



fisherking
SEAFOODS

EAT LIKE ROYALTY



GREY SOLE

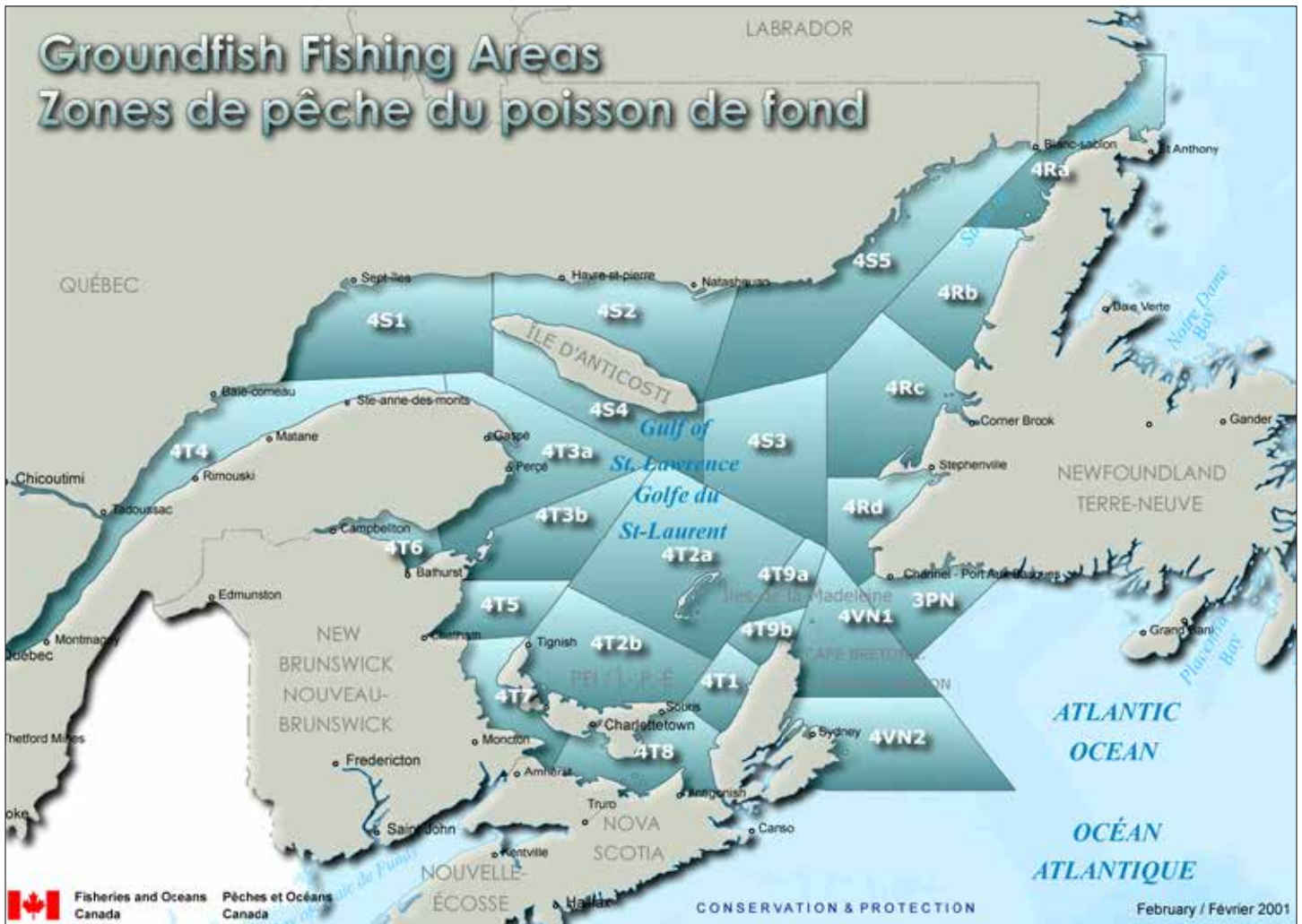
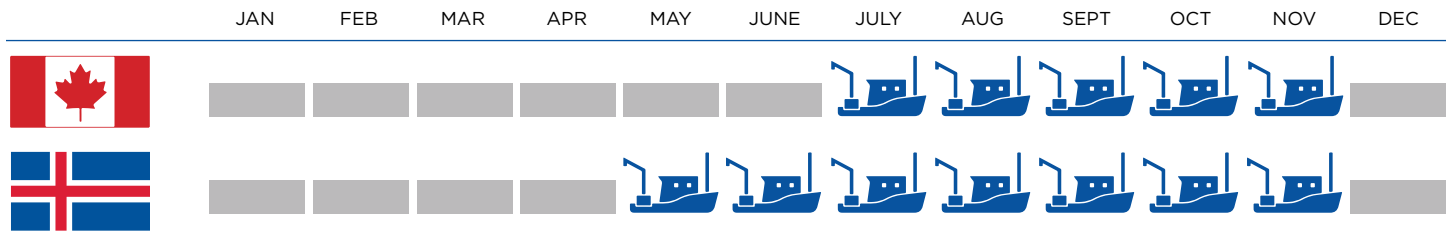
Glyptocephalus cynoglossus

