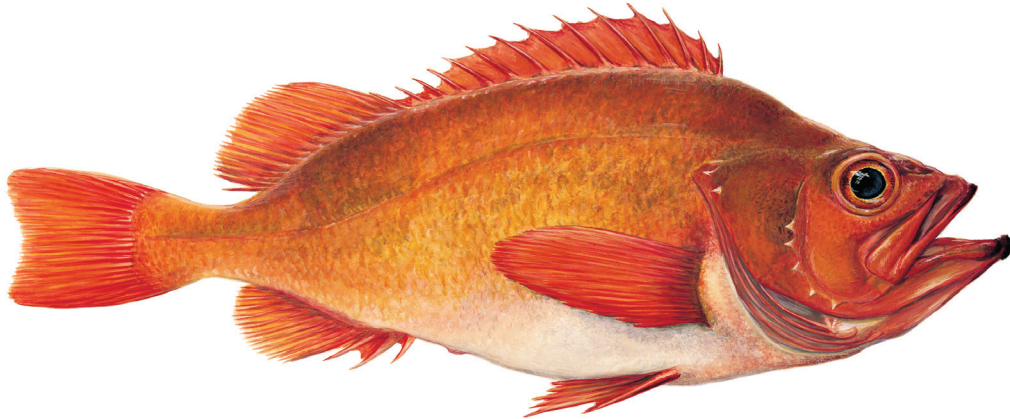


# ERIK THE RED

SEAFOOD, Ehf.

Hafnarfjörður, Iceland

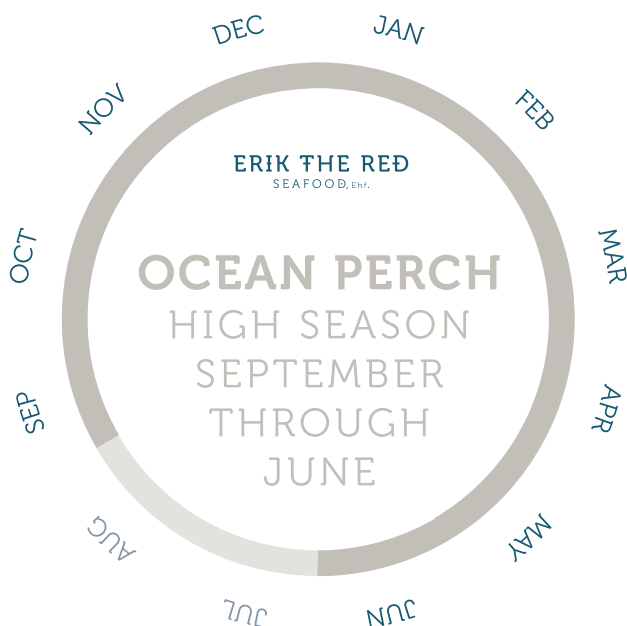


## OCEAN PERCH (SEBASTES NORVEGICUS) Fresh & Frozen

*Thick, flakey whitefish with mild flavor.  
One of the most common redfish in  
Icelandic waters. The catch is strong  
almost year round, with lighter hauls  
in July and August.*

### OPTIONS:

Skinless Fillet  
Skin-on Fillet  
Skinless Pin Bone-in Fillet  
Portion  
H&G  
Head on



### Nutrition Facts

4oz (100g) of raw  
Ocean Perch contains

Energy:	110 kcal
Protein:	18.7 g
Unsaturated Fat:	3.2 g
Saturated Fat:	0.7 g
Cholesterol:	63 mg