Ocean Perch

(Sebastes marinus)

Ocean Perch Production
10 Million Lbs.

Quality System
HACCP

Technical Information
Raw Material Grading
Machine & Hand Cut Filleting
Manual Trimming & Inspection
IQF Tunnel Freezing
Automated Size Grading
Check Weighing
Metal Detection

Typical Fillet Size Grades

Fresh	Frozen
U-2 oz.	2-4 ct./Lb.
2-4 oz.	4-6 ct./Lb.
4-6 oz.	6-8 ct./Lb.
	8-12 ct./Lb.

Pack Styles
Fresh - styros
Frozen - interleaved -shatterpack
cello packages
individually quick frozen (IQF)
retail packaging
block frozen (1 lb.-16.5 lbs.)

Distributed by:

PRODUCT OF CANADA

The Barry Group is one of the largest Ocean Perch producers in the world and offers a consistent supply of top quality perch products throughout the year. We have access to over 10 million lbs. of ocean perch from the inshore fishery in Atlantic Canada and frozen at sea vessels fishing in the Irminger Sea. Using high quality raw material and modern processing technology we supply fresh and frozen fish markets throughout North America and Europe.

Ocean Perch is available in a variety of product forms including whole round, headed and gutted, skin on and skinless fillets. Fresh product is normally packed by requested size grade into 10 lb. styrofoam boxes. Frozen fillets are available as interleaved shatter pack style, IQF fillets, cello pack and frozen blocks. We package under our own Brands and custom pack for a variety of well known brand names that you will find in supermarkets around the world.

Ocean perch is a delicious white fleshed fish that can be pan fried, grilled, broiled or breaded and deep fried. It's a healthy, tasty fish that can be found on the finest menus throughout the world.

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

Nutrition Facts Per Serving
Serving Size: 4oz. raw (112g)

Amount per Serving
Calories 100 Calories from fat: 8

	% Daily Value*
Total Fat 1.0	2%
Saturated Fat 0g	0%
Cholesterol 90mg	30%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	0%
Protein 20g	

Percent US RDA

Vitamin A	0%	**Vitamin C**	0%
Calcium	8%	**Iron**	8%

* 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

APPROVED HACCP
Packed to government sanitary standards for your safety.

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