



Product catalogue



NEPTUN®

Your portion of taste



Naturally contains
OMEGA₃

Contamination, GMO and industrial production stress the link between our diet, health and well-being. Active eating style goes beyond satisfying hunger, it is a holistic activity, affecting your body and mind. Developing healthy eating habits is the best way you to take good care of yourself and your family.

NEPTUN – A TASTY FISH SNACK ANY TIME OF THE DAY

In response to the needs of our consumers and their habits of eating smaller and more frequent meals Neptun launches new products prepared according to improved recipes, coming in new combinations and made from new sauce ingredients, based on top quality fish meat and vegetables, with no preservatives.

The offer of delicious and nutritious Neptun fish snacks includes the following:



- **A wide range of meals for different time of the day** including the following groups of fish species:
 - Tuna
 - Salmon
 - Mackerel
 - Herring
 - Sprats

- **Various flavours** in the form of fish and vegetable salads as well as classic snacks in the form of appetizing fillets and whole fish headed and gutted



At ANY TIME
OF THE DAY



- **Healthy and handy form of a meal** providing all the necessary and indispensable nutrients such as:
 - OMEGA3
 - Protein
 - Iron



At HOME
At WORK
In MOTION



- **The meal includes no chemical preservatives** and thus protects our organism from the influence of toxic chemicals and provides everything that is best from the nature.

NEPTUN[®]

Your portion of taste



Naturally contains

OMEGA₃

The trademark in the shape of a heart divided into 4 elements is an icon of the new identity of Neptun brand responding to various health needs of consumers. It constitutes a unique symbol of complex benefit provided by Neptun products – **'Your portion of taste'**. It is confirmed by natural nutritious values of our products including as follows:

OMEGA₃ - Polyunsaturated acids prevent tumours, improve association skills and memory by means of increasing the grey matter in the brain, have positive effect on the eye's retina preventing eye diseases and influence the circulatory system by lowering the level of bad cholesterol. In addition they increase the level of serotonin and thus have positive effect on our mood (they act as antidepressants and protect against civilisation diseases!). They also support the development of a foetus and a baby as well as reduce the risk of arrhythmia.

IRON - Iron included in fish is easily absorbed by human organism and thus this basic ingredient of red blood cells has considerable effect of reducing the risk of circulatory system diseases. It is a mineral ingredient indispensable for our living.

PROTEIN - Fish meat contains a wide range of essential amino acids and is highly nutritious as well as incomparably the healthiest source of all protein substances necessary for people. They constitute a basic construction material of all organism tissues and are included in numerous chemical compounds regulating its metabolic and defensive functions.

NO CHEMICAL PRESERVATIVES - Our fish products are free of any preservatives. It is a guarantee of their health values.



SARDINES IN VEGETABLE OIL

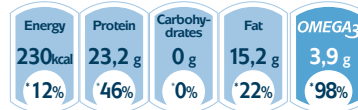
Snack inspirations:

Crunchy wheat toast, fine meat of Sardines In Vegetable Oil, parsley and green olives.



07:00 a.m.
Jump in the smooth lagoon in the morning
Nutritious snack for intensive day at work

100g of the product provides:



*% Guideline Daily Amount for an adult

Net weight: 125 g
Meat weight: 88 g
EAN 5900653080938

Easy open package



SARDINES IN TOMATO CREAM

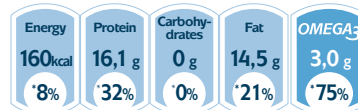
Snack inspirations:

Crunchy wheat toast, fine meat of Sardines In Tomato Cream, with a hint of basil



08:00 p.m.
Natural energy booster
Light and nutritious snack to come back into play after a tennis match

100g of the product provides:



*% Guideline Daily Amount for an adult

Net weight: 125 g
Meat weight: 82 g
EAN 5900653080945

Easy open package



TUNA CHUNKS IN VEGETABLE OIL

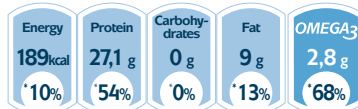
Snack inspirations:

A cracker or ciabatta roll at the bottom. Big Neptun Tuna Chunks In Light Oil seasoned with green olives and capers.



08:00 p.m.
A party at home
For each planned and unexpected visit

100g of the product provides:



*% Guideline Daily Amount for an adult

Net weight: 170 g
Meat weight: 120 g
EAN 5900653080167



TUNA CHUNKS IN OWN BRINE

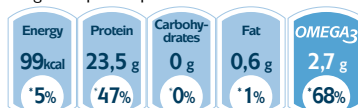
Snack inspirations:

Big Neptun Tuna Chunks In Own Brine are a perfect match for rye crackers seasoned with fresh sprouts and diced cucumber.



