



Herring

(Clupea harengus harengus)

Atlantic Herring Production
40,000 Metric Tons

Quality System
HACCP

Typical Package Style

- 7 KG Whole Hand Laid
- 10 & 15 kg Whole Parallel Pack
- 10 & 15 kg Herring Fillets
 - Butterfly Fillets
 - Kippered Fillets
 - Regular Fillets (Skin on, Skinless, and Chunks)

Barreled Products
(Vinegar Cured & Salted)

Secondary Products

- Bottled Chunks & Fillets in Sauce
- Smoked Herring
- Herring Roe & Milt
- Herring Surimi


Typical Whole Round Size Grades

- 250-300g (smaller grades also available)
- 300-400g
- 400g+

Typical Fillet Size Grades

- 6-10 ct./kg
- 8-12 ct./kg
- 10-16 ct./kg

Distributed by:

PRODUCT OF CANADA 

Atlantic Herring is the fish specie that the Barry family built their business on and for 90 years it has remained an important part of the overall operation. With access to over 40 000 metric tons of Atlantic Herring, we process a variety of products in our facilities located in Newfoundland, New Brunswick and Nova Scotia. Our stringent quality control procedures begin at sea as herring are harvested by RSW & CSW vessels. On shore we use specialized automated processing equipment to grade, fillet, skin and cut herring according to customer specifications. All of our facilities are government inspected and our process is HACCP approved.

We service markets throughout North America, Europe and Asia supplying secondary processors with the highest quality herring products. Whether the fish are to be used for marinating, smoking, canning, salting or fresh preparations we can service your exact product needs. We package a variety of size grades with guaranteed fat contents between 8-20% for special product orders. The natural oil present in herring is rich in healthy Omega-3 polyunsaturated fatty acids. During roe season we also process herring roe and milt.



Our commitment to quality products and service is the foundation of our seafood business.

Nutrition Facts Per Serving		Percent US RDA	
Serving Size: 100g raw product			
Amount per Serving			
Calories 158	Calories from fat: 10		
		% Daily Value*	
Total Fat 9.0		13%	
Saturated Fat 0.5g		1%	
Cholesterol 60mg		14%	
Sodium 49mg		2%	
Total Carbohydrate 0g		0%	
Dietary Fiber 0g		0%	
Sugars 0g		0%	
Protein 18g			
	Vitamin A 2%	Vitamin C 0%	
	Calcium 5%	Iron 5%	
* Contains less than 2 percent of the daily value of the nutrient			
** 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
Protein		50g	65g

