



# BARRAMUNDI

*Lates calcarifer*

Barramundi is a tropical saltwater fish from the Indo-Pacific that is renowned for its craveable taste, nutritional benefits, and versatility. Consumer awareness and interest for Barramundi is “on fire” according to Datassential—growing faster than any other emerging fish species.

The Better Fish® Barramundi is a premium ocean-farmed fish that gives chefs the foundational quality, simplicity, and story they need to build standout menu items.

## SUSTAINABLE AND SOCIALLY RESPONSIBLE





# Why Barramundi

## Exceptional Quality and Value

- » Optimal oil content retains flavor and doesn't dry out
- » Ready-to-cook, flash frozen format simplifies prep
- » Consistent, even portioning and reliable supply
- » Convenient packaging and long freezer life
- » Reduce waste, improve inventory management
- » Sustainably and ethically farm raised

## Healthy and Delicious

- » Mild, buttery taste that everyone enjoys—kid approved!
- » Half the calories of salmon
- » Excellent source of lean protein and omega-3 fatty acids
- » No traceable levels of mercury, antibiotics, chemicals, contaminants

## Endless Culinary Applications



### UPSCALE CASUAL

Broiled, pan-seared, crudo, poké

*Pictured: Sautéed Barramundi with Potatoes in Chorizo-Mussel Broth*



### BAR & GRILL

Fried, baked, fish & chips, fish tacos

*Pictured: Southwestern Barramundi Fish Tacos with Cabbage Slaw*



### FAST CASUAL

Grilled, over salad, ceviche, burgers

*Pictured: Teriyaki Barramundi Bowl*



### CATERING

Poached, broiled, fish cakes, on pasta

*Pictured: Barramundi Fish Cakes with Apple Cucumber Salad*



# Our Products



## Skinless Portions



<b>PRODUCT CODE</b>	20128	20139
<b>UNIT SIZE</b>	6 oz	8 oz
<b>PACK</b>	Skinless, boneless, IVP	
<b>PACKED</b>	10 lbs master case	
<b>PREPARATION</b>	Bake, broil, poach, fry, pan sear	
<b>NOTES</b>	Retains flavor and moisture well	

## Skinless IQF Cuts



<b>PRODUCT CODE</b>	90857	20112
<b>UNIT SIZE</b>	1.75 oz	4 oz
<b>PACK</b>	4 (3.75 lbs)	2 (5 lbs) inner bags
<b>PACKED</b>	15 lbs	10 lbs master case
<b>PREPARATION</b>	Fry, bake, pan sear	
<b>NOTES</b>	Designed for speed and convenience	

## Skinless Fillets



<b>PRODUCT CODE</b>	20130
<b>UNIT SIZE</b>	7/9 oz
<b>PACK</b>	Skinless, boneless, IVP
<b>PACKED</b>	10 lbs master case
<b>PREPARATION</b>	Grill, bake, fry, ceviche
<b>NOTES</b>	Great center of plate coverage

## Skin-on Portions



<b>PRODUCT CODE</b>	20126-S
<b>UNIT SIZE</b>	6 oz
<b>PACK</b>	Skin-on, boneless, scored, IVP
<b>PACKED</b>	10 lbs master case
<b>PREPARATION</b>	Pan sear, grill, bake
<b>NOTES</b>	Scored skin helps to achieves an even crisp

## Skin-on Fillets



<b>PRODUCT CODE</b>	20132	20548
<b>UNIT SIZE</b>	7/9 oz	16/24 oz
<b>PACK</b>	Skin-on, boneless, IVP	
<b>PACKED</b>	10 lbs	15 lbs master case
<b>PREPARATION</b>	Roast, broil, smoke, pan sear	
<b>NOTES</b>	Most versatile and premium presentation	



**FOR MORE INFORMATION**

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[thebetterfish.com](http://thebetterfish.com)  
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**CONTACT**

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