

# Ocean Jewel<sup>TM</sup> MC

## Wild Caught FISH

Ocean Jewel<sup>TM</sup> Pacific Cod Moroccan Stew



## Wild Caught FISH

are caught in their natural habitats - rivers, lakes and oceans. Ocean Jewel™ strives to support sustainable fisheries to ensure we have wild fish for generations to come.



### Grouper Portions

Ocean Jewel™ Grouper Portions are a popular offering with Baby Boomer Canadians who travel south. Grouper has an appealing texture, large flakes and a mild, sweet taste.

- Ideal for grilling because it holds moisture better than most lean fish.
- Boneless, skinless portions and individually wrap packed (IWP).

SF00209 Nutrition Facts: Per 100 g, Cal: 90, Fat 1 g (1%), Sat. Fat 0.2 g (1%), Trans Fat 0 g, Cholest. 35 mg, Sodium 420 mg (18%), Carb. 0 g (0%), Fibre 0 g (0%), Sugars 0 g, Protein 19 g, Vit. A (4%), Vit. C (0%), Calcium (2%), Iron (6%).



### Snapper Portions

Succulent fish, sweet in taste and delicate in texture. Snapper can be prepared in many ways, making it a staple in many restaurants.

- Skin-on and boneless.
- Skin is flavourful and enhances plate presentation.
- Wild caught and IWP for maximum convenience.

SF03164 Nutrition Facts: Per 100 g, Cal: 100, Fat 1.5 g (2%), Sat. Fat 0.3 g (2%), Trans Fat 0 g, Cholest. 35 mg, Sodium 65 mg (3%), Carb. 0 g (0%), Fibre 0 g (0%), Sugars 0 g, Protein 21 g, Vit. A (4%), Vit. C (2%), Calcium (2%), Iron (2%).





## Mahi Mahi Portions

Ocean Jewel™ Mahi Mahi is a firm, sweet fish that holds up well. Popular in fish tacos, it is also a great substitute for Tilapia or Catfish to add excitement to the menu.

- Vacuum-packed, skin-on, boned portions.
- Warm water fish.
- Versatile in the kitchen; grill, deep-fry, bake or pan-fry.
- Broad customer appeal.

SF00427 Nutrition Facts: Per 100 g, Cal: 90, Fat 1 g (2%), Sat. Fat 0.3 g (2%), Trans Fat 0 g, Cholest. 85 mg, Sodium 130 mg (5%), Carb. 0 g (0%), Fibre 0 g (0%), Sugars 0 g, Protein 19 g, Vit. A (0%), Vit. C (2%), Calcium (0%), Iron (2%).



## Alaskan Pollock Fillets

Ocean Jewel™ Alaskan Pollock is the most versatile white fish available and ideal for every segment of the dining market. With its snow-white appearance, mild flavour, tender texture and excellent flaking qualities, Alaskan Pollock appeals to everyone, including families.

- Individually quick frozen (IQF) and MSC Certified.
- Skinless, boneless and a less expensive choice than Cod or Haddock.
- Popular ingredient for fish sticks, fish tacos, fish sandwiches, and traditional Fish n' Chips.

SF00498 Nutrition Facts: Per 100 g, Cal: 80, Fat 1 g (2%), Sat. Fat 0.2 g (1%), Trans Fat 0 g, Cholest. 70 mg, Sodium 300 mg (13%), Carb. 0 g (0%), Fibre 0 g (0%), Sugars 0 g, Protein 17 g, Vit. A (2%), Vit. C (0%), Calcium (0%), Iron (2%).





## Halibut Portions

**Pacific Premium™ Halibut Portions** are all natural and wild caught. Halibut is the world's largest ocean flatfish and features a firm, mild flavour.

- Perfect for a wide variety of applications and preparations.
- IQF, skinless, boneless and pre-cut portions.
- Perfect on its own or enjoy breaded or battered. Great for fish sandwiches or fish n' chips.

SF02716 Nutrition Facts: Per 100 g, Cal: 70, Fat 0 g (0%), Sat. Fat 0 g (0%), Trans Fat 0 g, Cholest. 25 mg, Sodium 190 mg (8%), Carb. 0 g (0%), Fibre 0 g (0%), Sugars 0 g, Protein 17 g, Vit. A (0%), Vit. C (0%), Calcium (0%), Iron (0%).



