

WILD-CAUGHT FISH



Ocean Jewel® Sole



wild-caught fish from around the world

SUSTAINABILITY COMMITMENTS

Our significant presence in the seafood market means that seafood sustainability is an important consideration for our business.

We do not sell wild-caught seafood species identified as endangered in the International Union for Conservation of Nature's Red List of Threatened Species and do not permit the purchase of seafood acquired through illegal, unreported or unregulated catches. We are working towards the goal of 100% traceability on all seafood products.

We look to partner with suppliers who share our view and catch or farm seafood in a sustainable and responsible manner. We offer a wide variety of products that have been certified by third-party organizations working on advancing sustainable and responsible seafood practices, including MSC-certified wild-caught seafood products and BAP or ASC-certified farmed seafood products. We also purchase seafood originating from Fishery Improvement Projects (FIPs). FIPs are multi-stakeholder initiatives that aim to help fisheries work towards sustainable and responsible seafood practices.

Within our Ocean Jewel brand, we are committed to sourcing third party certified seafood products or products purchased via a FIP, wherever commercially available. We measure the percentage of certification for these products to monitor our performance against these commitments.

We are committed to working proactively with our customers, suppliers, industry experts and rating agencies with the goal of increasing the percentage of third-party certified products sold through our Ocean Jewel portfolio.





MSC-C-51104
Seafood certified to MSC's environmental standard for fishing. www.msc.org
Fruits de mer certifié selon le référentiel environnemental pour la pêche du MSC. www.msc.org



Atlantic Haddock

Ocean Jewel® Atlantic Haddock is a premium white fish that is hand-cut and processed without additives or preservatives.

HIGHLIGHTS:

- Skinless and boneless to save preparation time
- IQF, only thaw what you need
- Versatile for many menu applications

FLAVOUR: Mild and sweet

TEXTURE: Firm and tender with a medium flake

CHEF'S TIP: If searing, remove from heat when fish starts to flake, the residual heat will finish cooking the fish.



Nutrition Facts Valeur nutritive	
Per 100 g pour 100 g	
Calories 70	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	3 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 55 mg	
Sodium 210 mg	9 %
Potassium 300 mg	6 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %
* 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
SF02975	20059371779873	Atlantic Haddock Loins, Chem free, IQF, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF02976	20059371779880	Atlantic Haddock Loins, Chem free, IQF, MSC	5 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03150	20059371782071	Atlantic Haddock Fillet, Chem free, IQF, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03151	20059371782088	Atlantic Haddock Fillet, Chem free, IQF, MSC	5 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03152	20059371782095	Atlantic Haddock Fillet, Chem free, IQF, MSC	6 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03154	20059371782118	Atlantic Haddock Fillet, Chem free, IQF, MSC	8 oz	China	Ocean Jewel	1 x 10 lb	10 lb



Blue Cod

Ocean Jewel® Blue Cod is wild caught in the South Pacific. These fish products are additive-free and Halal Certified, making them a popular choice.

- HIGHLIGHTS:**
- Holds well, great plate coverage
 - Skinless and boneless 3, 4, 5 and 6-8 oz fillets
 - Low in fat and excellent source of protein

FLAVOUR: Mild, sweet

TEXTURE: Delicate and flaky

CHEF'S TIP: Due to its low oil content, Blue Cod takes marinades very well. Fold the tail under for uniformity when baking.



Nutrition Facts	
Valeur nutritive	
Per 100 g	
pour 100 g	
Calories 90	% Daily Value*
Fat / Lipides 1 g	% valeur quotidienne*
Saturated / saturés 0 g	1 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 19 g	
Cholesterol / Cholestérol 55 mg	
Sodium 100 mg	4 %
Potassium 400 mg	9 %
Calcium 10 mg	1 %
Iron / Fer 0.75 mg	4 %
* 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
SF04570	30059371804619	Blue Cod Fillet, Chem free, IQF, Halal, OW, MSC	3 oz	China	Ocean Jewel	2 x 5 lb	10 lb
SF04571	30059371804626	Blue Cod Fillet, Chem free, IQF, Halal, OW, MSC	4 oz	China	Ocean Jewel	2 x 5 lb	10 lb
SF04607	30059371805197	Blue Cod Fillet, Chem free, IQF, Halal, OW, MSC	5 oz	China	Ocean Jewel	2 x 5 lb	10 lb
SF05186	20059371810507	Blue Cod Fillet, IQF, MSC	6 - 8 oz	China	Ocean Jewel	1 x 10 lb	10 lb



Mahi Mahi

Ocean Jewel® Mahi Mahi is a firm, sweet fish that will add excitement to your menu. Substitute for Tilapia or Basa in your favourite recipes.

