



ATLANTIC SALMON

Blue thinking

*pioneers in preservation,
practice and taste*

Pure living

*no antibiotics,
no added hormones,
non-GMO feed*



Healthy salmon

*uncrowded pens, untreated nets,
deep water fjords*



With a pioneering 'Blue' way of thinking, we are changing fishing for good: protecting our oceans' ecosystems, making sure our fish are thriving, and giving you the healthiest, best tasting salmon out there. Our farmers raise salmon in pure Arctic waters, untouched by chemicals, without added hormones.

Distributed by Seacore Seafood
905.856.6222 | 1.800.563.6222 | orders@seacore.ca





A FRESH CATCH SINCE 1987[®]

A world full of fish
just tastes better



Baked salmon with steamed seasonal vegetables, potatoes and a mustard dill sauce.

COOKING IDEAS

Pan-sear:

Heat sauté pan until hot
Coat pan with a little oil
Put seasoned salmon in pan, sear on one side for 1-1½ minutes
Flip to other side for another minute until cooked to medium rare, or until desired doneness

Bake:

Preheat oven to 400°
Brush fish with oil and season
Place on a baking sheet and roast for 6 minutes for medium rare or 10 minutes for medium

Serve with:

Steamed seasonal vegetables, potatoes & a mustard dill sauce

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Hot pasta mixed with tomato & red onion salad, pesto on the fish

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Rice pilaf, grilled zucchini & chutney

Enjoy!



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What do we feed our Atlantic salmon?

The feed for the salmon consists of a mix of fish meal, fish oil, vegetable proteins, non-GMO grains, vitamins and minerals. Sustainability is a large focus for us, so the fish meal comes from trimmings and other sustainable sources.

Fish meal and fish oil (re-cycled from the trimmings of wild caught fishery products processed for human consumption). No synthetic pigmentation compounds are added to the feed.

What is the Omega-3 content?

Farmed salmon is a great source of omega-3 fatty acids. A 4oz (113g) serving of Blue Circle salmon has about 1.3g (1300 mg) combined EPA and DHA omega-3.

What makes our salmon pink?

Both wild and farmed salmon are pink in color because of what they eat. In nature wild salmon eat carotenoids from crustaceans such as shrimp or krill. Carotenoids are an important part of the salmon diet as it provides a source of vitamin A. At Blue Circle Foods, we use a naturally derived carotenoid called Panaferd. Panaferd is a natural bacteria that is comprised of astaxanthin, an antioxidant.

What is the PCB count in our salmon?

Levels of polychlorinated biphenyls (PCBs) in farmed salmon are very low. We test our salmon annually by a third-party FDA approved laboratory. The FDA allowable limit is 2 ppm. We ensure that our Blue Circle salmon PCB count is lower than .011 ppm.

Do we use antibiotics or any other chemical treatments?

We never employ the use of antibiotics, anti-foulants or pesticides on any of our sites.

Do we use GMOs?

No, we do not use GMOs

What is the mercury content in Atlantic salmon?

Research has shown that Atlantic salmon has some of the lowest mercury levels of seafood species. Blue Circle salmon has an average of .031 ppm. The levels allowed by the U.S. Food and Drug Administration is 1 ppm.

Even though the mercury levels in Atlantic salmon are very low, we are continuously monitoring and testing for environmental contamination.

Is our salmon gluten-free?

Yes, our salmon has been tested and is gluten free. Blue Circle salmon has an average of 5 ppm of gluten and falls well under the 20 ppm gluten allowance regulated by the U.S. Food and Drug Administration for gluten free claims.