



fisherking
SEAFOODS

EAT LIKE ROYALTY



OCEAN PERCH / REDFISH

Sebastes marinus and Sebastes mentella

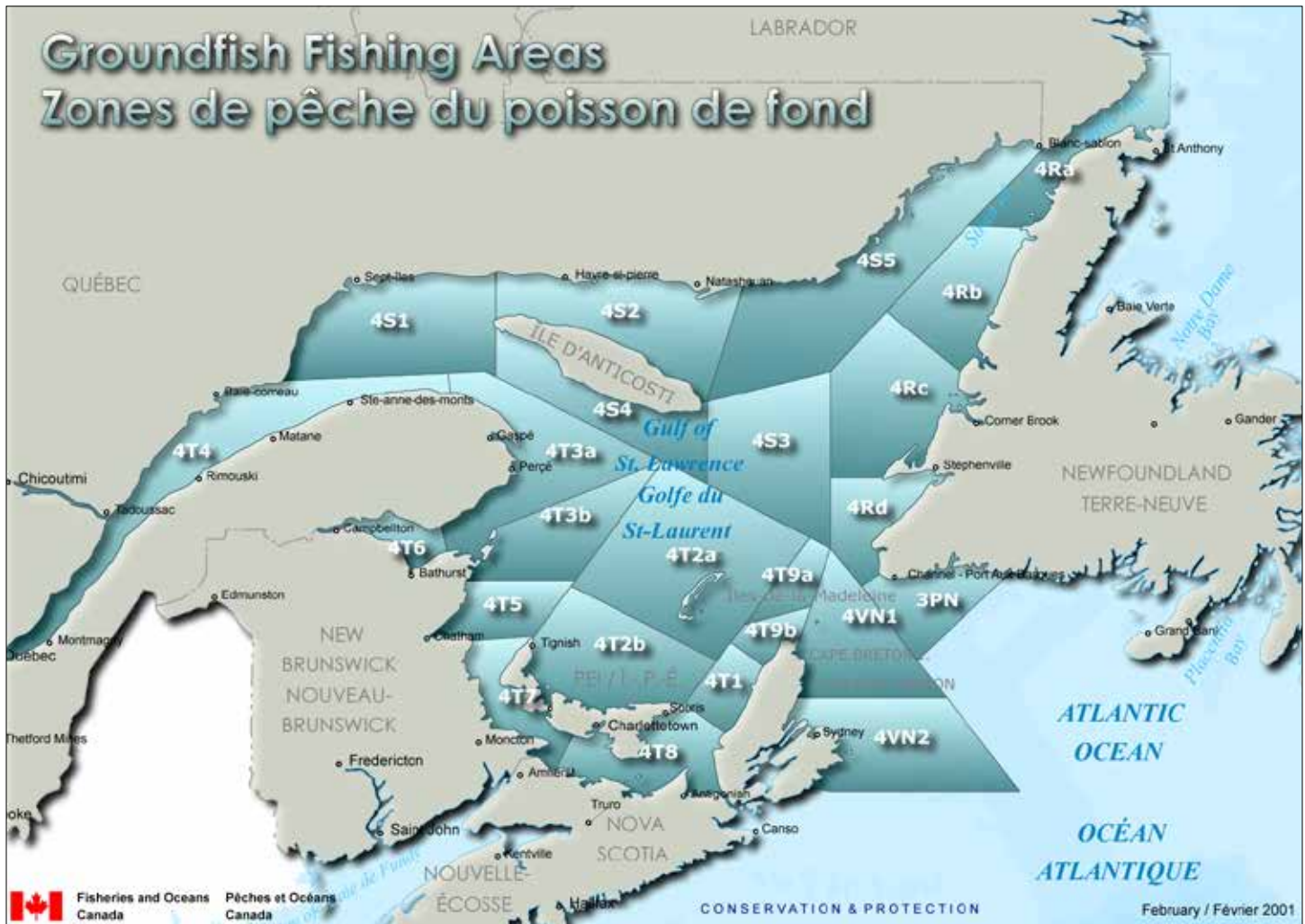
100% Natural With Vibrant Skin Color

Fisher King Ocean Perch is harvested in the four main Atlantic Canadian fisheries. Our consistency in supply is unsurpassed. Ideal for programs and

quality conscious customers. Fisher King Seafood brand Perch comes in shatter-pack, IQF and cello formats to fit all needs.

FISHING SEASONS

JAN FEB MAR APR MAY JUNE JULY AUG SEPT OCT NOV DEC



Ocean Perch 101

Ocean Perch (*Sebastes mentella* and *Sebastes marinus*), also known as Redfish, or Rosefish, are orangey-red scarlet color fish found in the deep waters of the North West Atlantic. The main fishing areas include the Gulf of St. Lawrence, the Southern coast of Newfoundland, the Scotian Shelf, the Gulf of Maine, the Grand Banks, the Labrador Sea, the Flemish Cap and the Hamilton Inlet Bank.

Ocean perch have a long beak, large eyes and is found in depths greater than 200m. Males reach a maximum size of 40-45cm and females reach a maximum size of 45-60cm.



HANDLING INSTRUCTIONS



Shelf Life

24 months after freezing date.



Storing

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



Thawing Instructions

Place in cooler and allow thawing gradually overnight. After defrosting, prepare and consume immediately. Never refreeze once defrosted. If raw, heat the product well before eating.

Nutrition Facts

Serving Size 4 oz (110g)

Amount Per Serving		Calories from Fat 20	
Calories 100			
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	45mg		15%
Sodium	80mg		3%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	21g		42%
Vitamin A	2%	Vitamin C	2%
Calcium	10%	Iron	4%

*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:

Perch



Catch Techniques

Ocean Perch is caught by bottom trawls during the day, and by mid-water trawls at night. They are known to move upwards from the bottom at night and return down to the bottom during the day. 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.

Sizes

Skin on
2-4 ct/lb (4-8oz Fillets)
4-6 ct/lb (2.66-4oz Fillets)
6-8 ct/lb (2-2.66oz Fillets)
8-12 ct/lb (1.25-2oz Fillets)
12+ ct/lb (1-1.25oz+ Fillets)

Pack Sizes

4 x 10 lb Shatter
** 4 x 10lb IQF and
 10 x 5lb Cellos can
 be produced based
 on volumes*

Packaging Info

Ocean Perch 4 x 10 lb
Case Dimensions: 19.5”L x 12”H x 6.5”W
TiHi: 7 x 7
Cases per pallet: 49

**Skinless available
 upon request*

WILD CAUGHT PRODUCT OF CANADA



Also available at Fisher King Seafoods

Chinese Ocean Perch

Product Description: Frozen Ocean Perch (Atlantic Redfish) Fillets, IQF, skin-on, boneless, PBO, 100% net weight, 5-8% protective glaze.

Pack Form: IQF or Shatter
 Sizes: 2-4ct/lb, 4-6ct/lb, 6-8ct/lb, 8-12ct/lb
 Pack Size: 4x10lb
 Master Carton: 495x305x390mm
 TiHi: 7 x 7
 Cases per pallet: 49

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

- 100 % Natural: No chemicals or additives
- Vibrant skin colour only for the best brand reception
- Harvested in the cold pristine waters off Newfoundland and Nova Scotia
- Produced in a HACCP approved facility / HACCP approved Factory Freezer vessel
- Uniformly size graded—for consistent profit and accurate portion control cost.
- Year round availability means consistently fresh product.



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See more of our products at
www.fisherkingseafoods.com