

Pioneers of Natural



Sustainable Seafood

# All Natural Seafood

## Frozen & Canned



Just 100% premium grade natural fish and nothing else!

- ✓ All Natural
- ✓ Lean Protein



Maximize the Health Benefits of Seafood



- No Preservatives
- No Antibiotics
- No Added Chemicals
- No Hormones

## Salmon Burger - Quick, easy and great for the grill!

New



### SALMON BURGER

- A healthy alternative to a hamburger
- Gluten-free and trans fat free
- 590 mg omega-3's per serving
- 12 - 12 oz boxes per case, frozen

## Celebrity Chef Entrées



### WILD SALMON WITH ASIAN MARINADE

Designed by Award Winning Chef Nora Pouillon

### WILD MAHIMAH WITH CARIBBEAN MARINADE

Designed by Award Winning Chef Sam Hayward

### WILD BAY SCALLOPS WITH JAPANESE GLAZE

Designed by Award Winning Chef Stan Frankenthaler

- Quick and easy preparation with 3 simple steps
- Ready in minutes
- "Best Frozen seafood in the nation" — *Good Housekeeping Magazine* (April 2007)
- 6 - 9 oz pkgs. per case, frozen (7 oz seafood with 2 oz marinade)

## Fish Nuggets- The best fishstick on Earth!

New



### WILD ALASKAN FISH NUGGETS

- Breaded and battered options
- More fish, less coating
- Gluten-free option
- No trans fats
- Box retails vertically or horizontally
- 230 mg omega-3's per serving
- 12 - 12 oz boxes per case, frozen

## Canned Seafood

### WILD ALASKAN PINK SALMON

- Premium quality, skinless, boneless, hand packed fillet
- Packed in a local micro-cannery
- 711 mg omega-3's per serving
- 12 - 6 oz cans per case

### SOLID WHITE ALBACORE TUNA

- Low in mercury (small fish contain less mercury)
- Premium quality, sashimi grade, hand-packed loin
- 2,800 mg omega-3's per serving
- 12 - 5 oz cans per case



5x more omega-3's than conventionally canned tuna

- Cooked once in their own natural omega-3 rich oils
- Convenient pop-top cans

## Grab 'n Go- Simple, delicious, healthy seafood fast!



### WILD ALASKAN SALMON

- 20 - 4 oz frozen vac-packed portions per case
- 745 mg omega-3's per serving

## Organic White Shrimp



### UNCOOKED WHITE SHRIMP

- Naturally raised in a state of the art, eco-friendly facility, according to Naturland organic aquaculture standards
- Farm-raised shrimp free of added chemicals, pollution, antibiotics and genetic modification
- 6 - 8 oz pouches per case, 51 - 60 ct/lb, peeled, tail on, frozen



## There is no other seafood company like ours!

- Our **premium quality** seafood is frozen within hours of harvest, we quick freeze all of our seafood at super-low temperatures with the latest technology, locking in peak freshness.
- We proudly offer **seafood exclusively from environmentally sustainable fisheries**. Our independent Seafood Advisory Board (conservationists from Environmental Defense, Monterey Bay Aquarium and other organizations) reviews and approves all of the species we offer.
- Our seafood is **independently tested for contaminants by Seafood Safe**, helping consumers maximize the health benefits of seafood.
- We care deeply for the future of our planet and the world of water, **a portion of sales are donated to marine conservation and education efforts**.

EcoFish, Inc • Dover, NH • Seattle, WA

Henry and Lisa's is a small company with a big mission.



Call to order: 877-214-3474 • [www.henryandlisas.com](http://www.henryandlisas.com)