HIGHLIGHTS:

- Vacuum-packed, skin-on, boneless portions
- Versatile preparation options
- Broad customer appeal

FLAVOUR: Mild, lean and sweet

TEXTURE: Moist with large flakes

CHEF'S TIP: Ideal for grilling due to its firm texture. This fish is an excellent choice for grilled fish tacos.



Nutrition Facts	
Valeur nutritive	
Per 1 piece (170 g) pour 1 morceau (170 g)	
Calories 140	% Daily Value*
Fat / Lipides 1 g	% valeur quotidienne*
Saturated / saturés 0 g	1 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 31 g	
Cholesterol / Cholestérol 125 mg	
Sodium 150 mg	7 %
Potassium 700 mg	15 %
Calcium 30 mg	2 %
Iron / Fer 2 mg	11 %
* 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
SF00427	20059371370476	Mahi Mahi Portions, Skin-on, IVP	6 oz	Taiwan	Ocean Jewel	1 x 10 lb	10 lb



Pacific Cod

Ocean Jewel® Pacific Cod is available in a variety of sizes and cuts. It is a versatile fish that can be used in your classic and ethnic-inspired recipes.

- HIGHLIGHTS:**
- Skinless and boneless to save preparation time
 - Available pre-cut or full fillets

FLAVOUR: Delicate, sweet taste

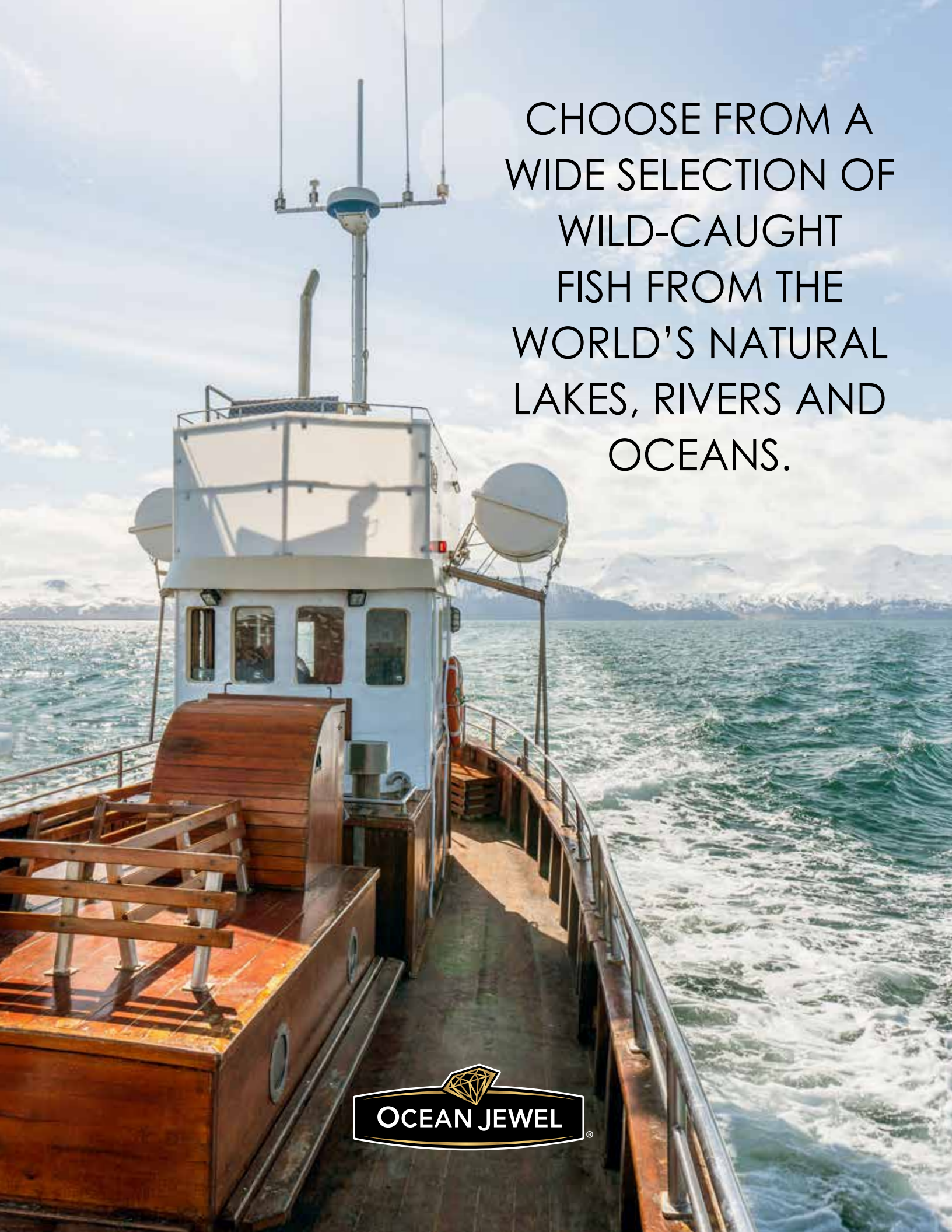
TEXTURE: Firm, tender, large flakes

CHEF'S TIP: Pacific Cod's mild flavour lends itself to a variety of sauces and seasonings. It is a very popular species of fish for Fish n' Chips.



Nutrition Facts	
Valeur nutritive	
Per about 1/2 fillet (100 g)	
pour environ 1/2 filet (100 g)	
Calories 70	% Daily Value*
Fat / Lipides 0 g	% valeur quotidienne*
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 45 mg	
Sodium 320 mg	14 %
Potassium 225 mg	5 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %
* 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
SF03879	20059371794883	Pacific Cod Fillet, Treated, IQF, OW, MSC	3-4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04664	20059371806364	Pacific Cod Loins, Treated, IQF, OW, MSC	3 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04666	20059371806371	Pacific Cod Loins, Treated, IQF, OW, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04665	20059371806357	Pacific Cod Tails, Treated, IQF, OW, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04673	20059371806470	Pacific Cod Fillet, Treated, IQF, OW, MSC	6-8 oz	China	Ocean Jewel	1 x 10 lb	10 lb



CHOOSE FROM A
WIDE SELECTION OF
WILD-CAUGHT
