



EAT LIKE ROYALTY

GREY SOLE

Wild Caught • 100% Natural • High in Omega-3 Natural Fish Oil

Products (Frozen)	Sizes	Grey Sole Packs Available
Canada	200-400 g	1 x 15 kg IQF
	400-500 g	
	500-800g	
Iceland	400-500 g	1 x 20 lb IQF
	500-800 g	
	800+ g	

FEATURES & BENEFITS

- No chemicals or additives
- Single frozen, maintaining premium texture
- Harvested in the cold, pristine waters off Newfoundland and Nova Scotia
- Imported from crystal clear waters surrounding Iceland
- Produced in a HACCP approved facility/HACCP approved factory freezer vessel
- Mild flavor profile and snow white appearance



GREY SOLE 101

Grey Sole (*Glyptocephalus cynoglossus*), also known as Witch Flounder, is a flat right sided fish with a small mouth, small head and a narrow body. They are brownish/russet grey on the top side, and the bottom is plain white. Grey Sole grow to be a maximum of 25 inches long and weigh about 4 lbs. They are a deep water fish, found on the bottom of the Gulf of St. Lawrence, and off the coast of Newfoundland and Iceland.