

Pioneers of Natural



Sustainable Seafood

# Sustainable Frozen Seafood



Just 100% premium grade natural fish and nothing else!

- ✓ All Natural
- ✓ Lean Protein

♥ Healthy Omega-3's

Maximize the Health Benefits of Seafood



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



# Frozen Seafood



## 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 – 8 or 12 oz boxes per case, frozen

UPC # 812410000569 (Gluten-Free, 8 oz)    UPC # 812410000576 (Breaded, 8 oz)  
 UPC # 812410000385 (Gluten-Free, 12 oz)    UPC # 812410000262 (Breaded, 12 oz)

## 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
  - 6 – 8 oz pouches per case, 41–60 ct/lb, peeled, tail on, frozen
- UPC # 812410000194

## Wild Alaskan Salmon Burgers



- **Non-GMO and Gluten Free** and No Trans Fats
  - 100% Alaskan Salmon
  - 918 mg omega-3's per serving
  - Healthy Alternative to the Hamburger
  - 6 – 12.8 oz boxes per case, frozen
- UPC # 812410000316

## Grab 'n Go Portions



### WILD ALASKAN SALMON

- BPA Free Film
- 745 mg omega-3's per serving
- Once frozen, product of USA
- 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

UPC # 812410000224 (Salmon)  
 UPC # 812410000538 (Cod)



## There is no other seafood company like ours!

- Our **premium quality** seafood is frozen or canned 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**. 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 • Seattle, WA  
 Henry and Lisa's is a small company with a big mission.

Call to order: 603-834-6034



www.henryandlisas.com