on your standing order and receive a 10% discount*
 *Discounts cannot be combined with any other offer

⇒ Free parking accessible via the back alley

PERSONAL INFO (We will treat your information with the utmost respect and never share it)	
Name	
Email address	
Phone number	
Full name on credit card	
Credit card number	
Expiry date MM/YY	
CCV	
Pickup (please circle one)	Weekly -OR- Monthly

A	FRESH FROZEN FILLETS (FAMILY SIZE)	Note	Weight	Price/lb	QTY
A1	Sockeye Salmon Fillet Skin On Bone Out VACPAC Cook Inlet, Alaska – Wild Gillnet Caught – Oceanwise <i>Despite careful removal, some bones may remain.</i>	1 fillet	1 – 2.5 lbs	\$24.95/lb	
A2	Halibut Skin On Bone Out VACPAC Haida Gwaii – Wild Longline Caught – Oceanwise	1 fillet	1 lb	\$45.00/lb	
A3	Ling Cod Fillet Skin On Bone In VACPAC British Columbia – Wild Longline Caught – Oceanwise	1 fillet	1.5 – 2.5 lbs	\$20.95/lb	
A4	Sablefish Fillet Skin On Bone In VACPAC Haida Gwaii – Wild Caught – Oceanwise	1 fillet	1.25 – 1.75 lbs	\$22.95/lb	
A5	Sablefish Fillet Skin On Bone In VACPAC Haida Gwaii – Wild Caught – Oceanwise	1 fillet	2 – 2.5 lbs	\$34.95/lb	
A6	Albacore Tuna Loins Skin Off Bone Out VACPAC Haida Gwaii – Wild Caught – Oceanwise <i>Despite careful removal, some bones may remain.</i>	2 fillets	2 – 3.5 lbs	\$27.95/lb	
A7	Chilean Seabass Skin On (DeScaled) Bone Out VACPAC Falkland Islands – Wild Caught – Oceanwise/MSC	Each	0.9 – 1.2 lbs	\$69.95/lb	
A8	Mackerel Fillets Skin On Bone In (Japanese Cut) VACPAC Norway – Wild	2 fillets	6 – 8 oz	\$11.95/lb	
A9	Ahi Tuna Cubes Skin Off Bone Out VACPAC Vietnam – Wild Longline Caught – Oceanwise – for Poke or Stir Fry	1.6 cm	1 lb	\$23.95/lb	
A10	Humboldt Squid Strips Peru – Wild Caught – Oceanwise	5 – 6 cm	1 lb	\$9.95/lb	

B	FRESH FROZEN PORTIONS (INDIVIDUAL)	Note	Size/Count	Price/Portion	QTY
B1	Sockeye Salmon Portions Skin On Bone Out VACPAC Prince William Sound, Alaska – Wild Gillnet Caught – Oceanwise <i>Despite careful removal, some bones may remain.</i>	Each	6 oz	\$9.95/each	
B2	Halibut Portions Skin On Bone Out VACPAC Haida Gwaii – Wild Longline Caught – Oceanwise	Each	6 oz	\$16.95/each	
B3	Arctic Char Portions Skin On Bone Out VACPAC Yukon – Land Farm (R.A.S.) – Oceanwise <i>Despite careful removal, some bones may remain.</i>	Each	6 oz	\$10.95/each	
B4	Pacific Cod Portions Skin On Bone Out VACPAC (Loin Cut) Alaska – Wild Longline Caught – Oceanwise	Each	6 oz	\$5.95/each	
B5	Sablefish (Black Cod) Portions Skin On Bone Out VACPAC Haida Gwaii – Wild Trap Caught – Oceanwise <i>Despite careful removal, some bones may remain.</i>	Each	6 oz	\$8.50/each	
B6	Ahi Tuna Steaks Skin Off Bone Out VACPAC Vietnam – Wild Longline Caught – Oceanwise	Each	6 oz	\$8.99/each	
B7	Ahi Tuna Suski (Saku) Block VACPAC Vietnam – Wild Longline Caught – Oceanwise	Each	10 oz	\$19.99/each	

C	PRAWNS/SHRIMP	Note	Size/Count	Price/Portion	QTY
C1	Baby Shrimp Meat Oregon – Wild Caught – Oceanwise	250 – 350 ct	1 lb	\$14.95/each	
C2	Cocktail Shrimp Meat Chile – Wild Caught	90/150	2 lbs	\$39/99 each	
C3	White Prawns Peeled & Deveined Headless SMALL Vietnam – Farmed – Oceanwise	31/40	340 g	\$12.95/each	
C4	White Prawns Peeled & Deveined Headless MEDIUM Vietnam – Farmed – Oceanwise	16/20	1 lb	\$19.95/each	
C5	Blue Prawns Shell On Headless (Chem Free) MEDIUM Sea of Cortez, Mexico	16/20	1 lb	\$25.95/each	
C6	Red Prawns Peeled & Deveined Headless MEDIUM Argentina – Wild Caught	16/20	1 lb	\$22.95/each	
C7	Red Prawns Shell On (EZ PEEL) Deveined Headless LARGE Argentina – Wild Caught	8/12	1 lb	\$27.95/each	
C8	Black Tiger Prawns Peeled & Deveined Headless JUMBO Vietnam – Farmed – Oceanwise	8/12	2 lbs	\$79.95/each	

