



BY APPOINTMENT TO THE ROYAL DANISH COURT

Royal Greenland®



Atlantic cod filet, skinless (IQF)

Cod is one of the world's most popular edible fish due to its firm, white flesh. The meat is moist and flaky which makes it easy to prepare and include in a wealth of dishes. The flavor is mild and pleasant without being plain. Cod has a very low fat content compared to other sources of protein.

These Atlantic cod filets are Individually Quick Frozen (IQF) and packed in cardboard box.

Ingredients:

Cod filet (Gadus morhua) No skin. Pin bone in. FAO 21

Preparation:

Royal Greenland suggests that the fish is prepared at low temperature.

Steam in oven at 100-120°C to appropriate core temperature (55 - 75°C.).

Weight per unit:

100-400 g

IQF Packaging:

5 kg per master
13 cartons per EUR pallet layer
104 cartons per EUR pallet

Shelflife and storage:

24 months at -18°C.

Item: 130 539 100
Size: 100 - 400 g

Nutritional value per 100 g:

Energy:	300 kJ/71 kcal
Protein:	15.9 g
Carbohydrate:	0 g
Fat:	0,8 g
Salt:	0.17 g



BY APPOINTMENT TO THE ROYAL DANISH COURT

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Atlantic cod filet, skinless, boneless

Cod is one of the world's most popular edible fish due to its firm, white flesh. The meat is moist and flaky which makes it easy to prepare and include in a wealth of dishes. The flavor is mild and pleasant without being plain. Cod has a very low fat content compared to other sources of protein.

The cod filets are packed interleaved where the filets are separated by plastic sheets in a cardboard box.

Ingredients:

Cod filet (Gadus morhua) No skin or bones. FAO 21 or 27

Preparation:

Royal Greenland suggests that the fish is prepared at low temperature.

Steam in oven at 100-120°C to appropriate core temperature (55 - 75°C).

Weight per unit:

3 x 15 lbs

IQF Packaging:

8 cartons per EUR pallet layer
40 cartons per EUR pallet

Shelflife and storage:

24 months at -18°C.

Item: 130 552 000
Size: 8-16 oz

Item: 130 553 000
Size: 16-32 oz

Nutritional value per 100 g:

Energy:	300 kJ/71 kcal
Protein:	15.9 g
Carbohydrate:	0 g
Fat:	0,8 g
Salt:	0.17 g



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Redfish - J-cut

Frozen at sea

Greenlandic Redfish (*Sebastes marinus*) is a true Arctic delicacy. The meat has a pleasant sweet taste and a beautiful pink glow that will turn snow-white when prepared. Redfish is low in fat and a good source of selenium.

J-cut Redfish are gutted and cleansed of entrails right after catch, the head cut off in J-cut and the fish is fresh frozen. The fish is frozen in blocks and packed in protective carton.

Ingredients:

Redfish (*Sebastes marinus*) FAO 21

Language:

UK, DK, CHN

Packaging

Item.: 136 881 063, 136 882 063, 136 883 063, 136 885 063, 136 886 063:

23 kg block per carton
34 cartons per US pallet

Item.: 136 880 163, 136 884 063, 136 880 263:

23 kg block per carton
34 cartons per US pallet

Shelflife and storage:

24 months at -18°C.

Item.: 136 880 163
Size.: Industrial graded

Item.: 136 880 263
Size.: Industrial graded

Item.: 136 881 063
Size.: 0-150 g

Item.: 136 882 063
Size.: 150 - 300 g

Item.: 136 883 063
Size.: 300 - 500 g

Item.: 136 885 063
Size.: 500 - 700 g

Item.: 136 884 063,
Size.: 700 g +

Item.: 136 886 063
Size.: 700 g +

Nutritional value per 100 g:

Energy:	490 kJ/120 kcal
Protein:	19 g
Carbohydrate:	0 g
Fat:	4,5 g
Salt:	0.15 g





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Redfish, whole round (frozen at sea)

Greenlandic Redfish (*Sebastes marinus*) is a true Arctic delicacy. The meat has a pleasant sweet taste and a beautiful pink glow that will turn snow-white when prepared. Redfish is low in fat and a good source of selenium.

Whole round redfish is frozen at sea on board the catching vessel. Directly after catch it is frozen in blocks and packed in protective carton.

Ingredients:

Redfish (*Sebastes marinus*) FAO 27

Language:

UK, DK, CHN

Packaging

136 870 000, 136 871 000:

2 x 11 kg blocks

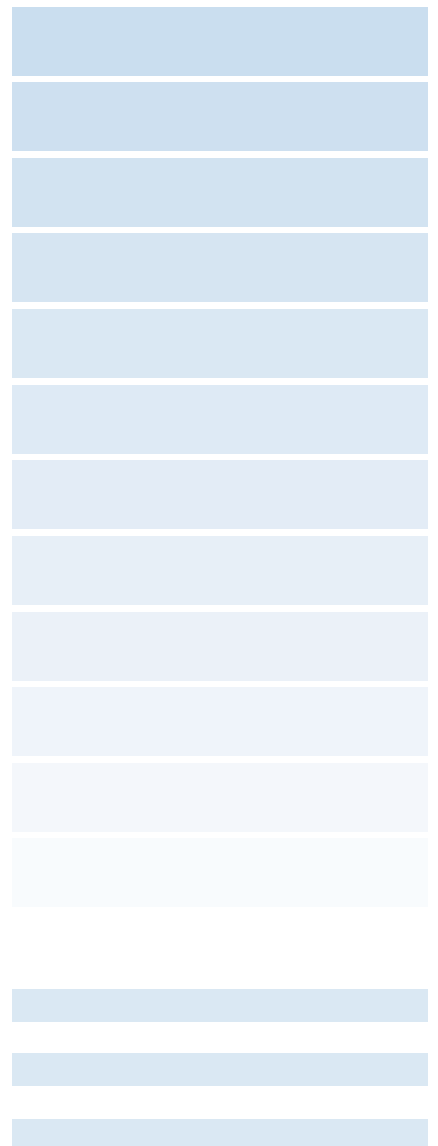
136872 000:

1 x 22 kg block

34 cartons per US pallet

Shelflife and storage:

24 months at -18°C.





BY APPOINTMENT TO THE ROYAL DANISH COURT

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Lumpfish, head-on, gutted

Item.: 182 000 530, block
Size.: Industrial graded

Greenlandic Lumpfish (*Cyclopterus lumpus*) is caught in the fjords and coastal areas along the Greenlandic West-coast in the spawning season. Lumpfish meat is white with a slightly gelatinous and watery consistency. Lumpfish is especially rich in iodine, selenium, potassium and omega-3.

The females are carefully cut along the side and emptied roe, and both males and females are gutted after catch. Lumpfish are frozen in block and packed in protective carton ideal for transportation.

Ingredients:

Lumpfish (*Cyclopterus lumpus*) FAO 21

Language:

UK, DK, CHN

Packaging

20 kg block per carton,
38 cartons per US pallet

Shelflife and storage:

24 months at -18°C.



Nutritional value per 100 g:

Energy:	692 kJ/165 kcal
Protein:	9.8 g
Carbohydrate:	0 g
Fat:	14.2 g
Salt:	0.3 g