10:00 p.m.
A party at home, no food left
An easy and quick snack that will certainly surprise all guests with its subtlety

100g of the product provides:



*% Guideline Daily Amount for an adult

Net weight: 170 g
Meat weight: 120 g
EAN 5900653080174

COD LIVERS IN OWN FAT

Snack inspirations:

Crispy wheat toast, meaty Cod Livers, olives, with a touch of fresh basil

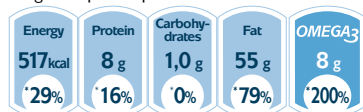


09:00 a.m.
Elevenses at work



An energy and OMEGA3 boost for a hard day's work

100g of the product provides:



*% Guideline Daily Amount for an adult

Net weight: 120 g
Meat weight: 60 g
EAN 5900653080921

Easy open package



SPICY MACKEREL SALAD

Snack inspirations:

Slice bread roll, top with Neptun Spicy Mackerel Salad, add some diced aromatic radish and sprinkle with parsley. Savour this spring snack

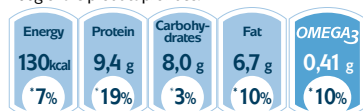


08:00 a.m.
A little something just for you



An ideal afternoon snack

100g of the product provides:



*% Guideline Daily Amount for an adult

Net weight: 110 g
EAN 5900653080891



FISH SPREAD WITH RICE ROYAL STYLE

Snack inspirations:

Take delight in a snack with the Neptun. Goes perfectly with abaguette, olives, a leaf of Italian lettuce.

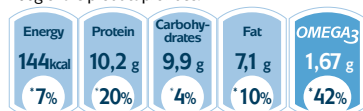


07:00 a.m.
In the morning sun



Planning your daily activities

100g of the product provides:



*% Guideline Daily Amount for an adult

Net weight: 160 g
EAN 5900653080501



WINTER SPRATS – SMOKED SPRATS IN OIL

Snack inspirations:

A baguette with crispy crust, Neptun Winter Sprats – Smoked Sprats In Oil decorated with a leaf of fresh and aromatic basil.

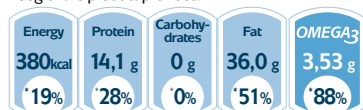


07:00 a.m.
After waking up when your wife has gone to SPA



Quick energy resource at the end of renovation works before your sweetheart comes home.

100g of the product provides:



*% Guideline Daily Amount for an adult

Net weight: 110 g
Meat weight: 66 g
EAN 5900653080082





TUNA SALAD MEXICAN STYLE

Snack inspirations:

Pour Neptun Tuna Salad Mexican Style out into a bowl, you can improve the natural flavour of vegetables and sauce with a pinch of fresh parsley leaves.



07:00 a.m.
Energetic portion for an intensive day



A nutritious ready made salad even when you are pressed for time

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA ₃
111kcal	7,4 g	9,6 g	4,8 g	0,32 g
*6%	*15%	*4%	*7%	*8%

*% Guideline Daily Amount for an adult

Net weight: 160 g

EAN 5900653080129

Easy open package

TUNA SALAD ITALIAN STYLE

Snack inspirations:

Put Neptun Tuna Salad Italian Style on pieces of a crispy French baguette and sprinkle them with light leaves of rucola lettuce.



01:00 p.m.
Pleasant relaxation, a lunch with a friend in the park



A balanced meal and energy for the rest of the day

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA ₃
113kcal	8,4 g	6,7 g	5,8 g	0,41 g
*6%	*17%	*2%	*8%	*10%

*% Guideline Daily Amount for an adult

Net weight: 160 g

EAN 5900653080136

Easy open package



TUNA SALAD NICEAN STYLE

Snack inspirations:

Open Neptun Tuna Salad Nicean Style and dip natural corn nachos in it. Snack till you are full.



05:00 p.m.
A light meal just before spinning



Natural energy before intensive training

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA ₃
114kcal	8,6 g	7,8 g	5,4 g	0,37 g
*6%	*17%	*3%	*8%	*9%

*% Guideline Daily Amount for an adult

Net weight: 160 g

EAN 5900653080143

Easy open package



SALMON SALAD MEXICAN STYLE

Snack inspirations:

Arrange Neptun Salmon Salad Mexican Style on crispy toasts, sprinkle them with fresh parsley leaves and enjoy this excellent guacamole



07:00 a.m.
Perfect early in the morning



Energy and vitality necessary for fun with children

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA ₃
131 kcal	8,5 g	8,7 g	6,9 g	0,69 g
*7%	*17%	*3%	*10%	*17%

*% Guideline Daily Amount for an adult

Net weight: 160 g
EAN 5900653080099

Easy open package

SALMON SALAD ITALIAN STYLE

Snack inspirations:

Try Neptun Salmon Salad Italian Style with various additions, decorate as you wish and experiment, nothing is more pleasant for the eye than a green addition on the top.



