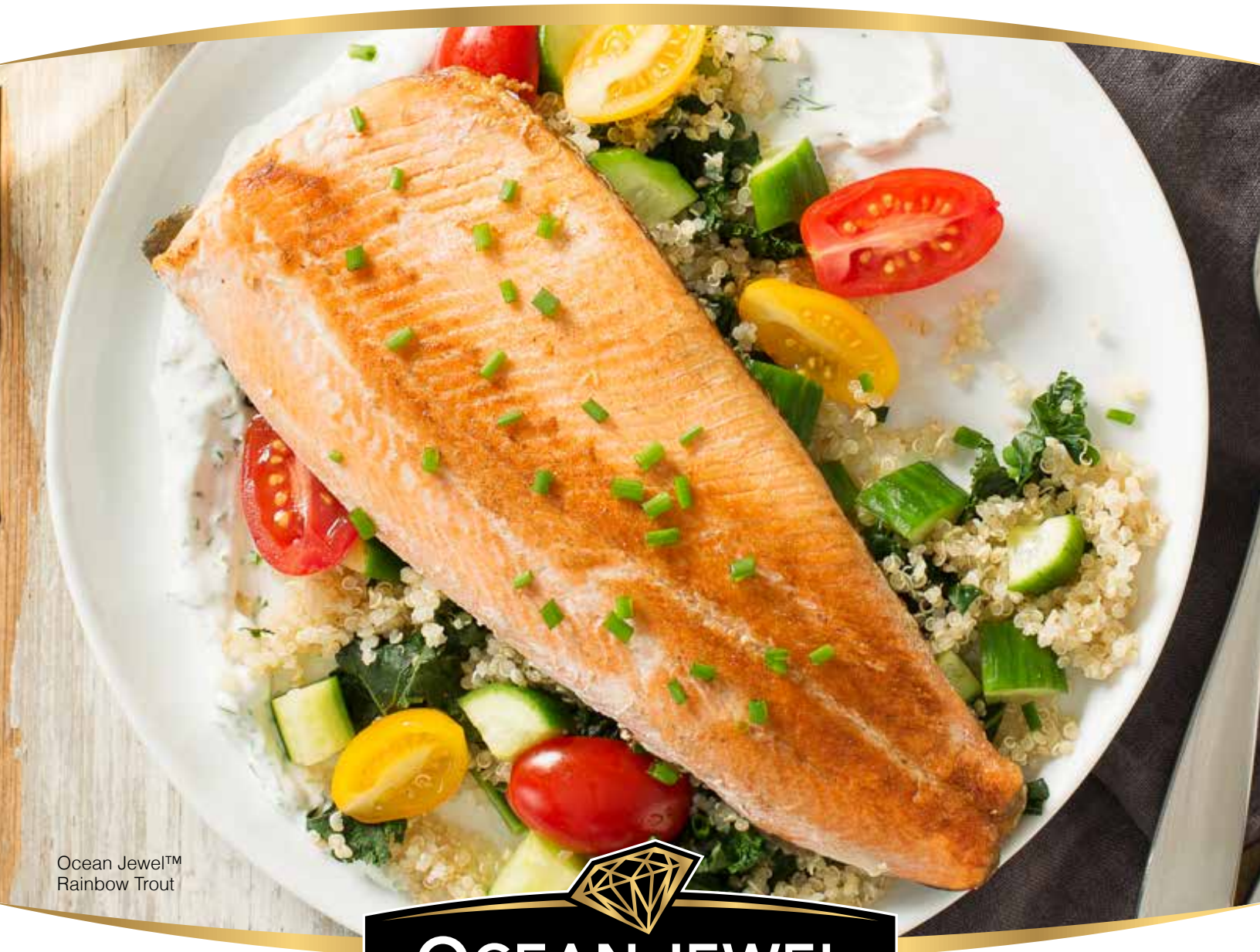


FARMED FISH



Ocean Jewel™
Rainbow Trout



TM
MC

sustainably sourced from trusted farm fisheries

SUSTAINABLY SOURCED FISH

Farmed Fish has the capacity to meet global demand while reducing the pressure on wild capture fisheries. It is the fastest growing food production system worldwide. Today, more than

half of fish consumed come from farmed fish. **Ocean Jewel™** consistently strives to support sustainable fisheries to ensure we have wild fish for the many generations to come. Choose from a selection of products that are **BAP certified**, **Ocean Wise recommended** and/or **ASC certified**.