FISH FROM THE
WORLD'S NATURAL
LAKES, RIVERS AND
OCEANS.





MSC-C-1206
Seafood certified to MSC's environmental standard for fishing. msc.org
Fruits de mer certifié selon le référentiel environnemental pour la pêche du MSC. msc.org

Sole

Ocean Jewel® Sole is a unique species of flatfish found primarily in European waters and sometimes in North America. Once cooked, the meat is pure white, lean and flaky with a mild flavour.

HIGHLIGHTS:

- Versatile for grilling, pan-frying, poaching or roasting
- Skinless and boneless to save preparation time
- Popular in healthcare and fine dining

FLAVOUR: Mild, delicate, sweet

TEXTURE: Firm and flakey

CHEF'S TIP: To bring out the full flavour of sole, fillets can be marinated in oil, lemon juice, white wine or soya sauce.



Nutrition Facts Valeur nutritive	
Per 100 g pour 100 g	
Calories 70	% Daily Value* % valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 45 mg	
Sodium 460 mg	20 %
Potassium 150 mg	3 %
Calcium 20 mg	2 %
Iron / Fer 0.2 mg	1 %
* 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
SF04956	30059371809058	Sole Fillets, Skin-off, IQF, OW, MSC	3 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF02845	20059371777091	Sole Fillets, Skin-off, IQF, OW, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03141	20059371781975	Sole Fillets, Skin-off, IQF, OW, MSC	5 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03318	20059371784396	Sole Fillets, Skin-off, IQF, OW, MSC	7 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04957	30059371809065	Sole Fillets, Skin-off, IQF, OW, MSC	8 oz	China	Ocean Jewel	1 x 10 lb	10 lb



MSC-C-51104
Seafood certified to MSC's environmental standard for fishing. msc.org
Fruits de mer certifié selon le référentiel environnemental pour la pêche du MSC. msc.org

Pacific Salmon

Ocean Jewel® Pacific Salmon is a wild caught fish from the North Pacific contributing to its mild taste and delicate sweetness.

HIGHLIGHTS:

- Control waste with skinless, boneless, 4 oz portions
- Wide appeal with many menu applications including bowls, salads, and entrees

FLAVOUR: Clean with a mild sweetness, allows seasoning, marinades and sauces to stand out.

TEXTURE: Delicate

CHEF'S TIP: Great for baking in a sauce or pan-searing. Be careful not to overcook as Pacific Salmon can dry out with overheating.

