



Vancouver Island Salt Co Premium Sea Salts:



Canadian Fleur de Sel – 35g

These salt flakes are the first layer of sea salt hand-harvested from our salt vats. Our Fleur de Sel is fantastic as a finishing salt for all types of dishes.



Canadian Sea Salt – 227g

A classic stand-by for general cooking and seasoning. Our all natural Canadian sea salt is fine and mellow, with a balanced saltiness and hint of minerals naturally found in our ocean. Use in all your cooking and baking where you normally use another salt, knowing that you are using one of the world's finest and most natural sea salt available.



Smoked Canadian Sea Salt – 170g/45g

A smoky salt that's great on vegetables, fish and meat, or any dish you want to lend a hint of smoky seasoning to. Try on mashed potatoes or french fries, or use in salted caramel for a surprising flavour twist. This smoked sea salt is cold smoked using three types of aromatic wood - apple, alder and maple wood.

In Salt We Trust

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Distributed by Seacore Seafood | 905-SEAFOOD (905-732-3663) | orders@seacore.ca

Vancouver Island Salt Co Infusion Varieties: (all 45g)



Blue Cheese Sea Salt

An unexpected burst of salty-umami flavour is in this finishing salt that's great on steaks, pasta dishes, potatoes, crudite and dips. Real blue cheese is added during the last stage of harvest to infuse flavour and aroma to this gourmet finishing salt. A natural pairing with red meat, bitter salad greens, tomatoes and popcorn.



Roasted Garlic Sea Salt

Freshly roasted garlic gives this salt its bold, aromatic flavour. Sprinkle Roasted Garlic Sea Salt on fresh-off-the-grill corn-on-the-cob, grilled peppers & charred eggplant, soups, roast chicken, pan-fried pork chops and stir-fry dishes (try it with a prawn and mix veg sautee). This salt also makes for a great topper on bruschetta and as the salt for popcorn and roasted nuts. Mushrooms love this salt as it's a great complement to earthy flavours.



Orange and Lime Sea Salt

A favourite finishing salt on seafood, salads and pork, this flavour infusion works great as a cocktail rimmer for margaritas and Caesars, too! Fresh orange and lime zest infuse this gourmet sea salt with citrusy flavour notes. Particularly great on salmon and chargrilled vegetables like asparagus and broccoli, sprinkle this salt on quick pickles and ceviche for a great flavour boost!



Smoked Paprika Sea Salt

A bold sea salt that adds zing to red meat, stews and grilled dishes. Smoked paprika is added during the last stage of harvest to infuse flavour to this gourmet finishing salt. This finishing salt is great added to your Caesar cocktail rimmer, and on top of cheese appetizers. We love the boost of flavour this salt brings to Middle Eastern salads and Mediterranean dishes.

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SEA SALT FAQ's

What's the best way to store my sea salt?

The bag and box it came packaged in is a good place to keep it as long as long as you keep it sealed. If exposed to the air for a long period, our all natural salt will attract moisture. Flavour-infused sea salts can also lose their flavour over time so keep them sealed or in a special container (e.g. salt cellar or salt pig) with a lid to preserve the flavour and aroma.

The salt is a bit moist. Is that normal?

Absolutely! Our sea salt is dried naturally and do not contain any of the chemicals that most salts use to prevent moisture and clumping. Read above on the best way to store your sea salt.

Can I put my salt in a shaker or grinder?

Not a good idea. Because our sea salt does not contain the chemicals that prevent clumping, chances are it will get stuck in your salt shaker. Only chemically treated salts work well in shakers. For the table, we recommend using pinch bowls.

Why is sea salt better?

Natural sea salt retains several valuable natural trace minerals (e.g. calcium, magnesium, potassium) that are removed during the processing of table salts. Because of this, the taste of sea salt reflects the characteristics of the waters from which it is harvested. This means no two sea salts taste the same, making for a unique flavour experience that stands in stark contrast to the homogenized nature of table salt. Chemical additives to prevent clumping are routinely added to table salt. Unrefined sea salt is made up of what is naturally found in the ocean.



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