HEALTHY PEOPLE. HEALTHY PLANET.

From special occasions to weekday meals, Ocean Jewel provides healthy, sustainable seafood meal options that are good for you and good for the planet.



Atlantic Salmon

Ocean Jewel™ Atlantic Salmon is processed and frozen within hours of harvest. This salmon is noted for its colour, flavour and texture. Multiple cuts and sizes are available.

- FEATURES:**
- Skinless, boneless portions are **raised without antibiotics**
 - Individually vacuum packed
 - Skin-on fillets are boneless, trimmed and scaled

FLAVOUR: Mild, succulent

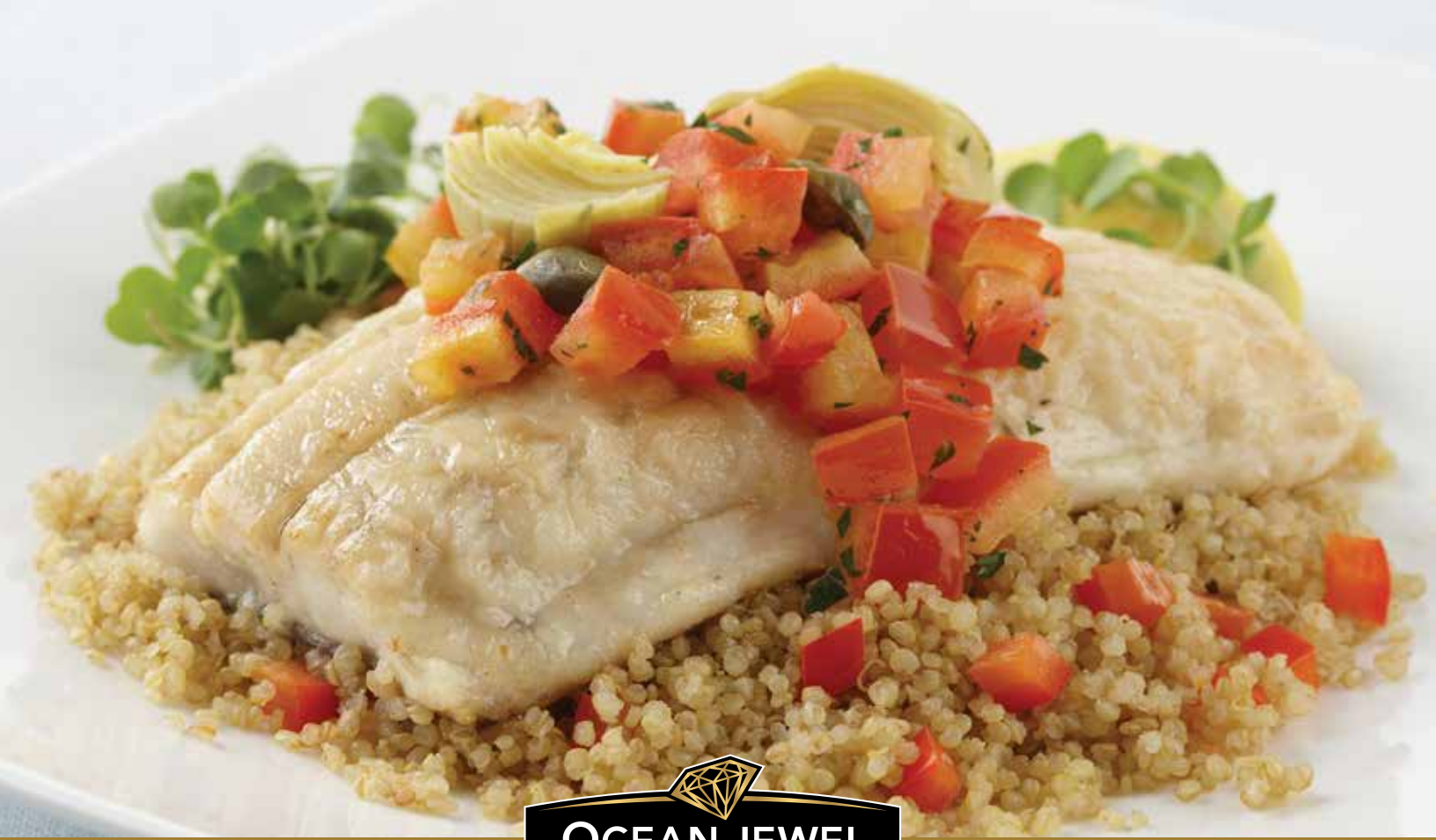
TEXTURE: Firm and meaty with thick flakes

CHEF'S TIP: Ask for our recipe for Pan-roasted Salmon with Orange Sauce reduction and Cauliflower Kimchi fried rice!