Nutrition Facts	
Valeur nutritive	
Per 1 piece (113 g)	
pour 1 morceau (113 g)	
Calories 140	% Daily Value*
Fat / Lipides 8 g	11 %
Saturated / saturés 2 g	4 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 23 g	
Cholesterol / Cholestérol 60 mg	
Sodium 180 mg	8 %
Potassium 400 mg	9 %
Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %
* 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
SF04846	20059371808207	Pacific Salmon Loin, V/P, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb



Cooked Salmon Pieces

With a gentle reheat and a little imagination, **Ocean Jewel®** bite-size **Fully Cooked Salmon Pieces** are the “little black dress” of seafood; they go with everything! Protein bowls, wraps, tacos, stir-fries, salads, protein snacking.

- HIGHLIGHTS:**
- Pre-cooked and chunked, simply thaw and serve or gently heat
 - 100% yield, no cutting and no waste product
 - A true menu workhorse. One ingredient that works across multiple dish builds
 - Premiumized menu copy - Wild-caught Salmon

FLAVOUR: Clean with a mild sweetness, allows seasonings, marinades and sauces to stand out.

TEXTURE: Slightly firm

CHEF'S TIP: Speed to service. Thaw and top a salad. Gently heat and incorporate into bowls and wraps. Excellent lunch protein.

Nutrition Facts Valeur nutritive	
Per 10 pieces (100 g) pour 10 morceaux (100 g)	
Calories 150	% Daily Value*
Fat / Lipides 5 g	7 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 25 g	
Cholesterol / Cholestérol 55 mg	
Sodium 90 mg	4 %
Potassium 450 mg	13 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %
*5% or less is a little / 5% ou moins c'est peu 15% or more is a lot / 15% ou plus c'est beaucoup	



Code	SCC Code	Description	Count/Size	Origin	Brand	Pack	Size
SF05188	20059371810484	Pacific Cooked Salmon Pieces, IQF, OW	8-12 g	China	Ocean Jewel	1 x 10 lb	10 lb



MSC-C-53098-04
Seafood certified to MSC's environmental standard for fishing. www.msc.org
Fruits de mer certifié selon le référentiel environnemental pour la pêche du MSC. www.msc.org

ANOVA Yellowfin Tuna

Anova® Yellowfin Tuna is a leader in sustainable harvesting of Yellowfin Tuna. Anova offers a full selection to meet your needs.*

- HIGHLIGHTS:**
- Available in a variety of product forms and sizes
 - Responsibly sourced

FLAVOUR: Mild and meaty

TEXTURE: Firm

CHEF'S TIP: Yellowfin tuna is a popular choice for today's protein-centric trends and is ideal for use in sashimi, sushi, and poke.

*Description and features are based on Anova Food promotional materials.
For more information, see www.anovafoodusa.com.

Nutrition Facts	
Valeur nutritive	
Per (100 g) pour (100 g)	
Calories 110	% Daily Value*
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 26 g	
Cholesterol / Cholestérol 45 mg	
Sodium 25 mg	1 %
Potassium 500 mg	11 %
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	

Nutrition Facts	
Valeur nutritive	
Per (100 g) pour (100 g)	
Calories 130	% Daily Value*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 26 g	
Cholesterol / Cholestérol 35 mg	
Sodium 270 mg	12 %
Potassium 350 mg	7 %
Calcium 0 mg	0 %
Iron / Fer 0.4 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	

SF04512, SF03707, SF04364,
SF03709, SF03710, SF04535

SF03714



Code	SCC Code	Description	Count/Size	Origin	Brand	Pack	Size
SF04512	00653849093094	Yellowfin Tuna Steaks, AAA, IVP, MSC, OU	4 oz	Vietnam	Anova	1 x 10 lb	10 lb
SF03707	00653849094312	Yellowfin Tuna Steaks, AAA, IVP, MSC, OU	6 oz	Indonesia	Anova	1 x 10 lb	10 lb
SF04364	00653849095098	Yellowfin Tuna Loins, AAA, IVP, MSC, OU	3 - 5 lb	Indonesia	Anova	1 x 15 lb	15 lb
SF03709	00653849091274	Yellowfin Tuna Saku Block, AAA, IVP, MSC, OU	8 oz	Indonesia	Anova	1 x 10 lb	10 lb
SF03710	00653849093179	Yellowfin Tuna Saku Block, AAA, IVP, MSC, OU	10 oz	Indonesia	Anova	1 x 10 lb	10 lb
SF04535	00653849095135	Yellowfin Tuna Poke Cube, AAA, IVP, MSC, OU	1.6 cm	Vietnam	Anova	10 x 1 lb	1 lb
SF03714	00653849094800	Yellowfin Tuna Seared Slices, AAA, IVP, MSC, OU	3 oz	USA	Anova	32 x 85 gm	6 lb



