













FISH & SEAFOOD

SOURCING TRANSPARENCY 2017

	Product	Committed to Responsible Sourcing	KJ per 100g	Calories per 100g	High in Protein	Fat per 100g	Low Fat	Omega 3 per 100g	Fishing or Farming Area	Farmed or Wild
	Iceland Atlantic Salmon Fillets	✓	903	217	✓	15		1.3 / High in	Scotland, Norway, Faroe, Iceland	Farmed
	Iceland Wild Pink Salmon	✓	749	179	✓	10.1		1.2 / High in	Pacific Ocean	Wild
	Iceland Atlantic Cod	✓	320	75	✓	0.6	✓	Trace	Atlantic, Northeast	Wild
	Arctic Royal Cod Loins	✓	343	82	✓	0.7	✓	0.4	Atlantic, Northeast & Pacific	Wild
	Iceland Haddock	✓	317	75	✓	0.4	✓	Trace	Atlantic, Northeast	Wild
	Iceland Smoked Haddock	✓	292	69	✓	0.3	✓	0.2	Atlantic, Northeast	Wild
	Arctic Royal Smoked Haddock Loins	✓	562	134	✓	6.1		0.3	Atlantic, Northeast	Wild
	Iceland Tuna Steaks	✓	454	107	✓	0.7	✓	0.2	Indian Ocean	Wild
	Iceland Luxury Yellowfin Tuna Steaks	✓	454	107	✓	0.7	✓	0.2	Indian Ocean	Wild
	Arctic Royal Sea Bass Fillets	✓	716	172	✓	10.9		0.7	Mediterranean & Black Sea	Farmed
	Arctic Royal Salt Baked Sea Bass	✓	663	158	✓	8.4		0.7	Mediterranean & Black Sea	Farmed
	Iceland Rainbow Trout	✓	534	127	✓	5.3		0.6 / High in	Turkey	Farmed
	Iceland Mackerel	✓	1206	291	✓	23.3		7.6 / High in	Norwegian Scotland & Ireland	Wild
	Iceland Whitefish (Pollock)	✓	305	72	✓	0.7	✓	Trace	Northwest Pacific	Wild
	Iceland North Atlantic Cooked Prawns	✓	286	68	✓	0.8	✓	0.3	Atlantic, Northeast & Atlantic	Wild
	Iceland Cooked King Prawns 400g	✓	261	62	✓	0.9	✓	Trace	India	Farmed
	Arctic Royal Red Argentinian Shrimps	✓	419	97	✓	0.9	✓	0.4	Atlantic, Southwest	Wild
	Arctic Royal Black Tiger Prawns	✓	289	63	✓	0.1	✓	0.1	Vietnam	Farmed
	Arctic Royal Jumbo King Prawns 600g	✓	249	59	✓	0.3	✓	Trace	India	Farmed
	Arctic Royal Scallops	✓	163	39	✓	0.5	✓	Trace	Pacific Northwest	Wild
	Iceland Lobster Tails	✓	309	73	✓	0.8	✓	Trace	Atlantic, Northwest	Wild
	Arctic Royal Seafood Selection	✓	328	78	✓	1.8	✓	0.7	Prawns - India, Mussels - Pacific, Southeast, Squid - Indian Ocean, Western	Prawns - Farmed Mussels - Farmed Squid - Wild