



Ideal for Refreshed and Frozen Seafood Programs

Grab-and-go convenience for your customers.

Pre-weighed and UPC-coded — goes directly from shipping carton into fresh or frozen case, reducing in-store handling.



Premium wild-caught
**North Atlantic
OCEAN PERCH**

HEALTHY
PRE-PORTIONED
CONVENIENCE
2 SERVINGS

**100% RESPONSIBLY
WILD-CAUGHT
SOURCED**

Net weight 8 oz. (227g)

Our GO WILD™ Ocean Perch is 100% wild-caught from the rugged waters of the North Atlantic, where they thrive in their natural environment. Low in calories with no carbohydrates, GO WILD™ fillets are packed with protein and pre-portioned for your convenience. So you can serve the healthiest, most flavorful and most responsibly sourced ocean perch tonight.

Wild-caught with care, easy to prepare

Cooking Instructions: Remove ocean perch fillets from tray and blot dry. Heat 1-2 tbsp. oil or butter in nonstick skillet over medium-high heat. Add fillets and pan sear 4-5 minutes. Turn and cook 4-5 minutes or until center is firm and opaque. Serve and GO WILD!

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size 4 oz. (113g)		Calories: 2,000	2,500
Servings Per Container 2		Total Fat	Less than 65g 80g
Amount Per Serving		Sat Fat	Less than 20g 25g
Calories 90	Calories from Fat 15	Cholesterol	Less than 300mg 300mg
		Sodium	Less than 2,400mg 2,400mg
		Total Carbohydrate	300g 375g
		Dietary Fiber	25g 30g
		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
Total Fat 1.5g	2%	Recommended daily value of protein: 50g	
Saturated Fat 0g	0%	INGREDIENTS:	
Trans Fat 0g	0%	North Atlantic Ocean Perch	
Cholesterol 60mg	20%	CONTAINS: Fish	
Sodium 320mg	13%	Product of USA	
Total Carbohydrate 0g	0%		
Dietary Fiber 0g	0%		
Sugars 0g			
Protein 17g			
Vitamin A 0%	Vitamin C 0%		
Calcium 4%	Iron 2%		

SPECIES	ORIGIN	UPC CODE	CASE GTIN	PACKED	CASE DIMENSIONS	PALLET TI-HI	NET WGT.
Ocean Perch	North Atlantic	8-8269494801-7	00882694958016	12 x 8 oz.	14.19" x 9.44" x 8.19"	13 x 8	624 lbs.



Taste the difference wild-caught makes!

www.gowildseafood.com



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All GO WILD™ seafood comes from fisheries that follow responsible, sustainable and traceable fishing practices, preserving supplies for generations to come.

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