WILD-CAUGHT FISH

SF02975	20059371779873	Atlantic Haddock Loins, Chem free, IQF, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF02976	20059371779880	Atlantic Haddock Loins, Chem free, IQF, MSC	5 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03150	20059371782071	Atlantic Haddock Fillet, Chem free, IQF, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03151	20059371782088	Atlantic Haddock Fillet, Chem free, IQF, MSC	5 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03152	20059371782095	Atlantic Haddock Fillet, Chem free, IQF, MSC	6 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03154	20059371782118	Atlantic Haddock Fillet, Chem free, IQF, MSC	8 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04570	30059371804619	Blue Cod Fillet, Chem free, IQF, Halal, OW, MSC	3 oz	China	Ocean Jewel	2 x 5 lb	10 lb
SF04571	30059371804626	Blue Cod Fillet, Chem free, IQF, Halal, OW, MSC	4 oz	China	Ocean Jewel	2 x 5 lb	10 lb
SF04607	30059371805197	Blue Cod Fillet, Chem free, IQF, Halal, OW, MSC	5 oz	China	Ocean Jewel	2 x 5 lb	10 lb
SF05186	20059371810507	Blue Cod Fillet, IQF, MSC	6 - 8 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF00427	20059371370476	Mahi Mahi Portions, Skin-on, IVP	6 oz	Taiwan	Ocean Jewel	1 x 10 lb	10 lb
SF03879	20059371794883	Pacific Cod Fillet, Treated, IQF, OW, MSC	3-4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04664	20059371806364	Pacific Cod Loins, Treated, IQF, OW, MSC	3 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04666	20059371806371	Pacific Cod Loins, Treated, IQF, OW, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04665	20059371806357	Pacific Cod Tails, Treated, IQF, OW, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04673	20059371806470	Pacific Cod Fillet, Treated, IQF, OW, MSC	6-8 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04956	30059371809058	Sole Fillets, Skin-off, IQF, OW, MSC	3 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF02845	20059371777091	Sole Fillets, Skin-off, IQF, OW, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03141	20059371781975	Sole Fillets, Skin-off, IQF, OW, MSC	5 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF03318	20059371784396	Sole Fillets, Skin-off, IQF, OW, MSC	7 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04957	30059371809065	Sole Fillets, Skin-off, IQF, OW, MSC	8 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF04846	20059371808207	Pacific Salmon Loin, V/P, MSC	4 oz	China	Ocean Jewel	1 x 10 lb	10 lb
SF05188	20059371810484	Pacific Cooked Salmon Pieces, IQF, OW	8-12 g	China	Ocean Jewel	1 x 10 lb	10 lb
SF04512	00653849093094	Yellowfin Tuna Steaks, AAA, IVP, MSC, OU	4 oz	Vietnam	Anova	1 x 10 lb	10 lb
SF03707	00653849094312	Yellowfin Tuna Steaks, AAA, IVP, MSC, OU	6 oz	Indonesia	Anova	1 x 10 lb	10 lb
SF04364	00653849095098	Yellowfin Tuna Loins, AAA, IVP, MSC, OU	3-5 lb	Indonesia	Anova	1 x 15 lb	15 lb
SF03709	00653849091274	Yellowfin Tuna Saku Block, AAA, IVP, MSC, OU	8 oz	Indonesia	Anova	1 x 10 lb	10 lb
SF03710	00653849093179	Yellowfin Tuna Saku Block, AAA, IVP, MSC, OU	10 oz	Indonesia	Anova	1 x 10 lb	10 lb
SF04535	00653849095135	Yellowfin Tuna Poke Cube, AAA, IVP, MSC, OU	1.6 cm	Vietnam	Anova	10 x 1 lb	1 lb
SF03714	00653849094800	Yellowfin Tuna Seared Slices, AAA, IVP, MSC, OU	3 oz	USA	Anova	32 x 85 g	6 lb

OW - Ocean Wise, MSC - Marine Stewardship Council Certification, OU - Orthodox Union
 IQF - Individually Quick Frozen, IVP - Individually Vacuum Packed, IWP - Individually Wrapped Pack, VP - Vacuum Packed
 *Some items may not be available in all regions.



Let's talk about growing your business!
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exportpackers.com/foodservice



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