Nutrition Facts	
Valeur nutritive	
Per 100 g	
pour 100 g	
Calories 210	% Daily Value*
Fat / Lipides 13 g	17 %
Saturated / saturés 3 g	
+ Trans / trans 0 g	15 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 55mg	
Sodium 60 mg	3 %
Potassium 350 mg	7 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Code	SCC Code	Description	Count/Size	Origin	Brand	Pack	Size
SF04821	20059371807828	Atlantic Salmon Portions, Skinless, IVP, RWA, ASC	4 oz	Chile	Ocean Jewel	1 x 10 lb	10 lb
SF04641	20059371806043	Atlantic Salmon Portions, Skinless, IVP, RWA, ASC	6 oz	Chile	Ocean Jewel	1 x 10 lb	10 lb
SF04643	20059371806050	Atlantic Salmon Portions, Skinless, IVP, RWA, ASC	8 oz	Chile	Ocean Jewel	1 x 10 lb	10 lb
SF01577	30059371755577	Atlantic Salmon Fillets, Skin-on, D Trim, IVP	3-4 lb fillet	Chile	Packer Brand	1 x 10 kg	10 kg



Barramundi Fillets

Considered by some to be one of the healthiest seafoods. **Ocean Jewel™ Barramundi** possesses a gentle, mild flavor and toothsome texture, and because of its moderate fat content, this fish is nearly impossible to overcook.

- FEATURES:**
- Fillets are lean, a good source of protein, and healthy omega-3's
 - Individually vacuum-packed
 - Skin-on fillets are boneless

FLAVOUR: Mellow with a smooth, buttery, and subtly sweet flavour

TEXTURE: Firm and moist

CHEF'S TIP: Barramundi pairs exceptionally well with strong sauces and won't compete with other prominent flavors in a dish.

Nutrition Facts	
Valeur nutritive	
Per 100 g	
pour 100 g	
Calories 120	% Daily Value*
Fat / Lipides 5 g	7 %
Saturated / saturés 2 g	
+ Trans / trans 0 g	10 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 18 g	
Cholesterol / Cholestérol 0 mg	
Sodium 50 mg	2 %
Potassium 300 mg	9 %
Calcium 10 mg	1 %
Iron / Fer 0 mg	0 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	



Code	SCC Code	Description	Count/Size	Origin	Brand	Pack	Size
SF03326	20059371794524	Barrumundi Fillets, Skin-on, IVP, J cut	6 -8 oz	Taiwan	Ocean Jewel	1 x 10 lb	10 lb



ASC-C-00032
This product has met the ASC's global standard for responsibly farmed seafood. www.asc-aqua.org
Ce produit répond aux normes du référentiel ASC pour l'aquaculture responsable. www.asc-aqua.org



Basa

Ocean Jewel™ Basa is a responsibly farmed and versatile fish that is lightly treated for moisture retention. Mild and delicate in flavour, this white fish has great plate coverage and is a popular choice in restaurants.

FEATURES:

- Holds well due to the high moisture content
- An economical choice
- Fork tender

FLAVOUR: Mild and sweet

TEXTURE: Delicate

CHEF'S TIP: Basa has a lovely tenderness and accepts flavours very well. Ask us about our Herbed Butter Basa with Citrus Fennel Slaw recipe - a delicious low-carb menu option.