Flat Fish Excellence

Prized by our Asian-North American customers for its snow white meat, this day boat and frozen-at-sea product is the world's premiere flat fish. Our Canadian seasonal production supplements our

Icelandic harvest to ensure continued program supply. Packed in IQF and Block formats, we supply the flexibility your customers require.

FISHING SEASONS



Grey Sole 101

Grey Sole (*Glyptocephalus cynoglossus*), also known as Witch Flounder, is a flat right sided fish with a small mouth, small head and a narrow body. They are brownish/russet grey on the top side, and the bottom is plain white. Grey Sole grow to be a maximum of 25 inches long and weigh about 4 lbs. They are a deep water fish, found on the bottom of the Gulf of St. Lawrence, and off the coasts of Newfoundland and Iceland.



HANDLING INSTRUCTIONS



Shelf Life

24 months after freezing date.



Storing

Keep Frozen. Product must be maintained below -18°C (0°C) during storage and shipment.



Thawing Instructions

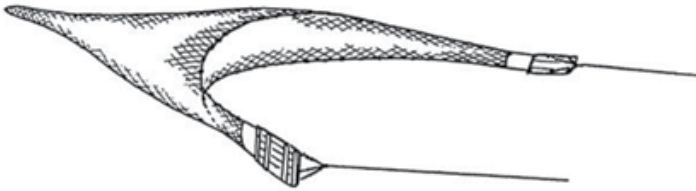
Place in refrigerator until defrosted to maintain firmness, do not immerse in water.

Nutrition Facts		
Serving Size 3 oz (85g)		
Amount Per Serving		
Calories 70		
		% Daily Value*
Total Fat 2g		3%
Saturated Fat 0g		0%
Trans Fat 1g		
Cholesterol 39mg		13%
Sodium 69mg		3%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 16g		32%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2400mg 2400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Ingredients:
Grey Sole

Catch Techniques

Grey Sole is caught with otter trawls. Otter trawls are large nets that are dragged along the bottom of the ocean, or higher up the water column behind a towing vessel, collecting fish as it's towed.



Products (Frozen)	Sizes	Grey Sole Packs Available
Canada	200-400 g 400-500 g 500-800 g	1 x 15 kg IQF
Iceland	400-500 g 500-800 g 800+ g	1 x 20 lb IQF Master Carton Dimensions: 23.5"L X 10"W X 7"H TiHi: 8 x 10

Also available at Fisher King Seafoods

Atlantic H&G Halibut

Product Description: Head and Gutted (H&G)
 Sizes: 10-20lb, 20-40lb, 40-60lb, 60-80lb, 80+lb
 Pack Size: Random weight totes

Flounder Fillets

Product Description: Shatter Pack, Skinless, Boneless, Chemical-free
 Species Available: American Plaice, Yellowtail, Black Back
 Sizes: 1.5-3oz, 3-5oz, 5-8oz, 8oz+
 Pack Size: 4x10lbs

Our Competitive Advantage

METHODOLOGY

Reach

Fisher King Seafoods sources from every region, assuring the best seafood available at the best price and the most up to date market information.

Quality Control

Fisher King Seafoods has four seasonal inspectors physically inspecting the production in plants throughout the entire season.

Location

Fisher King Seafoods is directly adjacent to all of the Canadian fishing zones. "This is our backyard."

Relationships

Strategic partnerships with Polar Seafood DK, Nichirei Fresh Inc. and Canadian packers gives us access to seafood from around the world year round.

Knowledge of International Markets

Through our equity partner, Nichirei Fresh Inc. of Tokyo. Fisher King Seafoods has access to current pricing, including demand and supply figures from Japan.

Diverse Seafood Line

Fisher King Seafoods carries multiple species of crab, shellfish, shrimp, and fin fish. One source for all your seafood needs.

FEATURES & BENEFITS

- Wild Caught
- 100% Natural: No chemicals or additives
- Single frozen, maintaining premium texture and flavor
- Harvested in the cold, pristine waters off Newfoundland and Nova Scotia
- Imported from crystal clear waters surrounding Iceland
- Produced in a HACCP approved facility/ HACCP approved factory freezer vessel
- High in Omega 3 natural fish oil
- Mild flavor profile and snow white appearance



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See more of our products at
www.fisherkingseafoods.com