

Top 6 Fish You Need On Your Menu This Summer



Fresh Canadian Pacific Halibut

- One of the best managed fisheries in the world, Ocean Wise Best Choice & MSC Certified.
- Tremendous “Center of the Plate” appeal – thick, moist fillets that cook up bright white, suitable for grilling, baking, broiling...
- Genuine Canadiana!



Hand-Line Fresh Albacore Tuna

- The only “white meat” Tuna and also packs the most Omega 3’s and lowest mercury
- Big Red-meat Tuna continues to be under stock pressure – hand-line Albacore is an Ocean Wise Best Choice
- Great as a centre of the plate grilled entrée (serve med with pink center)
- The ultimate Tuna for Nicoise Salad, high-end Tuna Salad Sandwich or Vitello Tonnato!
- Tremendous value vs. red-meat Tuna cousins.



Mauritius Island Redfish Fillets

- Certified sustainable aquaculture by “Friend of the Sea”
- 6-8oz portion size fillets, skin-on PBO
- Light delicate flavor with a meaty texture similar to American Red Snapper
- No antibiotics, hormones or chemical anti-fouling agents used
- Ideal for Grilling, pan searing & broiling – even sashimi.



Qualicum Beach Pacific Scallops

- The only scallop rated “Super Green” by Monterey Bay Aquarium
- Suspension grown Pacific variety of scallop – not bottom dredged
- Ultra Sweet and slightly more “toothsome” than the Atlantic Sea Scallop counterpart
- Sashimi grade 10/20 count ultra clean Canadian scallop



Wild Nunavut Arctic Char

- Seasonally available August through September
- Caught in the cold clean Salt-Water of the Arctic Circle in Canada’s Nunavut province
- Large 5-6kg fish with extraordinary fat content make this a Char like no other
- Directly supports the native Inuit of Nunavut, Ocean Wise Best Choice



Wild Carolina Wreckfish / aka Atlantic Stone Bass

- Traditional practices make this artisanal fishery an Ocean Wise Best Choice. No habitat destruction or by-catch.
- From Wadmalaw Island, South Carolina.
- Similar to Grouper – big thick meaty fillets, ideal for pan roasting & searing.
- Great alternative to Chilean Sea Bass
- Available April 15th through December