



# SEA HARVEST SEAFOOD LTD.

1-902-209-5077 [WWW.SEAHARVESTSEAFOODS.COM](http://WWW.SEAHARVESTSEAFOODS.COM)



## ABOUT ATLANTIC HALIBUT

HIPPOGLOSSUS HIPPOGLOSS

Atlantic Canada's halibut are harvested from the cold, clean, pristine waters along the coast of the provinces and shipped all over the world. Halibut is one of the largest flatfishes in the world. Halibut are flat and diamond-shaped with a white underbelly and both eyes on its upper side. They have a firm, white, lean flesh and a mild sweet flavour and texture.

### ATLANTIC CANADIAN HALIBUT. PURE.

The majority of Atlantic halibut is shipped from Nova Scotia fresh and frozen, unprocessed. Nova Scotia halibut processing facilities are registered to meet international quality assurance standards, ensuring you receive a healthy, safe, and high-quality product.

### WILD AND SUSTAINABLE

The Canadian Atlantic halibut fishery is Marine Stewardship Council Certified (MSC), the world's leading certification and eco-labelling programs for wild sustainable seafood.

### PRODUCT TYPES

Atlantic Canada's Atlantic Halibut comes packaged in a wide selection of products and sizes, fresh, frozen and processed for consistent quality, including:

- Steaks, frozen
- Whole, fresh
- Whole, frozen
- Portions, Frozen
- H/G, Fresh
- H/G, Frozen

### NUTRITION FACTS

SERVING SIZE ½ FILLET (204 GRAMS)

CALORIES 224

TOTAL FAT 5G

SATURATED FAT 1G

TRANS FAT

CHOLESTEROL 65MG

SODIUM 110MG

TOTAL CARBOHYDRATE 0G

DIETARY FIBER 0G

SUGARS 0G

PROTEIN 42G

REGION OF ORIGIN



SEA HARVEST SEAFOOD LTD. Halifax, Nova Scotia, Canada

1-902-209-5077 | [chris@sea-harvest.ca](mailto:chris@sea-harvest.ca) | [www.seaharvestseafoods.com](http://www.seaharvestseafoods.com)