

NORDIC  GROUP

LAKEFISH



Expanding upon our product portfolio in wild caught and farm raised ocean fish, Nordic Group has developed a fresh water Lakefish category. Our sourcing partnerships in Eastern Europe, Central Asia and North America offer a consistent supply of quality products to meet the demands of our customers. With our diverse sources of fresh water fish, we're able to deliver Fjord Fresh brand products in a range of species, forms and price points.



Wild Caught European Pike Perch, Zander and Lake Perch Fillets. Wild Caught North American Walleye, Yellow Perch, Bluegill.

www.nordicgroupusa.com

Nordic Group Code **Case Pack** **Description** **Unit Cost**



European Lakefish
Wild Caught

IQF PIKE PERCH Skin On Fillets PBI

N134000G	1/11 lbs.	2-4 oz.	\$/lb
N134100G	1/11 lbs.	4-6 oz.	\$/lb
N134200G	1/11 lbs.	6-8 oz.	\$/lb
N134300G	1/11 lbs.	8-10 oz.	\$/lb
N134400G	1/11 lbs.	10-12 oz.	\$/lb

IQF PIKE PERCH Skinless Fillets PBI

N131000G	1/11 lbs.	2-4 oz.	\$/lb
N131100G	1/11 lbs.	4-6 oz.	\$/lb
N131200G	1/11 lbs.	6-8 oz.	\$/lb
N131300G	1/11 lbs.	8-10 oz.	\$/lb
N131400G	1/11 lbs.	10-12 oz.	\$/lb

IQF ZANDER Skin On PBI

N134600G	1/11 lbs.	10-20 g	\$/lb
N134700G	1/11 lbs.	20-40 g	\$/lb
N134800G	1/11 lbs.	40-60 g	\$/lb
N134900G	1/11 lbs.	60-80 g	\$/lb

IQF LAKE PERCH Skin On Fillets PBI

N134B00G	1/11 lbs.	20-40 g	\$/lb
N134C00G	1/11 lbs.	40-60 g	\$/lb

Nordic Group Code **Case Pack** **Description** **Unit Cost**



North American Lakefish
Wild Caught

IQF WALLEYE Skin On Fillets PBI

O13CS00G	1/11 lbs.	2-4 oz.	\$/lb
O13ET00G	1/11 lbs.	4-6 oz.	\$/lb
O13EU00G	1/11 lbs.	6-8 oz.	\$/lb
O13EV00G	1/11 lbs.	8-10 oz.	\$/lb
O13EW00G	1/11 lbs.	10-12 oz.	\$/lb

IQF YELLOW PERCH Skin On Fillets PBI

O137000G	1/11 lbs.	Medium Splits	\$/lb
O137100G	1/11 lbs.	Large Splits	\$/lb
O135010G	1/11 lbs.	Medium Butterfly	\$/lb
O135020G	1/11 lbs.	Large Butterfly	\$/lb

IQF BLUEGILL Skin On PBI

O130070G	1/11 lbs.		\$/lb
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Pikeperch/Zander, Raw

NUTRITION FACTS Serving Size: 4 oz. **Calories** 100, Fat Calories 20. **Total Fat** 2g (3% DV). Saturated Fat 0 g. Trans Fat 0 g (0% DV). **Cholesterol** 95 mg (32% DV) **Sodium** 55mg (3% DV). Potassium 0g. **Total Carbohydrates** 0 g. Sugars 0 g. Dietary Fiber 0 g. **Protein** 21 g (42% DV), Vitamin A <2% DV. Vitamin C <2% DV. Calcium <2% DV. Iron <2% DV. Percent Daily Values are based on a 2000 calorie diet.

Walleye, Raw

NUTRITION FACTS Serving Size: 4 oz. **Calories** 100, Fat Calories 20. **Total Fat** 2 g (3% DV). Saturated Fat 0 g. Trans Fat 0 g (0% DV). Cholesterol 95 mg (32% DV) Sodium 55mg (2% DV). **Total Carbohydrates** 0 g. Sugars 0 g. Dietary Fiber 0 g. **Protein** 21 g (42% DV), Vitamin A <2% DV. Vitamin C <2% DV. Calcium 10% DV. Iron 8% DV. Percent Daily Values are based on a 2000 calorie diet.

Yellow Perch, Raw

NUTRITION FACTS Serving Size: 4 oz. **Calories** 100, Fat Calories 20. **Total Fat** 1g (1.5% DV). Saturated Fat 0 g. Trans Fat 0 g (0% DV). Cholesterol 100 mg (33% DV) Sodium 75mg (3% DV). Potassium 0g. **Total Carbohydrates** 0 g. Sugars 0 g. Dietary Fiber 0 g. **Protein** 22 g (44% DV), Vitamin A <2% DV. Vitamin C <2% DV. Calcium 8% DV. Iron 6% DV. Percent Daily Values are based on a 2000 calorie diet.

For additional Lakefish Nutritional Information, go to www.nordicgroupusa.com.