

Pioneers of Natural



Sustainable Seafood

Wild Alaskan Salmon Burgers

Original and Teriyaki



Quick & Easy • Great for the Grill!

Gluten Free • No Trans Fats

Certified sustainable to the Marine Stewardship Council's environmental standard 

Just 100% premium grade natural fish and nothing else!

- ✓ All Natural
- ✓ Lean Protein



Maximize the Health Benefits of Seafood



- No Preservatives
- No Added Chemicals
- No Antibiotics
- No Hormones



Wild Alaskan Salmon Burgers

Our mission is to be your family's trusted source for the world's healthiest, safest and highest quality ocean friendly seafood...naturally. Our handcrafted salmon burger is simply a delicious and healthy choice for your grill. We think you'll agree these burgers are tasty!

Henry & Lisa



Salmon Burger and Teriyaki Salmon Burger

- 12 – 12 oz boxes per case, frozen
- Gluten free and trans fat free
- 590 mg omega-3's per serving

Salmon Burgers UPC # 812410000316

Nutrition Facts	
Serving Size 3.2 oz. (90.72g) Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat .5g	2%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 210mg	9%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 14g	
Omega 3's 590 mg	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Sat. Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Wild Alaskan Salmon, Water, Soy Flour, Organic Brown Rice Syrup, Rice Bread Crumb (rice flour, water, yeast, salt, sugar), Onion, Canola Oil, Rice Flour, Spices (dill, ground white pepper, celery seed), Salt, Natural Lemon Flavor, Methyl Cellulose (derived from the cellulose of vegetables), Carrageenan (seaweed extract), Xanthan Gum and Annato (seed extract).

Allergens: Contains fish and soy. Manufactured in a facility that processes shellfish.

Teriyaki Salmon Burgers UPC # 812410000507

Nutrition Facts	
Serving Size 1 Burger (91g) Servings Per Container: 4	
Amount Per Serving	
Calories 130	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 400mg	17%
Total Carbohydrate 6g	2%
Dietary Fiber less than 1g	3%
Sugars 2g	
Protein 13g	
Omega 3's 590mg	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Sat. Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Wild Alaskan salmon, water, soy flour, tamari sauce (soy beans, salt, alcohol), organic rice syrup, rice bread crumb (rice flour, water, yeast, salt, sugar), onion, canola oil, shallots, rice flour, spices (ground white pepper and celery seed), salt, sesame seeds, natural lemon flavor, methyl cellulose (derived from the cellulose of vegetables), carrageenan (seaweed extract), xanthan gum and annatto (seed extract).

Allergens: Contains fish and soy. Manufactured in a facility that processes shellfish.

There is no other seafood company like ours!

- Our **premium quality** seafood is frozen within hours of harvest, we quick freeze all of our seafood at super-low temperatures with the latest technology, locking in peak freshness.
- We proudly offer **seafood exclusively from environmentally sustainable fisheries**. Our independent Seafood Advisory Board (comprised of world-leading marine conservation scientists) reviews and approves all of the species we offer.
- Our seafood is **independently tested for contaminants by Seafood Safe**, helping consumers maximize the health benefits of seafood.
- We care deeply for the future of our planet and the world of water, from how we source our seafood, to the renewable energy that powers our office, to the many marine conservation causes we support, **your purchase helps us further our mission**. Thank you for your support.

EcoFish, 340 Central Ave. Dover, NH 03820
Henry and Lisa's is a small company with a big mission.



Call to order: 877-214-3474



www.henryandlisas.com