

Pioneers of Natural



Sustainable Seafood

100% Certified Sustainable & Traceable Frozen Seafood



Just 100% premium grade natural fish and nothing else!

- ✓ All Natural
- ✓ Lean Protein



Maximize the Health Benefits of Seafood



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



Frozen Seafood

100% Certified Sustainable & Traceable



Fish Nuggets



WILD ALASKAN FISH NUGGETS
Crispy **Gluten Free & Breaded**

- More Fish, Less Coating
- No Trans Fats
- Box retails vertically or horizontally
- 230 mg omega-3's per serving
- MSC Certified Wild Alaskan Pollock
- 6 – 12 oz boxes per case, frozen



Wild Alaskan Salmon Burgers



- **Non-GMO and Gluten Free**
- 100% Alaskan Salmon
- 918 mg omega-3's per serving
- Healthy Alternative to the Hamburger
- MSC Certified Wild Alaskan Salmon
- 6 – 12.8 oz boxes per case, frozen



Natural White Shrimp



UNCOOKED WHITE SHRIMP

- Naturally raised in a state of the art, eco-friendly facility, according to European organic aquaculture standards
- Farm-raised shrimp free of added chemicals, pollution, antibiotics and genetic modification
- ASC Certified White Shrimp
- 6 – 8 oz pouches per case, 41–60 ct/lb, peeled, tail on, frozen



Grab 'n Go Portions



WILD ALASKAN SALMON

- BPA Free Film
- 745 mg omega-3's per serving
- Once frozen, product of USA
- MSC Certified Wild Alaskan Salmon
- 10 – 4 oz frozen vac-packed portions/case

WILD ALASKAN COD

- BPA Free Film
- 237 mg omega-3's per serving
- MSC Certified Wild Alaskan Cod
- Once frozen, product of USA
- 10 – 4 oz frozen vac-packed portions/case



There is no other seafood company like ours!

- Our **premium quality** seafood is frozen within hours of harvest. We quick freeze all of our frozen seafood at super-low temperatures with the latest technology, locking in peak freshness.
- We proudly offer **seafood exclusively from environmentally sustainable fisheries**, 100% certified sustainable and traceable. Plus 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.

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

Call to order: 603-834-6034



www.henryandlisas.com