



Simple. Sustainable. Seafood.



EXCLUSIVELY MADE WITH BC-RAISED SEAFOOD

Bayside Seafood is made with premium steelhead that is sustainably raised by reputable aquaculture facilities on Vancouver Island and the Sunshine Coast. All Bayside Seafood products hit store shelves with a recommendation from Ocean Wise.

SATISFY CRAVINGS WITH CHEF-MADE FLAVOURS

Eat more seafood and satisfy your cravings with 3 unique, chef-made flavours of marinated steelhead. Each marinade was crafted in-house by Bayside Seafood's product development chef to compliment steelhead's mild natural flavour.

READY TO EAT IN UNDER 30 MINUTES

In under 30 minutes, seafood lovers are guaranteed a delicious meal, even when cooked from frozen. Bayside Seafood creates nutritious meals that are healthy for the whole family, and healthy for our oceans.

SLEEK, MINIMALISTIC PACKAGING

Vacuum sealed packages are tamper-proof and freezer-ready, making them ideal for in-store merchandising as well as online order fulfillment. On average, rollstock film uses 40% less plastic than traditional MAP tray packaging, which supports initiatives to reduce plastic consumption.



Steelhead Salmon

Provençal Herb

Code: 20000278 **Portion:** 160gr per package
UPC: 061986951847 **Pack Size:** 28 x 1 x 160gr (4.48kg)
Storage: Frozen **Specification:** Skin-off & Bone-out

Ingredients: Steelhead, Seasoning (canola oil, water, Italiano seasoning, lemon pepper seasoning, parsley, tomato flakes).

Contains: Fish.

Nutrition Facts Valeur nutritive	
Per 160g portion • pour 160g portion	
Calories 290	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 19 g	25 %
Saturated / Saturés 2 g	10 %
+ Trans / Trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0 %
Sugar / Sugars 1 g	1 %
Protein / Protéines 28 g	
Cholesterol / Cholestérol 75 mg	
Sodium 60 mg	3 %
Potassium 750 mg	22 %
Calcium 20 mg	2 %
Iron / Fer 1.5 mg	8 %

*5 % or less is a little, 15 % or more is a lot / *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup



Steelhead Salmon

Maple Chipotle

Code: 20000279 **Portion:** 160gr per package
UPC: 061986951854 **Pack Size:** 28 x 1 x 160gr (4.48kg)
Storage: Frozen **Specification:** Skin-off & Bone-out

Ingredients: Steelhead, Seasoning [canola oil, maple syrup, chipotle marinade (wheat, soy), water, chives].

Contains: Fish, Wheat, Soy.

Nutrition Facts Valeur nutritive	
Per 160g portion • pour 160g portion	
Calories 280	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 15 g	20 %
Saturated / Saturés 2 g	10 %
+ Trans / Trans 0 g	
Carbohydrate / Glucides 7 g	
Fibre / Fibres 0 g	0 %
Sugar / Sugars 1 g	1 %
Protein / Protéines 28 g	
Cholesterol / Cholestérol 75 mg	
Sodium 470 mg	20 %
Potassium 750 mg	22 %
Calcium 25 mg	2 %
Iron / Fer 1.25 mg	7 %

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Steelhead Salmon

Mild Chive Curry

Code: 20000280 **Portion:** 160gr per package
UPC: 061986951861 **Pack Size:** 28 x 1 x 160gr (4.48kg)
Storage: Frozen **Specification:** Skin-off & Bone-out

Ingredients: Steelhead, Seasoning (water, curry marinade, canola oil, chives).

Contains: Fish.

Nutrition Facts Valeur nutritive	
Per 160g portion • pour 160g portion	
Calories 250	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 13 g	17 %
Saturated / Saturés 2 g	10 %
+ Trans / Trans 0 g	
Carbohydrate / Glucides 3 g	
Fibre / Fibres 0 g	0 %
Sugar / Sugars 1 g	1 %
Protein / Protéines 28 g	
Cholesterol / Cholestérol 75 mg	
Sodium 420 mg	18 %
Potassium 700 mg	21 %
Calcium 30 mg	2 %
Iron / Fer 1.5 mg	8 %

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