Nutrition Facts Valeur nutritive

Per 100 g
pour 100 g

		% Daily Value*
Calories 70		% valeur quotidienne*
Fat / Lipides 1.5 g		2 %
Saturated / saturés 0.5 g		3 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 0 g		
Fibre / Fibres 0 g		0 %
Sugars / Sucres 0 g		0 %
Protein / Protéines 16 g		
Cholesterol / Cholestérol 40 mg		
Sodium 470 mg		20 %
Potassium 340 mg		8 %
Calcium 0 mg		0 %
Iron / Fer 0 mg		0 %

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15 % ou plus c'est beaucoup

Code	SCC Code	Description	Count/Size	Origin	Brand	Pack	Size
SF03319	20059371784457	Basa Fillets, Chem-free, IQF, ASC, OW, Halal	4 oz	Vietnam	Just Basa	1 x 10 lb	10 lb
SF03102	20059371781203	Basa Fillets, IQF, ASC, OW, Halal	4 oz	Vietnam	Ocean Jewel	1 x 10 lb	10 lb
SF01964	20059371770788	Basa Fillets, IQF, ASC, OW, Halal	6-8 oz	Vietnam	Ocean Jewel	1 x 10 lb	10 lb



Rainbow Trout

Ocean Jewel™ Rainbow Trout Fillets are farm-raised under BAP standards in Colombia. With a mild flavour, delicate texture and attractive colour, trout is an excellent alternative to Salmon.

FEATURES:

- Available in three sizes; 4-5 oz, 5-6 oz and 6-7 oz.
- Individually vacuum packed and boneless for maximum convenience.

FLAVOUR: Mild, similar to Salmon

TEXTURE: Delicate with thin flakes

CHEF'S TIP: Cook Rainbow Trout in parchment for an elevated plate presentation. Try dusting the skin with flour when pan-searing to protect the skin from sticking to the skillet.



Nutrition Facts Valeur nutritive

Per 100 g
pour 100 g

Calories 140

% Daily Value*
% valeur quotidienne*

Fat / Lipides 6 g

8 %

Saturated / saturés 1.5 g

8 %

+ Trans / trans 0 g

Carbohydrate / Glucides 0 g

Fibre / Fibres 0 g

0 %

Sugars / Sucres 0 g

0 %

Protein / Protéines 20 g

Cholesterol / Cholestérol 60 mg

Sodium 50 mg

2 %

Potassium 400 mg

9 %

Calcium 30 mg

2 %

Iron / Fer 0.3 mg

2 %

* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Code	SCC Code	Description	Count/Size	Origin	Brand	Pack	Size
SF04376	20059371800508	Rainbow Trout Fillets, Skin-on, IVP, BAP	4-5 oz	Colombia	Ocean Jewel	1 x 10 lb	10 lb
SF04377	20059371800492	Rainbow Trout Fillets, Skin-on, IVP, BAP	5-6 oz	Colombia	Ocean Jewel	1 x 10 lb	10 lb
SF04378	20059371800485	Rainbow Trout Fillets, Skin-on, IVP, BAP	6-7 oz	Colombia	Ocean Jewel	1 x 10 lb	10 lb



Arctic Char

Aquanor Arctic Char from Iceland are sustainably farm raised in closed-system above ground tanks. Using a blend of pure Icelandic spring water, seawater and geothermal water, the fish are grown in superb conditions mirroring that of their natural environment.

- FEATURES:**
- No preparation required, individually quick frozen
 - A source of Omega-3 polyunsaturated fatty acids
 - Available all year round

FLAVOUR: Delicate, sweet and buttery

TEXTURE: Firm and meaty

CHEF'S TIP: Marinate fish in a water mixture with onion, carrot, celery and wine for 30 minutes. Bake in the oven or prepare in a skillet.



Nutrition Facts Valeur nutritive

Per about 100 g
pour environ 100 g

	% Daily Value*
Calories 100	
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0.5 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 25 mg	
Sodium 60 mg	3 %
Potassium 300 mg	6 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15 % ou plus c'est beaucoup

Code	SCC Code	Description	Count/Size	Origin	Brand	Pack	Size
SF03626	20059371788677	Arctic Char Portions, Skin-On, IQF, OW	5-6 oz	Iceland	Packer	1 x 10 lb	10 lb



ASC-C-00137
This product has met the ASC's global standard for responsibly farmed seafood. www.asc-aqua.org
Ce produit répond aux normes du référentiel ASC pour l'aquaculture responsable. www.asc-aqua.org



Tilapia

Regal Springs® Tilapia are unsurpassed for their nutritional value and quality, raised in large pens with floating feeds of only the highest-quality vegetable diet. Regal Springs is world-renowned for their 100% natural premium tilapia produced in pristine, deep-water lakes in Mexico, Honduras and Indonesia.

