

# SEA BREAM

Scientific Name: *Sparus aurata*

Other common names: Dorade Royale, Orata, Dorada, Dorade.

Sea bream is extremely popular in Mediterranean cooking and pairs perfectly with Italian, French and Spanish flavors. It has a delicate, juicy and flavorful white flesh combined with a savory and delicious taste. Renowned for the bright golden arc on its forehead, it is an excellent and rich source of high quality protein. Two portions per week of sea bream, as part of a balanced diet, provide all health benefits of Omega 3 fatty acids. Enjoy it grilled, barbecued or baked.

## NUTRITION FACTS

Nutritional information	per serving (=100g)		per serving (=100g)
Calories (Kj)	699,00	Total carbohydrates (g)	0,00
Calories (Kcal)	168,00	Salt (g)	0,17
Total fat (g)	9,50	Sodium (g)	0,07
Saturated fatty acids (g)	1,92	Omega 3 fatty acids (g)	1,27
Proteins (g)	20,60	EPA+DHA polyunsaturated fats (g)	0,70

Product of Greece



## FRESH WHOLE ROUND

GLOBALG.A.P.



### SIZES OF WHOLE ROUND SEA BREAM

200/300gr

300/400gr

400/600gr

600/800gr

800/1000gr

1000/1500gr

1500+gr

### PACKAGING FOR FRESH FISH

3 Kg Polystyrene boxes

6 Kg Polystyrene boxes

10 Kg Polystyrene boxes

AVAILABILITY  
YEAR ROUND

SHELF LIFE  
FRESH WHOLE ROUND: 13 DAYS  
FROM HARVEST DAY

STORAGE TEMPERATURE  
FRESH: 0-2 degrees Celcius



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