

**EAT LIKE ROYALTY**

# TURBOT

**100% Natural • Hand Cut and Trimmed • Long Shelf Life**

Products (Frozen)	Sizes	Packaging
Filletts	300-600g	3x15b 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)

**FEATURES & BENEFITS**

- Harvested in the cold, pristine waters off Newfoundland and Quebec
- 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

## 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, high oil content and mild, buttery 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.

