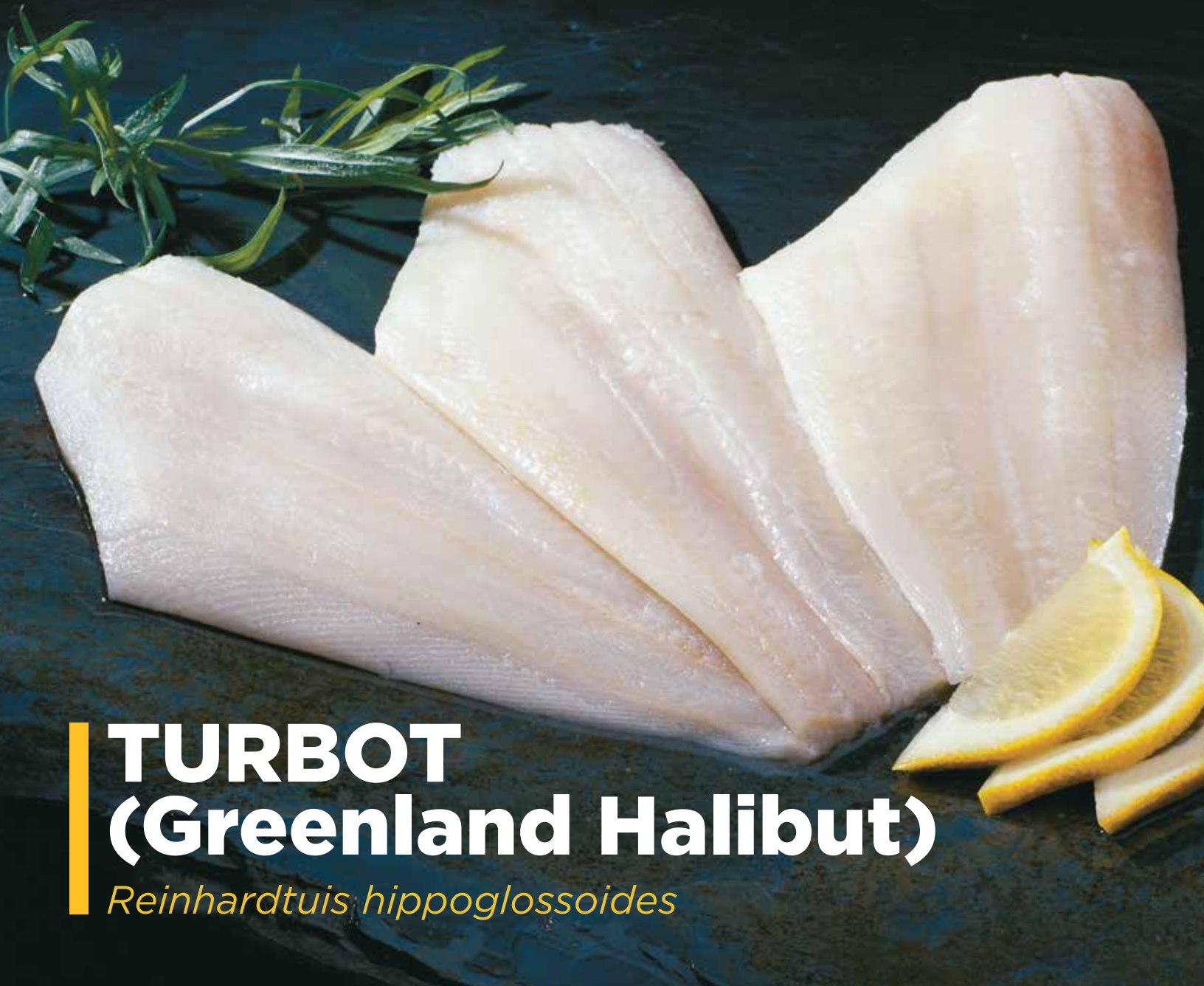




**fisherking**  
SEAFOODS

**EAT LIKE ROYALTY**



**TURBOT**  
**(Greenland Halibut)**

*Reinhardtius hippoglossoides*

# World Renowned!

Our HOG and HGT Turbot is caught in the icy depths of Canada's North Atlantic/Arctic waters. Our Northern hook and line fleet supplies day boat fresh turbot for our fillet production. Our turbot fillets are