## Sole Fillets & Whole

**Ocean Jewel™ Dover Sole & Ocean Jewel™ Flathead Sole** are premium white fish that are delicate in flavour and texture. Low in fat, high in protein and IQF, Sole is generally good value vs. other fish, such as Trout and Salmon.

- Versatile fish - can be grilled, pan-fried, poached or roasted.
- Skinless and boneless with a flaky texture and mild flavour.
- Popular choice for elegant and refined dining.



SF03141 Nutrition Facts: Per 100 g, Cal: 90, Fat 1 g (2%), Sat. Fat 0.3 g (2%), Trans Fat 0 g, Cholest. 50 mg, Sodium 80 mg (33%), Carb. 0 g (0%), Fibre 0 g (0%), Sugars 0 g, Protein 19 g, Vit A 0%, Vit C 2%, Calcium 2%, Iron 2%.



## Atlantic Haddock Loins & Fillets

**Ocean Jewel™ Atlantic Haddock** is hand-cut and processed without additives or preservatives. This premium white fish favourite is lean and flaky with a mild taste.

- Skinless, boneless and IQF.
- Pairs well with different sauces and spices.
- Sustainably sourced and MSC Certified.

SF02974 Nutrition Facts: Per 100 g, Cal: 90, Fat 0.5 g (1%), Sat. Fat 0.1 g (1%), Trans Fat 0 g, Cholest. 60 mg, Sodium 170 mg (7%), Carb. 0 g (0%), Fibre 0 g (0%), Sugars 0 g, Protein 19 g, Vit. A (2%), Vit. C (0%), Calcium (4%), Iron (8%).



## Blue Cod Fillets

**Ocean Jewel™ Blue Cod** fillets are wild caught in New Zealand waters. The fish is chem free, IQF and features a mild taste and tender texture. It is also Halal certified, MSC Certified and Ocean Wise recommended.

- Holds well, great plate coverage.
- Skinless and boneless 3 oz, 4 oz and 5 oz fillets.
- Mild taste and tender texture, low in fat and excellent source of protein.

SF04570 Nutrition Facts: Per 85 g, Cal: 70, Fat 0.5 g (1%), Sat. Fat 1 g (1%), Trans Fat 0 g, Cholest. 45 mg, Sodium 100 mg (4%), Carb. 0 g (0%), Fibre 0 g (0%), Sugars 0 g, Protein 16 g, Pot. 350 mg (7%), Calcium 10 mg (1%), Iron 0.75 mg (8%).



## Pacific Cod Fillets, Loins & Tails

**Ocean Jewel™ Pacific Cod** available in various sizes; loins, tails and fillets. Pacific Cod is a mild taste and pairs well with soups and chowders.

- Skinless and boneless.
- Sustainably sourced and MSC Certified.
- Cut to size and IQF which reduces labour costs and waste.

SF04673 Nutrition Facts: Per 100 g, Cal: 70, Fat 0 g (1%), Sat. Fat 0 g (0%), Trans Fat 0 g, Cholest. 45 mg, Sodium 320 mg (14%), Carb. 0 g (0%), Fibre 0 g (0%), Sugars 0 g, Protein 15 g, Pot. 225 mg (5%), Calcium 10 mg (1%), Iron 2 mg (1%).



