



European Whole Fish from Greece

Superior
Quality

Top Rated Service

SEA BASS



SEABREAM



PAGRUS



MEAGRE



seacore.ca



SEA BASS

Scientific Name: *Dicentrarchus labrax*

Other common names: Branzino, Bar, Loup de Mer, Lubina,

Sea bass is a popular Mediterranean fish raised in the Greek crystal clear waters. Due to its delicate texture, its smooth white flesh and its mild, yet rich flavor, sea bass is highly praised by celebrity chefs worldwide. It is nutritious, a rich source of proteins, vitamins and Omega-3 fatty acids which contribute to maintaining a normal heart function, as part of a balanced diet and a healthy lifestyle. Grilling, baking or steaming are the most popular cooking methods for sea bass.

NUTRITION FACTS

Nutritional information	per serving (=100g)		per serving (=100g)
Calories (Kj)	674,00	Total carbohydrates (g)	0,00
Calories (Kcal)	162,00	Salt (g)	0,12
Total fat (g)	8,80	Sodium (g)	0,05
Saturated fatty acids (g)	1,24	Ωmega 3 fatty acids (g)	1,73
Proteins (g)	20,80	EPA+DHA polyunsaturated fats (g)	1,14

FRESH WHOLE ROUND

GLOBALG.A.P.

TÜV
AUSTRIA
ENIG
MAY 2016



SIZES OF WHOLE ROUND SEA BASS

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

Product of Greece



SEAFOOD INC.

905.856.6222 | 1.800.563.6222 | orders@seacore.ca | www.seacore.ca

SEA BASS

Processed & fillets



FRESH PROCESSED

PROCESSING OPTIONS

GUTTED / GUTTED & SCALED /
GUTTED & GILLED / GUTTED, GILLED & SCALED

SIZES OF PROCESSED SEA BASS

FROM WHOLE ROUND

- 200/300gr
- 300/400gr
- 400/600gr
- 600/800gr
- 800/1000gr
- 1000/1500gr
- 1500+gr

FILLETS

Product of Greece

FILLETING OPTIONS

PBI (PIN BONE IN) / PBO (PIN BONE OUT) BY V-CUT
or FLICK CUT

SIZES OF SEA BASS FILLETS

- | PBI | | PBO | |
|-----------|----------|-----------|----------|
| 75-95gr | 95-120gr | 65-90gr | 90-115gr |
| 120-145gr | 145-170g | 115-140gr | 140-165g |



PACKAGING FOR FRESH FISH

3 Kg Polystyrene boxes

6 Kg Polystyrene boxes

10 Kg Polystyrene boxes

AVAILABILITY
YEAR ROUND

SHELF LIFE
FRESH PROCESSED & FILLETS: 12
DAYS FROM PROCESSING DATE

STORAGE TEMPERATURE
FRESH: 0-2 degrees Celcius

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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



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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



SEA BREAM

Processed & fillets



FRESH PROCESSED

PROCESSING OPTIONS

GUTTED / GUTTED & SCALED / GUTTED & GILLED / GUTTED, GILLED & SCALED

SIZES OF PROCESSED SEA BREAM

FROM WHOLE ROUND

- 200/300gr
- 300/400gr
- 400/600gr
- 600/800gr
- 800/1000gr
- 1000/1500gr
- 1500+gr

FILLETS

Product of Greece

FILLETING OPTIONS

PBI (PIN BONE IN) / PBO (PIN BONE OUT) BY V-CUT or FLICK CUT

SIZES OF SEA BREAM FILLETS

- | PBI | | PBO | |
|-----------|----------|-----------|----------|
| 75-95gr | 95-120gr | 65-90gr | 90-115gr |
| 120-145gr | 145-170g | 115-140gr | 140-165g |



PACKAGING FOR FRESH FISH

3 Kg Polystyrene boxes

6 Kg Polystyrene boxes

10 Kg Polystyrene boxes

AVAILABILITY
YEAR ROUND

SHELF LIFE
FRESH PROCESSED & FILLETS: 12
DAYS FROM PROCESSING DATE

STORAGE TEMPERATURE
FRESH: 0-2 degrees Celcius

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MEAGRE

Processed



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FRESH PROCESSED

PROCESSING OPTIONS

GUTTED / GUTTED & SCALED /
GUTTED & GILLED / GUTTED, GILLED & SCALED
FILLETS / V-CUT FILLETS

Product of Greece

GLOBALG.A.P.