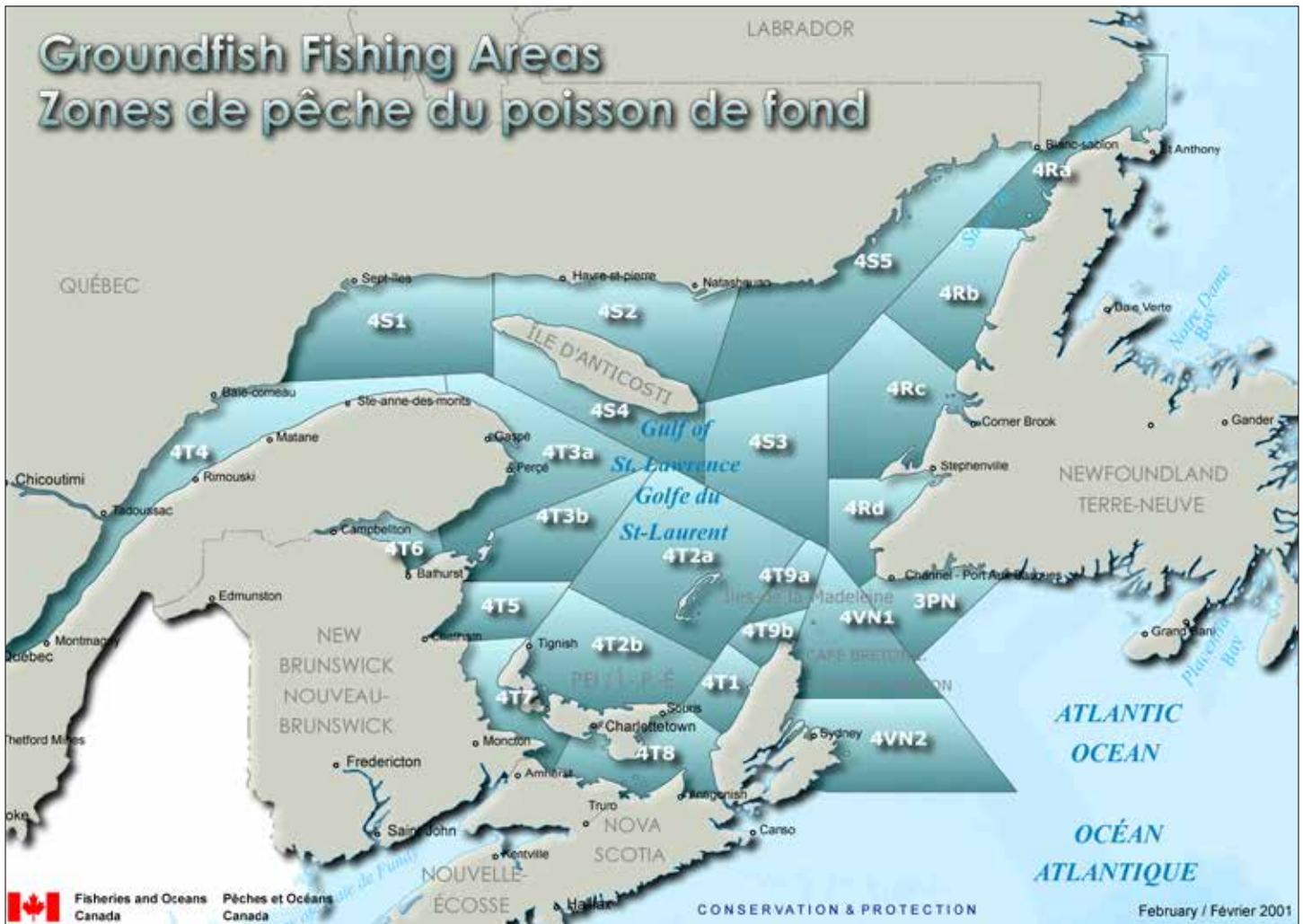
hand carved, individually graded and quick frozen in a variety of convenient packs. Fisher King's H&G or filleted Turbot are the finest anywhere.

## FISHING SEASONS

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



\*Greenland season subject to fishing conditions



## Turbot 101

Turbot (*Reinhardtius hippoglossoides*), also known as the Greenland Halibut, is a right sided swimming fish distinguished by its flat shape and russet brown color. They have an asymmetrical disk-shaped body, and are known to be one of the largest flat fish in the world. High in Omega 3 fatty acids Turbot is prized for its snow white meat and mild flavor.

Turbot is found in the cold waters and deep bays of the Atlantic Ocean around Newfoundland, Labrador, Baffin Island and the Gulf of St. Lawrence. As well, all the way to Norway and Russian waters in the Barents Sea.



