
















# FISH & SEAFOOD

# SOURCING TRANSPARENCY 2020

	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 Wild Pink Salmon Fillets	✓	749	179	✓	10.1		1.2	Pacific Ocean	Wild
	Iceland 2 Pack Salmon Fillets	✓	880	211	✓	14.5		2.1	Atlantic - Scotland, Norway	Farmed
	Arctic Royal Salmon Fillets	✓	903	217	✓	15		1.3	Scotland, Norway	Farmed
	Iceland Atlantic Cod Fillets	✓	320	75	✓	0.6	✓	0.3	Atlantic, Northeast	Wild
	Arctic Royal Cod Loins	✓	343	82	✓	0.7	✓	0.4	Atlantic, Northeast & Pacific	Wild
	Iceland Haddock Fillets	✓	317	75	✓	0.4	✓	0.2	Atlantic, Northeast	Wild
	Iceland Smoked Haddock	✓	292	69	✓	0.3	✓	0.2	Atlantic, Northeast	Wild
	Iceland Tuna Steak	✓	454	107	✓	0.7	✓	0.2	Indian Ocean	Wild
	Iceland Seabass Fillets	✓	703	168	✓	9.8		0.7	Turkey	Farmed
	Arctic Royal Seabass Fillets	✓	716	172	✓	10.9		0.7	Aegean Sea	Farmed
	Iceland Rainbow Trout Fillets	✓	534	127	✓	5.3		0.6	Turkey	Farmed
	Iceland Mackerel Fillets	✓	1324	319	✓	26.3		2.6	Norwegian Sea, Scotland, Northern Ireland, North East Atlantic	Wild
	Iceland Whitefish Fillets (Pollock)	✓	305	72	✓	0.7	✓	Trace	Pacific, Northeast & Northwest	Wild
	Iceland Basa Fillets	✓	313	74	✓	1.6	✓	Trace	Vietnam	Farmed
	Iceland Hake Fillets	✓	387	92	✓	2.2	✓	0.5	Pacific, Northeast	Wild
	Arctic Royal Red Snapper Fillets	✓	716	172	✓	10.9		Trace	Pacific, Western Central	Wild
	Iceland North Atlantic Cooked Shell on Prawns	✓	385	91	✓	2.6	✓	0.3	Atlantic, Northwest & Northeast	Wild
	Iceland Cooked & Peeled North Atlantic Prawns	✓	241	57	✓	0.4	✓	Trace	Atlantic, Northwest & Northeast	Wild
	Iceland Large North Atlantic Prawns	✓	272	64	✓	0.6	✓	Trace	Atlantic, Northwest & Northeast	Wild
	Iceland Raw & Peeled King Prawns	✓	234	55	✓	0.5	✓	Trace	India & Vietnam	Farmed
	Iceland Whole Raw King Prawns	✓	325	77	✓	0.7	✓	Trace	Vietnam	Farmed
	Arctic Royal Jumbo King Prawns	✓	155	36	✓	0.8	✓	Trace	India	Farmed
	Iceland Red Shrimp	✓	443	105	✓	2.4	✓	0.4	Atlantic, Southwest	Wild
	Arctic Royal Extra Large Coldwater Prawns	✓	243	57	✓	0.4	✓	Trace	North Atlantic	Wild
	Arctic Royal Wild Red Shrimp	✓	206	46	✓	0.4	✓	0.4	Atlantic, Southwest	Wild
	Arctic Royal Luxury Crevettes	✓	380	91	✓	1.5	✓	0.3	South America, India & Asia	Farmed
Arctic Royal Black Tiger Prawns	✓	246	58	✓	0.2	✓	0.1	Vietnam	Farmed	
	Arctic Royal Extra Large Scallops	✓	163	39	✓	0.5	✓	Trace	Pacific, Northwest	Wild
	Iceland Luxury Lobster Tails	✓	309	73	✓	0.8	✓	0.2	Atlantic, Northwest	Wild
	Iceland 450g Fish Pie Mix	✓	248	59	✓	1.2	✓	\	Alaska Pollock: Pacific, North East & North West; Pink Salmon: Pacific, North East & North West; Smoked Coloured Pollock: Pacific, North East & North West	Wild
	Iceland 500g Cooked Seafood Mix	✓	374	88	✓	1.4	✓	\	Mussels: Chile; Squid: Western Indian Ocean & Eastern Indian Ocean; King Prawn: India & Vietnam	Mussels: Farmed; Squid: Wild; King Prawn: Farmed
	Arctic Royal Seafood Selection	✓	375	89	✓	1.6	✓	0.7	Prawns: India; Mussels: Pacific, Southeast; Squid: Indian Ocean, Western	Prawns: Farmed; Mussels: Farmed; Squid: Wild