D	SHELLFISH	Note	Size/Count	Price/Portion	QTY
D1	Large Scallops (no shell) VACPAC Hokkaido, Japan – Aquacultured – Oceanwise	U/15	1 lb	\$46.95/each	
D2	Baby Clams in Juice VACPAC China – Aquacultured – Oceanwise	300 – 500 ct	1 lb	\$10.95/each	
D3	Deep Sea Red Crab Meat Namibia – Wild Caught	Tub	8 oz	\$29.98/each	
D4	Dungeness Crab Meat British Columbia – Wild Caught – Oceanwise	Tub	1 lb	\$69.99/each	
D5	Blue Claw Crab Meat Philippines – Wild Caught	Can	280 g	\$24.95/each	
D6	Dungeness Crab Sections Washington – Wild Caught – Oceanwise	1/2 crab	1 lb	\$26.95/each	
D7	BC Oyster Meat	Tub	8 oz	\$11.50/each	

E	READY PREPPED FROZEN	Note	Size/Count	Price/Portion	QTY
E1	Crab Seafood Cakes – Free tub of panko for 12 or more cakes (3 packs)	4 pack	2.5 oz x 4	\$15.96/each	
E2	Lobster Cakes	4 pack	2.5 oz x 4	\$19.96/each	
E3	Lemon Dill Prawn Cakes	4 pack	2.5 oz x 4	\$15.96/each	
E4	Thai Chili Prawn Cakes (Mild)	4 pack	2.5 oz x 4	\$15.96/each	
E5	Wild Sockeye Salmon Burgers – Basil & Asiago	Each	4 oz	\$3.99/each	
E6	Wild Sockeye Salmon Burgers – Spinach & Feta	Each	4 oz	\$3.99/each	
E7	Prawn Cod Burgers – Chipotle, Corn & Cilantro	Each	4 oz	\$3.99/each	
E8	Wild Ahi Tuna Burgers – Sesame	Each	4 oz	\$4.99/each	
E9	Raspberry Coulis – ADD FOR CRAB CAKES	Each	2 oz	\$2.50/each	
E10	Halibut Soup Stock/Bone Broth Haida Gwaii – Wild Longline Caught – Oceanwise	Bag	750 ml	\$7.95/each	

F	SMOKED FROZEN	Note	Size/Count	Price/lb	QTY
F1	Smoked Black Cod (Sablefish) Skin On Bone In VACPAC Haida Gwaii – Wild Trap Caught – Oceanwise	Natural (no dye)	1.25 – 1.75 lb fillet	\$44.95/lb	
F2	Sockeye Salmon Candy Strips VACPAC Prince William Sound, Alaska – Wild Gillnet Caught – Oceanwise	Regular	454 g	\$42.95/each	
F3	Sockeye Salmon Candy Nuggets VACPAC Prince William Sound, Alaska – Wild Gillnet Caught – Oceanwise	Maple	454 g	\$42.95/each	
F4	Steelhead Candy Nuggets VACPAC Columbia River, Washington – Farmed – Oceanwise	Maple	227 g	\$14.99/each	
F5	Sockeye Salmon Pre-Sliced Lox VACPAC Prince William Sound, Alaska – Wild Gillnet Caught – Oceanwise	Side	454 g	\$30.95/each	
F6	Sockeye Salmon Pre-Sliced Lox VACPAC Prince William Sound, Alaska – Wild Gillnet Caught – Oceanwise	Pack	227 g	\$15.75/each	
F7	Smoked Peppered Mackerel Skin On Bone In VACPAC Norway – Wild Caught	2 fillets	6 – 8 oz	\$25.95/lb	

G	SPECIALTY	Note	Size/Count	Price/Unit	QTY
G1	Keta (Chum) Salmon Roe British Columbia – Wild Caught – Oceanwise	Jar	100 g	\$36.95/each	
G2	Trout Roe Denmark – Farmed – Oceanwise	Jar	100 g	\$29.95/each	
G3	Lumpfish Roe Sweden	Jar	100 g	\$13.95/each	
G4	Sturgeon Caviar Sechelt, British Columbia – Oceanwise	Tin	30 g	\$120/each	