# Wild Caught FISH

Code	SCC Code	Description	Count/Size	Origin	Brand	Pack	Size
SF00209	20059371407073	Grouper Portions, IWP	6-8 oz	Various	Ocean Jewel	1 x 10 lb	10 lb
SF03164	20059371782309	Snapper Portions, IWP	6-8 oz	Vietnam	Packer Brand	1 x 10 lb	10 lb
SF00427	20059371370476	Mahi Mahi Portions, V/P	6 oz	Canada	Ocean Jewel	1 x 10 lb	10 lb
SF00498	20059371390610	Alaskan Pollock Fillet, IQF, MSC	2-4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF00502	30059371370657	Alaskan Pollock Fillet, IQF, MSC	2-4 oz	China	Ocean Jewel	4 x 10 lb	40 lb
SF01501	20059371390627	Alaskan Pollock Fillet, IQF, MSC	4-6 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF01504	30059371370664	Alaskan Pollock Fillet, IQF, MSC	4-6 oz	China	Ocean Jewel	4 x 10 lb	40 lb
SF03699	20059371789964	Halibut Portion, IQF, Bias	1.7-2.3 oz	China	Pacific Premium	1 x 10 lb	10 lb
SF02716	20059371773772	Halibut Portion, IQF	2-3 oz	China	Pacific Premium	1 x 10 lb	10 lb
SF03504	20059371786710	Halibut Portion, IQF, Sandwich cut	4 oz	China	Pacific Premium	1 x 10 lb	10 lb
SF03696	20059371789919	Halibut Portion, IVP	6 oz	China	Pacific Premium	1 x 10 lb	10 lb
SF00205	20059371370278	Dover Sole, IQF, Whole, Guttled	16-20 oz	Holland	Jako	1 x 25 lb	25 lb
SF00206	20059371370285	Dover Sole, Whole	20-24 oz	Holland	Jako	1 x 25 lb	25 lb
SF02845	20059371777091	Flathead Sole Fillet, IQF, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03141	20059371781975	Flathead Sole Fillet, IQF, MSC	5 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03204	20059371782866	Flathead Sole Fillet, IQF, MSC	6 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03318	20059371784396	Flathead Sole Fillet, IQF, MSC	7 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF02974	20059371779866	Haddock Loins, IQF, MSC, Chem free	3 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF02975	20059371779873	Haddock Loins, IQF, MSC, Chem free	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF02976	20059371779880	Haddock Loins, IQF, MSC, Chem free	5 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03150	20059371782071	Haddock Fillet, IQF, MSC, Chem free	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03151	20059371782088	Haddock Fillet, IQF, MSC, Chem free	5 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03152	20059371782095	Haddock Fillet, IQF, MSC, Chem free	6 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03153	20059371782101	Haddock Fillet, IQF, MSC, Chem free	7 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03154	20059371782118	Haddock Fillet, IQF, MSC, Chem free	8 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04570	30059371804619	Blue Cod Fillet, IQF, MSC, Halal, Chem free, OW	3 oz	China	Ocean Jewel	2 x 5 lb	10 lb
SF04571	30059371804626	Blue Cod Fillet, IQF, MSC, Halal, Chem free, OW	4 oz	China	Ocean Jewel	2 x 5 lb	10 lb
SF04607	30059371805197	Blue Cod Fillet, IQF, MSC, Halal, Chem free, OW	5 oz	China	Ocean Jewel	2 x 5 lb	10 lb
SF03174	20059371782439	Alaskan Black Cod Portion, V/P, Skin-on, OW	6 oz	USA	Wild Select	1 x 10 lb	10 lb
SF03954	20059371796061	Cod Tails, IQF, Treated, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03728	20059371790670	North Pacific Cod Fillet, Treated, MSC, OW	6-8 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF02954	20059371779552	North Pacific Cod Loins, Chem free, MSC, OW	5 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF02929	20059371779132	North Pacific Cod Tails, Chem free, MSC, OW	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04073	20059371797846	Pacific Cod Fillet, J-Cut, Treated, MSC	6 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04664	20059371806364	Pacific Cod Loins, IQF, Treated, MSC, OW	3 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04665	20059371806357	Pacific Cod Tails, IQF, Treated, MSC, OW	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04666	20059371806371	Pacific Cod Loins, IQF, Treated, MSC, OW	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04667	20059371806388	Pacific Cod Loins, IQF, Treated, MSC, OW	5 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04673	20059371806470	Pacific Cod Fillet, IQF, Treated, MSC, OW	6-8 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04674	20059371806463	Pacific Cod Fillet, IQF, Treated, MSC, OW	16-32 oz	China	Ocean Jewel	1 x 15 lb	15 lb

**IQF** - Individually Quick Frozen  
**IVP** - Individually Vacuumed Packed  
**IWP** - Individually Wrapped in Poly  
**MSC** - Marine Stewardship Council Certification  
**OW** - Ocean Wise  
**V/P** - Vacuumed Packed



\*Some items may not be available in all regions

For more information on our products and/or sales support, contact your nearest Export Packers office:

**West: 604-591-1603**

**Ontario: 905-792-9700**

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