- FEATURES:**
- Premium quality and exceptional flavour
 - Raised without antibiotics and chemical-free
 - Sustainable and traceable

FLAVOUR: Mild and sweet

TEXTURE: Tender and flakey

CHEF'S TIP: May be baked, broiled, sautéed, grilled or breaded making them ideal for appetizers, lunch plates and dinner entrée proteins.



Nutrition Facts Valeur nutritive

Per 100 g
pour 100 g

		% Daily Value*
		% valeur quotidienne*
Calories 100		
Fat / Lipides 1.5 g		2 %
Saturated / saturés 0.5 g		3 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 0 g		
Fibre / Fibres 0 g		0 %
Sugars / Sucres 0 g		0 %
Protein / Protéines 20 g		
Cholesterol / Cholestérol 50 mg		
Sodium 50 mg		2 %
Potassium 300 mg		6 %
Calcium 10 mg		1 %
Iron / Fer 0.5 mg		3 %

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15 % ou plus c'est beaucoup

Code	SCC Code	Description	Count/Size	Origin	Brand	Pack	Size
SF04218	20059371799390	Tilapia Fillet, IQF, BAP, ASC	1.5 - 2.5 oz	Various	Regal Springs	1 x 10 lb	10 lb
SF03138	20059371781944	Tilapia Fillet, IQF, BAP, ASC	3-5 oz	Indonesia	Regal Springs	1 x 10 lb	10 lb
SF01665	20059371773581	Tilapia Fillet, IQF, BAP, ASC	5-7 oz	Indonesia	Regal Springs	1 x 10 lb	10 lb
SF02734	20059371776353	Tilapia Fillet, IQF, BAP, ASC	7-9 oz	Indonesia	Regal Springs	1 x 10 lb	10 lb



FARMED FISH



Code	SCC Code	Description	Count/Size	Origin	Brand	Pack	Size
SF04821	20059371807828	Atlantic Salmon Portions, Skinless, IVP, RWA, ASC	4 oz	Chile	Ocean Jewel	1 x 10 lb	10 lb
SF04641	20059371806043	Atlantic Salmon Portions, Skinless, IVP, RWA, ASC	6 oz	Chile	Ocean Jewel	1 x 10 lb	10 lb
SF04643	20059371806050	Atlantic Salmon Portions, Skinless, IVP, RWA, ASC	8 oz	Chile	Ocean Jewel	1 x 10 lb	10 lb
SF01577	30059371755577	Atlantic Salmon Fillets, Skin-on, D Trim, IVP	3-4 lb fillet	Chile	Packer Brand	1 x 10 kg	10 kg
SF03326	20059371794524	Barrumundi Fillets, Skin-on, IVP, J cut	6 -8 oz	Taiwan	Ocean Jewel	1 x 10 lb	10 lb
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SF01964	20059371770788	Basa Fillets, IQF, Halal, OW, ASC	6-8 oz	Vietnam	Ocean Jewel	1 x 10 lb	10 lb
SF04376	20059371800508	Rainbow Trout Fillets, Skin-on, IVP, BAP	4-5 oz	Colombia	Ocean Jewel	1 x 10 lb	10 lb
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SF04378	20059371800485	Rainbow Trout Fillets, Skin-on, IVP, BAP	6-7 oz	Colombia	Ocean Jewel	1 x 10 lb	10 lb
SF03626	20059371788677	Arctic Char Portions, Skin-on, IQF, OW	5-6 oz	Iceland	Aquanor	1 x 10 lb	10 lb
SF04218	20059371799390	Tilapia Fillet, IQF, BAP, ASC	1.5 - 2.5 oz	Various	Regal Springs	1 x 10 lb	10 lb
SF02734	20059371776353	Tilapia Fillet, IQF, BAP, ASC	7-9 oz	Indonesia	Regal Springs	1 x 10 lb	10 lb
SF01665	20059371773581	Tilapia Fillet, IQF, BAP, ASC	5-7 oz	Indonesia	Regal Springs	1 x 10 lb	10 lb
SF03138	20059371781944	Tilapia Fillet, IQF, BAP, ASC	3-5 oz	Indonesia	Regal Springs	1 x 10 lb	10 lb

IVP - Individually Vacuumed Packed, IQF - Individually Quick Frozen, RWA - Raised without Antibiotics, ASC - Aquaculture Stewardship Council, BAP - Best Aquaculture Practices certification, OW - Ocean Wise

*Some items may not be available in all regions.



Let's talk about growing your business!

Head Office: 905-792-9700

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