



ATLANTIC SALMON

Salmo salar

Sustainably-farmed fresh Atlantic salmon is one of nature's healthiest choices. It's an ideal source of protein that is low in saturated fats, high in Omega-3 and essential vitamins, and it tastes great too!



ATLANTIC SALMON

CHARACTERISTICS

- Average weight **8-10 lbs.**
- Flesh can be pink or orange with medium firm texture and large flakes.
- Mild to moderate flavour.
- Excellent source of Protein, Thiamin, Niacin, Vitamin B-6 and Vitamin B-12.
- High in Omega-3 fatty acids.



Ocean Wise is a conservation program created to educate and empower consumers about the issues surrounding sustainable seafood. Ocean Wise works directly with restaurants and markets, ensuring that they have the most current scientific information regarding seafood and helping them make ocean-friendly buying decisions.

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ATLANTIC SALMON GRAVLAX WITH MICRO GREENS



WHOLE ATLANTIC SALMON

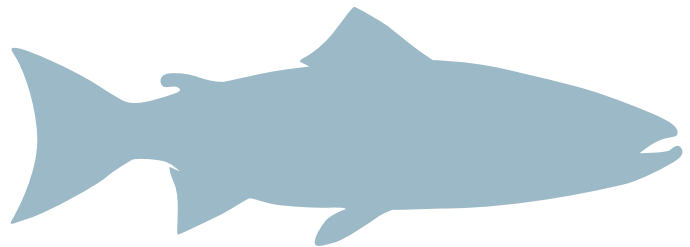


ATLANTIC SALMON FILLET

FLAVOUR



TEXTURE



PRODUCT INFORMATION

- Fresh: Whole
- Fresh: Skin-on Fillets

HANDLING & STORAGE

- Keep product well-iced
- Do not let fillets contact melted ice
- Minimum shelf life is 3 days from delivery

COOKING TIPS

- Serve with a little fresh herb to avoid overpowering the accompanying flavours.
- Best served grilled, poached, broiled, or baked.

Sustainable Blue, near the Bay of Fundy in Nova Scotia, is a Canadian producer of sustainably raised fish of the highest quality. We use our proprietary aquaculture technology to operate an earth-friendly land-based recirculation fish farming operation. We're committed to product quality, environmental responsibility, and commercial success through sustainable practices.

SUSTAINABLE BLUE 

SustainableBlue.com