Pioneers of Natural



Sustainable Seafood

## Celebrity Chef Entreés



#### **Celebrity Chef Designed Marinades**

Quick & Easy • 3 Simple Steps • Ready in Minutes

"Best Frozen Seafood" Good Housekeeping Magazine

Just 100% premium grade natural fish and nothing else!









# Celebrity Chef Entreés

Our mission is to be your family's trusted source for the world's healthiest, safest and highest quality ocean friendly seafood...naturally. Three talented award winning celebrity chefs created exciting marinades that make it simple for anyone to prepare a quick and easy gourmet seafood entrée every night!



#### Wild Salmon with Asian Ginger Marinade UPC # 812410000149

Serving Size 3.5 OZ. (98g) Servings Per Container 2				
Amount Per Serving				
Calories 114	Calories from Fat 32			
	% Daily Value*			
Total Fat 3.6g	6%			
Saturated Fat 0.5g	3%			
Cholesterol 58mg	19%			
Sodium 58mg	2%			
<b>Total Carbohydrate</b>	0g <b>0</b> %			
Dietary Fiber Og	0%			
Sugars Og				
Protein 20g				
Vitamin A 0%	Vitamin C 0%			
Calcium 1%	Iron 3%			
*Percent Daily Values are to Your daily values may be hig your calorie needs. Caliories	ssed on a 2,000 Calorie diet. gher or lawer depending on 2,000 2,500			
Total Fat Less Than Sat. Fat Less Than Cholesterol Less Than Sodium Less Than Total Carbohydrate Dietary Fiber	65g 80g 20g 25g 300mg 300mg			

Calories from Fat 4 % Daily Value 7 3 0 18
% Daily Value 7 3 0 18 0
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% Daily Value 7 3 0 18 0
7 3 0 18
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18
9 1
Vitamin C 0
Iron 4
d on a 2,000 Calorie-di r or lower depending o
2,000 2,50
65g 80
20g 25 300mg 300m
2400mg 2400m
300g 375
25g 30

Ingredients: Wild Alaskan Keta Salmon Marinade: Water, soy sauce (water, soybeans, wheat, salt) mirin wine, expeller pressed sesame oil, spices. No GMO's, naturally processed without chemicals.

#### Wild Mahimahi with Caribbean Marinade UPC # 812410000156

Total Fat 19 Saturated Fat 09 Saturated Fat 09 Sodium 96 eng Total Carbohydrate 19 Sugars 09 Protein 189 Vitamin A 4% Vitamin A 4% Vitamin C Calcium 96 eng 2,000 dairs Protein 189 Vitamin A 4% Vitamin C Salcium 96 eng 2,000 dairs Protein 189 Sat Fat Less than 309	ahi	rican Mahim	Nutrition Facts S. A Serving Size 3.5 0Z. 69
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Cholesberol 70mg   22	1%		Total Fat 1g
Sedium 96 ng Tetal Carbohydrate 1g Dietary Fiber 0g Sugars 0g Protein 10g Vitarnin A 4% Vitarnin A 4% Vitarnin C Calcium 0% **Promot Daily Vitarnin may be layler of viter digesting pour Calcium 10g South Fiber 1 Caloriem 2,000 Calcium South Inc. Less Than 30g Sut. Fat Less Than 20g Sut. Fat Less T	0%	-	Saturated Fat Og
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Vitamin A 4%   Vitamin C	_		Protein 18g
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Sodium Less Than 2400mg 2400 Total Cartichustrate 300m 32	rog Img		
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		Protein 4	

	Calories to	om Fat
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Ingredients: Wild South American Mahimahi Marinade: Lemon juice, lime juice, onion, vinegar, spices, salt. No GMO's, naturally processed without chemicals.

### Wild Bay Scallops with Japanese Glaze Scallops UPC # 812410000170

Servings Per Container :	2	
Amount Per Serving		
Calories 80	Calories fro	om Fat
	% 94	rily Valu
Total Fat 1g		1
Saturated Fat 0g		1
Cholesterol Omg		0
Sodium 158mg		7
Total Carbohydrate	20	1
Dietary Fiber 0g		0
Sugars Og		
Protein 15g		
Vitamin A 1%	Vitan	in C 5
Calcium 2%		Iron 2
"Percent Daily Values are bas Your daily values may be high your calorie needs.	ner or lower dep	pending o
Calories	2,000	2.50
Total Fat Less Than Sat, Fat Less Than	65g 20g	25
Cholesterol Less Than	300mg	300e
	2400mg	2400e
Sodium Less Than Total Carbohydrate	300g	371

Amount Per S	Serving		
Calories 6	i0	Calories fro	m Fat
		% 01	ally Valu
Total Fat 1	1.5g		3
Saturate	d Fat Og		0
Cholestere	of Ome		0
Sodium 2	20mg		9
Total Carb	obvdrate	110	4
Dietary F			0
Sugars 1			_
Protein 1g			
Vitamin A 2	2%	Vitam	in C 0
Calcium 01	%		Iron 0
"Percent Daily"	Values are bar	sed on a 2,000 i her or lower dep	Calonie d
your calone ne	eds. Caltories	2,000	2.5
Total Fut	Less Than	650	80
Sat. Fat.	Less Than	20g	21
	Less Than	300mg	300n
Sodium Total Carbohy	Less Than	2400mg 300g	2400s

Ingredients: Wild Bay Scallops

Marinade: White rice vinegar, honey, organic cane sugar, soy sauce (water, soybeans, wheat, salt), liquid cayenne pepper sauce (red cayenne pepper, vinegar, salt, guar gum, xanthan gum, ascorbic acid "to retard spoilage"), expeller pressed sesame oil, ginger puree, water, sesame seeds, jalapeno peppers, cellulose gum, xanthan gum, spices. No GMO's, naturally processed without chemicals.



#### 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 (conservationist from Environmental Defense, Monterey Bay Aquarium and other organizations) 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, a portion of sales are donated to marine conservation and education efforts.

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