SIZES OF PROCESSED MEAGRE

FROM WHOLE ROUND

600/800gr 800/1000gr 1000+gr

2000+gr 3000+gr 4000+gr

5000+gr



PACKAGING FOR FRESH FISH

10 Kg Polystyrene boxes

18 Kg Polystyrene boxes

20 Kg Polystyrene boxes

AVAILABILITY
YEAR ROUND

SHELF LIFE
FRESH PROCESSED: 12 DAYS
FROM PROCESSING DATE

STORAGE TEMPERATURE
FRESH: 0-2 degrees Celcius

MEAGRE

Scientific Name: *Argyrosomus regius*
Other common names: Corvina, Maigre

Product of Greece

Meagre is a fairly large fish and has a similar shape to seabass, with pearly-silver coloration and yellow-coloured mouth. It lives in deep sea waters, but often is also found in shallow and rocky seabeds in the Mediterranean region.

Its low fat white flesh is very moist and tasty and has a firm texture. Meagre is rich in nutritional value and low in calories. It is better served grilled, baked, boiled or steamed.

NUTRITION FACTS

Nutritional information	per serving (=100g)		per serving (=100g)
Calories (Kj)	582,00	Total carbohydrates (g)	0,00
Calories (Kcal)	140,00	Salt (g)	0,19
Total fat (g)	6,80	Sodium (g)	0,08
Saturated fatty acids (g)	1,34	Ωmega 3 fatty acids (g)	1,22
Proteins (g)	19,80	EPA+DHA polyunsaturated fats (g)	0,90

FRESH WHOLE ROUND

GLOBALG.A.P.

TÜV
CERTIFIED
FRESH
FISH
2018



SIZES OF WHOLE ROUND MEAGRE

1000gr+

2000gr+

3000gr+

4000gr+

PACKAGING FOR FRESH FISH

10 Kg Polystyrene boxes of variable weight

AVAILABILITY
YEAR ROUND

SHELF LIFE
FRESH WHOLE ROUND: 13 DAYS
FROM HARVEST DAY

STORAGE TEMPERATURE
FRESH: 0-2 degrees Celcius



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PAGRUS (COMMON SEA BREAM)

Scientific Name: *Pagrus pagrus*

Other common names: Red Porgy, Pagro, Pargo, Pagre, Dorade

Pagrus is a renowned fish in the Mediterranean and the Atlantic Coast. It has a curved back, a chunky snout and a relatively wide mouth. Its back is reddish and its belly is silver-white. It has a mild, deliciously moist and sweet flavor with a tender snow white flesh. Pagrus is better served grilled, baked or barbecued.

NIREUS' Pagrus was characterized by the European jury members of iTQi as follows: "Aromas from the Mediterranean! Nice appearance, healthy smell, juicy texture, very tasty."

Product of Greece

NUTRITION FACTS

Nutritional information	per serving (=100g)		per serving (=100g)
Calories (Kj)	682,00	Total carbohydrates (g)	0,00
Calories (Kcal)	164,00	Salt (g)	0,18
Total fat (g)	9,40	Sodium (g)	0,07
Saturated fatty acids (g)	1,74	Ωmega 3 fatty acids (g)	2,13
Proteins (g)	19,90	EPA+DHA polyunsaturated fats (g)	1,59



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FRESH WHOLE ROUND

GLOBALG.A.P.

TÜV
AUSTRIA
ENIG
MCH 2016



SIZES OF WHOLE ROUND PAGRUS

300/600gr

600/1000gr

1000/1500gr

1500gr+

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



PAGRUS (COMMON SEA BREAM)

Processed



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FRESH PROCESSED

GLOBALG.A.P.



PROCESSING OPTIONS

GUTTED / GUTTED & SCALED /
GUTTED & GILLED / GUTTED, GILLED & SCALED

SIZES OF PROCESSED PAGRUS

FROM WHOLE ROUND

300/600gr

600/1000gr

1000/1500gr

1500+gr



Product of Greece

PACKAGING FOR FRESH FISH

3 Kg Polystyrene boxes

6 Kg Polystyrene boxes

10 Kg Polystyrene boxes

AVAILABILITY
YEAR ROUND

SHELF LIFE
FRESH PROCESSED: 12 DAYS
FROM PROCESSING DATE

STORAGE TEMPERATURE
FRESH: 0-2 degrees Celcius



GLOBALG.A.P.



PRODUCT RANGE

SEA BASS

SEABREAM

PAGRUS

MEAGRE



PRODUCT FORMS

WHOLE ROUND / PROCESSED / FILLETS

PROCESSING SIZES & OPTIONS

All sizes and processing options available as Fresh

PACKAGING

All processed fish are handled and inspected as part of Seacore's HOUSECUT® Certified program.



Product of Greece

AVAILABILITY
YEAR ROUND

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Health Claim

Eating sea bass and sea bream is good for your heart.

According to EFSA (European Food Safety Authority), "the consumption of farmed sea bass and sea bream twice a week, as a rich source of Highly Unsaturated omega3 fatty acids (EPA, DHA) and as a part of a healthy lifestyle, has been proven to assist in the maintenance of normal cardiac function, maintenance of normal blood pressure and maintenance of normal (fasting) blood triglycerides and blood LDL. Cholesterol concentrations".