06:00 p.m.
House duties in the meantime



While rummaging around the internet, paying bills or looking for some interesting facts

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA ₃
116 kcal	7,8 g	6,5 g	6,6 g	0,66 g
*6%	*16%	*2%	*9%	*17%

*% Guideline Daily Amount for an adult

Net weight: 160 g
EAN 5900653080112

Easy open package



SALMON SALAD NICEAN STYLE

Snack inspirations:

Prepare a handful of herbs and spices, decorate Neptun Salmon Salad Nicean Style with green parsley leaves, estragon, basil or sprouts.



09:00 p.m.
On the sofa, sunk in pillows



Deep breaths and peace of mind always with good literature

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA ₃
131 kcal	8,5 g	9,4 g	6,6 g	0,65 g
*7%	*17%	*3%	*9%	*16%

*% Guideline Daily Amount for an adult

Net weight: 160 g
EAN 5900653080105

Easy open package



MACKEREL FILLETS IN GOLDEN OIL

Snack inspirations:

A crispy seven corn baguette, a leaf of lettuce, Neptun Mackerel Fillets In Golden Oil, some yellow or red pepper, don't forget about some fresh basil



06:00 p.m.
During a breather



Quick energy supplement after an exhausting day

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA3
375kcal	13,6 g	0 g	35,6 g	4,7 g
*19%	*27%	*0%	*51%	*118%

Net weight: 170 g
Meat weight: 102 g
EAN 5900653080020

*% Guideline Daily Amount for an adult



Snack inspirations:

Crackers, Neptun Mackerel Fillets In Golden Oil, fresh and fragrant green peppers in slices. Decorate with an olive and sprinkle with basil



02:00 p.m.
During a breather



An easy way to renewed energy and vigour

Net weight: 110 g
Meat weight: 60 g
EAN 5900653080464



MACKEREL FILLETS IN TOMATO CREAM

Snack inspirations:

Wholemeal bread, a leaf of here lettuce, Neptun Mackerel Fillets In Tomato Cream, ground black pepper and a cocktail tomato as an addition



08:00 p.m.
In the evening just before the TV series



As a good end of a day, after a game of squash with your friends

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA3
210kcal	12,5 g	4,2 g	15,9 g	3,01 g
*11%	*25%	*2%	*23%	*75%

Net weight: 170 g
Meat weight: 85 g
EAN 5900653080037

*% Guideline Daily Amount for an adult



Snack inspirations:

Put Neptun Mackerel Fillets In Tomato Cream next to fresh tomatoes, sprinkle them with grounded pepper, prepare a crispy toast. A lettuce leaf and go ahead with your snack.



6:00 p.m.
When you plan your evening at home



Get energetic before an evening outing

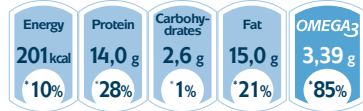
Net weight: 110 g
Meat weight: 55 g
EAN 5900653080457

MACKEREL IN TOMATO SAUCE

Snack inspirations:

Prepare four crunchy toasts, put with Neptun Mackerel In Tomato Sauce on top, garnish with green sprouts and chive. Season with freshly ground pepper.

100g of the product provides:



*% Guideline Daily Amount for an adult



05:00 p.m.
The first snack back home



A fast snack when no power for cooking



Net weight: 300 g
Meat weight: 150 g
EAN 5900653080570

Snack inspirations:

An excellent sandwich with pumpkin grains, covered with aromatic ice lettuce and Neptun Mackerel In Tomato Sauce



07:00 a.m.
To welcome a brand new day



A boost of energy for a good start

Net weight: 160 g
Meat weight: 80 g
EAN 5900653080846

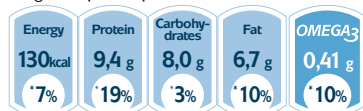


SPICY MACKEREL SALAD

Snack inspirations:

A large crackers, Neptun Spicy Mackerel Salad, grated cheese, basil or parsley and a pinch of pepper

100g of the product provides:



*% Guideline Daily Amount for an adult



11:00 a.m.
Your first snack at work, while reading a magazine



Get energetic, don't get distracted

Net weight: 160 g
EAN 5900653080150

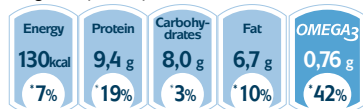


SPICY MACKEREL SALAD

Snack inspirations:

