



## Product Specification Sheet

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**Product Name:** **Precooked Breaded Whole Sea Bream Fillet**

<b>Item Number:</b>		<b>Country of Origin:</b>	Mediterranean Sea Aqua culture
<b>Shelf Life Unopened/Opened:</b>	18 months/ 48 hours		
<b>Unit Net Weight:</b>	<b>4.9 oz /140g</b>	<b>GPC description:</b>	Fish - Prepared/Processed (Frozen)
<b>Weight tolerance of portion:</b>			
<b>Unit Can Code/Coding Format:</b>	Corporate Prefix (5206754) Product Reference Code (00066) Check Digit (1) GTIN-13		

### Product Images



### Product Properties

**Product Description:** **Farm raised**  
**Breaded whole Sea Bream fillet (skinless**  
**& boneless) precooked, ready to heat**

**Ingredient Statement:**

Aqua culture **Sea bream** (Sparus Aurata) fillet 75%, breading [(wheat flour, egg white in powder, starch (corn and potato), emulsifier: guar gum, sunflower oil, caramelized sugar (sunflower oil, caramelized sugar, emulsifier: E476, antioxidant E320), spice extracts, salt, dried vegetables (onion and garlic in powder), herbs, spices, natural flavoring].

<b>Kosher (Y/N; type)</b>	NO
<b>GMO Free (Y/N)</b>	YES
<b>Organic (Y/N; type)</b>	NO
<b>Vegan</b>	NO
<b>High Protein</b>	YES
<b>Skin</b>	NO

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**Physical Properties:**

Color	Yellow /white fish
Aroma & Flavor	Sweet, fishy, no off flavours, no off odours
Texture	Fish meat with compact structure, crispy crust
Bones	Bones are removed, PBO*
Packaging	Bulk

\*According to Standard Codex Alimentarius: Less than one bone per kg of Product greater or equal to 10mm in length, or greater or equal to 1 mm in diameter; a bone less than or equal to 5 mm in length, is not considered a defect if its diameter is not more than 2 mm. The foot of a bone (where it has been attached to the vertebra) shall be disregarded if its width is less than or equal to 2 mm, or if it can easily be stripped off with a fingernail.

**Packaging – Pallet Dimensions & Temperature**

Case Dimensions (cm/in):	H15X29.5LX38.5W	Case Gross Weight:	5.5kg	12.12 lbs.
Pallet Dimensions (cm/in):	120L X 80W X 14.4H 40X48 (in)	Case net WT:	5kg/11.0Lbs	
Cases Per Pallet:	100 cases	Pallet Gross WT	550Kg / 1.213 Lbs.	
Unit weight:	140g / 4.9oz	Cases/layer:	10	
Pallet Net WT:	500kg/1.102lbs	Total units/pallet:	approx. 4.700-5.000	
Units/carton box:	approx. 47-50	Storage Practice:	Store unopened in freezer	
Units/ layer:	approx. 470-500	Shipping/ storage Temperature:	0 °F	

**Nutritional Facts**

Serving Size:

(As listed on Label)

140g/4.9oz

Serving Size:

100g / 3.52oz

Servings Per Container:

1

Servings Per Container:

1

	Per Serving	DV%		Per Serving	DV%
Calories (Kcal):	<b>305.2</b>		Calories (Kcal):	<b>218</b>	
Total Fat (g):	11.8	15%	Total Fat (g):	8.4	11%
Saturated Fat (g):	2.2	11%	Saturated Fat (g):	1.6	8%
Polyunsaturated fat (g):	4.6		Polyunsaturated fat (g):	3.3	
Cholesterol (mg):	30.4	10%	Cholesterol (mg):	21.7	7%
Sodium (mg):	635.6	28%	Sodium (mg):	454	20%
Total Carbohydrate (g):	24.1	9%	Total Carbohydrate (g):	17.2	6%
Dietary Fiber (g):	1.5	6%	Dietary Fiber (g):	1.1	4%
Total Sugars (g):	2.7	0%	Total Sugars (g):	1.9	0%
Added Sugars:	0.0		Added Sugars:	0	
Protein (g):	24.9	50%	Protein (g):	17.8	36%
Vitamin D (mcg):	8.0	40%	Vitamin D (mcg):	5.7	29%
Iron (mg):	0.6	3%	Iron (mg):	0.41	2%
Calcium (mg):	29.1	2%	Calcium (mg):	20.8	2%
Omega 3 acids:	0.4		Omega 3 acids:	0.3	

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## Allergens List

Components	Present in Product	Present in Other Products Manufactured on the Same Line	Present in the Same Manufacturing Plant
Eggs	YES	NO	NO
Fish	YES	YES	YES
Shellfish	NO	YES	YES
Soy (excluding soy oil)	NO	NO	NO
Wheat (Gluten)	YES	NO	NO

## What makes this product unique

Sea Bream is a medium sized meaty fish and is considered **the most flavorsome** of the bream family. Our is farm raised in the **Mediterranean Sea**, then deboned, filleted, skinless and frozen the same day. We prebake them in a conventional oven, preserving their juices and tender meat. Just heat and enjoy a **perfect crispy meal!** Ideal for center of the plate entrées, seafood platters, sandwiches and more. Pairs well with a variety of complementary sauces and sides.

- ✓ Oven baked **ready to eat in 10'**
- ✓ Product is NOT fried.
- ✓ 100% high quality whole sea bream fillet boneless, skinless
- ✓ High source of **protein (24.9g), low fat**
- ✓ **Extra crispy and delicious** Greek cuisine inspired bread crust creating the perfect crunch when heated
- ✓ Ideal for chefs and consumers due to its **versatility in recipes** and culinary applications
- ✓ Serving Suggestions: in air fryer, oven or pan heat until golden and crispy (do not microwave). Can be heated from frozen in oven for 15'.



**Select FISH S.A** has been established in 1995, in Athens, Greece as an integrated company for the import, processing, manufacturing, preservation, distribution, and export of both international and domestic fish products. It has since become one of Balkan's foremost leaders in the fields of fresh and frozen fish, as well as precooked fish meals. Committed to meeting modern industry standards and guided by the global clientele's unwavering trust, "Select FISH S.A" has consistently delivered quality products at competitive prices, always underscored by a sense of responsibility and an unwavering commitment to consistency.

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