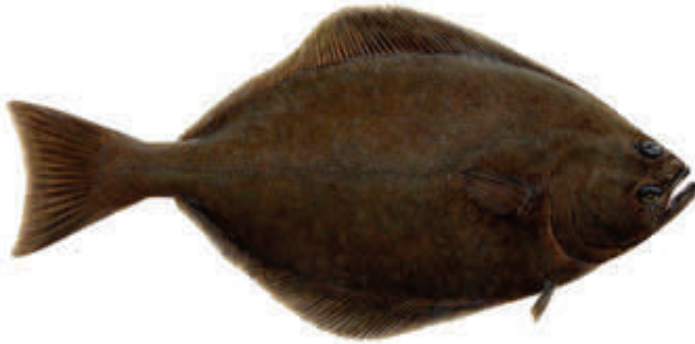


ICELANDIC HALIBUT
 SUSTAINABLY FARM-RAISED



DESCRIPTION:

Farmed Icelandic Halibut is a premium quality Atlantic halibut sustainably farm-raised in Iceland. A top-quality sustainable seafood option available fresh November through March.

EATING QUALITIES:

A white fish popular for its firm flesh and tender, moist meat, Icelandic Halibut has a mildly sweet yet distinctive flavor. An excellent source of Omega-3 fatty acids and Vitamin D, this fish is a favorite amongst restaurateurs for its versatility as a signature seafood menu item.

FISHING METHODS AND REGULATIONS:

Produced by a fully integrated farm which controls feed production, the hatchery, growout and processing facilities. Farm-Raised Icelandic Halibut are sustainably raised in recirculated above ground tanks using a blend of pure Icelandic spring water, seawater and geothermal water. This land-based operation is one of the most responsible fish farming methods. Antibiotic and hormone free.

SOLD AS:

- Head on (3-5 pounds and 5-10 pounds)
- Fillets
- Portions

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	105
Fat Calories	20
Total Fat	2.2 g
Saturated Fat	.4 g
Protein	20 g
Sodium	63 mg
Cholesterol	32 mg
Omega-3	.5 g

COOKING METHODS

- Sautéed
- Bake
- Broil
- Fry
- Grill
- Poach
- Smoke
- Steam

HANDLING

Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

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