Top your white bread with the Neptun Spicy Mackerel Salad, add a slice of ripe tomato and cheese. Garnish this excellent snack with a basil sprig

100g of the product provides:



*% Guideline Daily Amount for an adult



06:00 p.m.
During a meeting with your friends



To keep your hunger under control during a heated discussion

Net weight: 140 g
EAN 5900653080877





HERRING FILLETS IN TOMATO CREAM

Snack inspirations:

Wholemeal bread, Neptun Herring Fillets In Tomato Cream, Finley chopped white onions, a dash of pepper, a black olive and a sprig of fresh basil



06:00 p.m.
Afternoon relaxation in armchair



Watch your favourite TV series

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA ₃
252kcal	13,3 g	4,1 g	20,3 g	3,57 g
*13%	*27%	*2%	*29%	*89%

*% Guideline Daily Amount for an adult

Net weight: 170 g
Meat weight: 85 g
EAN 5900653080013



Snack inspirations:

Aromatic, fresh wholemeal bread, Neptun Herring Fillets In Tomato Cream, a leaf of lettuce, basil and parsley for decoration



06:00 a.m.
Breakfast is a must



To start a long and exciting day

Net weight: 110 g
Meat weight: 55 g
EAN 5900653080471



HERRING FILLETS IN GOLDEN OIL

Snack inspirations:

A crispy baguette from a local Betty's shop, Neptun Herring Fillets In Golden Oil, fresh spring onion, one black olive and a pinch of green dill on the top



07:00 a.m.
A coffee and breakfast with James in the canteen



An excellent and nutritious meal for a long and exhausting day

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA ₃
414kcal	14,7 g	0 g	39,5 g	4,91 g
*21%	*29%	*0%	*56%	*123%

*% Guideline Daily Amount for an adult

Net weight: 170 g
Meat weight: 102 g
EAN 5900653080006



Snack inspirations:

Arrange Neptun Herring Fillets In Golden Oil on your plate, drizzle fresh of lemon juice. Add sliced green olives



12:00 a.m.
Two more hours until lunch time



Recharge your batteries in high noon

Net weight: 110 g
Meat weight: 66 g
EAN 5900653080488

HERRING IN OIL GDAŃSK STYLE

Snack inspirations:

Arrange Neptun Herring In Oil Gdańsk Style on a plate, sprinkle it with oil, you can add some lemon juice and do not forget about some parsley leaves.



11:00 a.m.
Second breakfast, memories of holiday at the Baltic Sea



Whenever you feel like a snack before lunch.

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA ₃
287 kcal	13,7 g	0 g	25,8 g	2,92 g
14%	28%	0%	37%	73%

*% Guideline Daily Amount for an adult

Net weight: 170 g
Meat weight: 102 g
EAN 5900653080044



HERRING IN TOMATO SAUCE

Snack inspirations:

Neptun Herring In Tomato Sauce in the company of fresh cherry tomatoes, sprinkled with a combination of herbs to your liking. Change the herb composition to find your favourite flavour



04:00 p.m.
After work, at home



Discovering new worlds on your plate and relaxing after a hard day

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA ₃
102 kcal	12,4 g	5,8 g	8,4 g	1,84 g
5%	25%	2%	12%	46%

*% Guideline Daily Amount for an adult

Net weight: 300 g
Meat weight: 150 g
EAN 5900653080556



HERRING IN TOMATO SAUCE

Snack inspirations:

Fresh, aromatic and ripe tomatoes, Neptun Herring In Tomato Sauce, fresh basil and a pinch of pepper to season the meal to taste



02:00 p.m.
A nutritious snack on a picnic surrounded by nature and sun.



An excellent choice to supplement energy after a game of volleyball.

Net weight: 170 g
Meat weight: 85 g
EAN 5900653080051





SPRATS IN TOMATO SAUCE

Snack inspirations:

A slice of Polish bread, Neptun Sprats in Tomato Sauce, seasoned with black or red pepper and basil



08:00 p.m.

To start a very good evening

A little something will put you in good mood mind before a date

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA3
252kcal	13,3 g	4,1 g	20,3 g	2,46 g
13%	27%	2%	29%	61%

*% Guideline Daily Amount for an adult

Net weight: 300 g

Meat weight: 150 g

EAN 5900653080563



SPRATS IN TOMATO SAUCE

Snack inspirations:

A slice of light Polish bread, Neptun Sprats In Tomato Sauce, spiced with a pinch of pepper (black or red), basil.