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

## Nutrition Facts

Serving size **3.5 oz (100g)**

Amount Per Serving  
**Calories 120**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>14%</b>
<b>Sodium</b> 80mg	<b>4%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	<b>39%</b>
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 412mg	8%

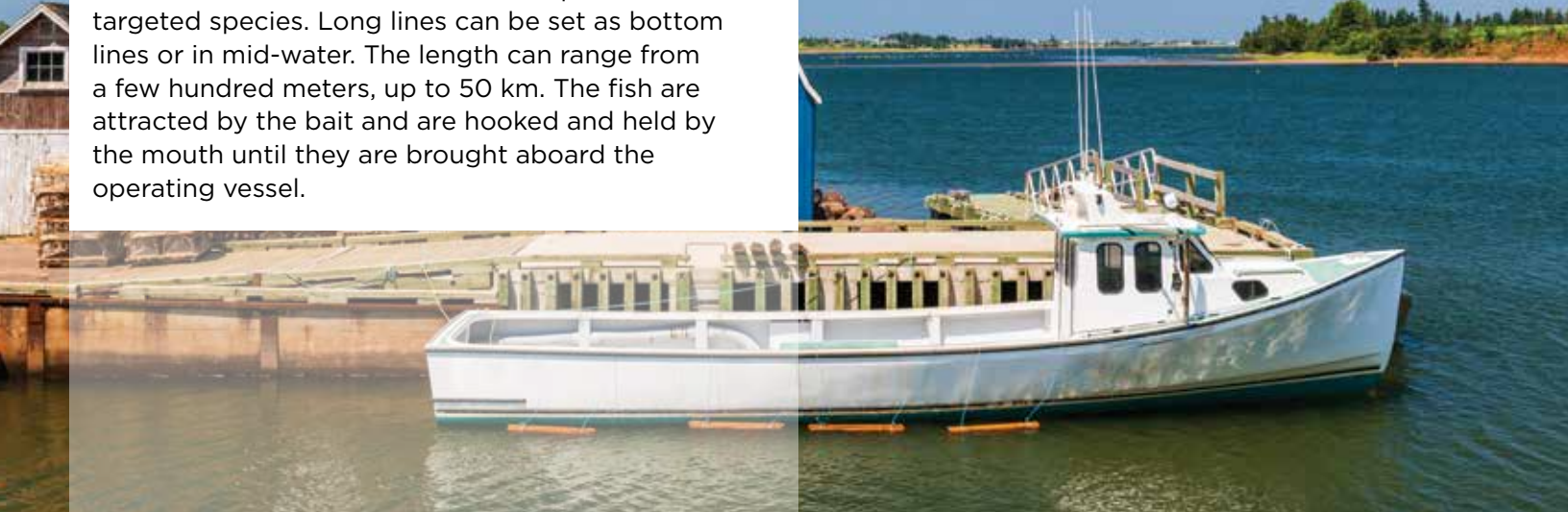
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients:

Turbot

## Catch Techniques

Turbot is caught by using otter trawls and long lines. 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. Long lines consist of a mainline with baited hooks at regular intervals which is set on or near the bottom. The number of hooks depends on the targeted species. Long lines can be set as bottom lines or in mid-water. The length can range from a few hundred meters, up to 50 km. The fish are attracted by the bait and are hooked and held by the mouth until they are brought aboard the operating vessel.



### Products (Frozen)

### Sizes

### Packaging

#### Fillets

4-8oz, 8-16oz, 16-32oz,  
32+oz

4x10lb Shatters

#### Headed and Gutted (H&G)

300-500g, 0.5-1kg, 1-2kg,  
2-3kg, 3-5kg, 5+kg

IQF(1x30lb, 1x20kg)  
Layer Pack (1x15kg)

#### Head-on, gutted (HOG)

400-600g, 600-800g,  
800-1000g, 800-1200g,  
1000-1200g, 1200+g,  
2-3kg

Layer Pack  
(1x15kg, 1x18kg)

#### Tails and Heads

Ocean Run

IQF (1x20kg)

**WILD CAUGHT PRODUCT OF CANADA**



## Also available at Fisher King Seafoods

### Chinese Turbot Fillets

Product Description: IQF, Skinless, Boneless, Pin Bone Out, Extremely Low Moisture  
 Sizes: 8-16oz, 16-32oz  
 Pack Size: 4x10lbs

### Greenland Turbot Fillets

Product Description: Shatter Pack, Skinless, Boneless, Chemical-free  
 Sizes: 200-400g, 300-500g, 400-600g  
 Pack Size: 1x15kg, 2x15lbs

## 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

- Harvested in the cold, pristine waters off Newfoundland and Quebec
- *100% Natural*: No chemicals or additives
- Single frozen, day boat production
- *Hand cut and trimmed* eliminating splits
- Clean, white and very uniform
- Produced in modern QMP/HACCP approved facilities
- Long shelf life due to *24 hours catch to freezer* policy
- High in Omega 3
- Year round programs available



#### Fisher King Seafoods Limited

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Toll Free: 1-888-452-FISH (3474)

Fax: (902) 450-1261

Email: [sales@fisherkingseafoods.com](mailto:sales@fisherkingseafoods.com)

See more of our products at  
[www.fisherkingseafoods.com](http://www.fisherkingseafoods.com)