08:00 p.m.

As a prelude to a sophisticated evening.

A small meal and a bright mid before a date.

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA3
252kcal	13,3 g	4,1 g	20,3 g	2,46 g
13%	27%	2%	29%	61%

*% Guideline Daily Amount for an adult

Net weight: 170 g

Meat weight: 85 g

EAN 5900653080075



SPRATS IN TOMATO SAUCE

Snack inspirations:

Add Neptun Sprats In Tomato Sauce to a crispy baguette, as well as chili, pepper, and garnish your snack with green parsley



08:00 a.m.

A little snack to get ready for a trip

Vitality for you and your family

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA3
252kcal	13,3 g	4,1 g	20,3 g	2,46 g
13%	27%	2%	29%	61%

*% Guideline Daily Amount for an adult

Net weight: 110 g

Meat weight: 55 g

EAN 5900653080914



SPRATS IN OIL "KARO"

Snack inspirations:

Crispy bread, Neptun Sprats In Oil "Karo" with some peas and carrot, parsley leaves, you can sprinkle it with some fresh lemon juice.



02:00 p.m.
A break from work, choosing a car for mark



During a casual chat with your workmates

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA3
272kcal	12,2g	0,5 g	25,1 g	2,74 g
*14%	*24%	*0%	*36%	*69%

*% Guideline Daily Amount for an adult

Net weight: 170 g

Meat weight: 85 g

EAN 5900653080068

SPRATS IN SCANDINAVIAN STYLE

Snack inspirations:

Neptun Sprats In Scandinavian Style, crispy garlic bread, basil and the aroma of freshly grounded pepper and clove



08:00 a.m.
A Little snack to get ready for a trip



Vitality for you and your family

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA3
165kcal	13,2g	6,1 g	9,7 g	1,29 g
*8%	*27%	*3%	*14%	*32%

*% Guideline Daily Amount for an adult

Net weight: 110 g

Meat weight: 55 g

EAN 5900653080495





FISH SPREAD WITH RICE

Snack inspirations:

Put Neptun Fish Spread With Rice on a crispy roll, top it with two olives, sliced tomato, season with black pepper, red pepper and chili



07:00 p.m.
Energy booster for evening
Excellent snack for whole family

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA3
109kcal	8,0 g	7,7 g	5,1 g	0,97 g
5%	16%	3%	7%	24%

Net weight: 330 g

EAN 5900653080525

*% Guideline Daily Amount for an adult

FISH SPREAD WITH RICE

Snack inspirations:

A slice of fresh white bread, Neptun Fish Spread With Rice, a sprig of parsley and a pinch of black pepper



02:00 p.m.
A lunch in the early afternoon
To tackle your next project

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA3
109kcal	8,0 g	7,7 g	5,1 g	0,97 g
5%	16%	3%	7%	24%

Net weight: 300 g

EAN 5900653080518

*% Guideline Daily Amount for an adult



FISH SPREAD WITH RICE

Snack inspirations:

Combine Neptun Fish Spread With Rice with a Poznan roll, fresh red peppers and a tomato. Garnish with an aromatic parsley sprig and dill



10:00 a.m.
Hunger strikes you
To get your energy back at the building site

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA3
109kcal	8,0 g	7,7 g	5,1 g	0,97 g
5%	16%	3%	7%	24%

Net weight: 140 g

EAN 5900653080860

*% Guideline Daily Amount for an adult



FRESH WATER FISH IN TOMATO SAUCE

Snack inspirations:

Put Fresh Water Fish on your plate and pour tomato sauce over them. Add a composition of herbs starring pepper and garlic, decorate with vibrant green parsley.



11:00 a.m.
Prime time for collecting your thoughts



Before you plunge headlong into work

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA3
131 kcal	12,2 g	4,4 g	7,2 g	0,89 g
7%	24%	2%	10%	22%

*% Guideline Daily Amount for an adult

Net weight: 300 g
Meat weight: 150 g
EAN 5900653080532



COD IN TOMATO SAUCE

Snack inspirations:

The majesty of Neptun Cod In Tomato Sauce highlighted by a slice of onions, freshly diced green peppers, a pinch of chili and grounded black pepper to crown it



05:00 p.m.
An afternoon chillout, with a newspaper in your hand



A relaxing meal

100g of the product provides:

Energy	Protein	Carbohydrates	Fat	OMEGA3
113 kcal	14,5 g	4,5 g	4,1 g	0,6 g
6%	29%	2%	6%	15%

*% Guideline Daily Amount for an adult

Net weight: 300 g
Meat weight: 150 g
EAN 5900653080549

The company's seat



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Learn what is the most valuable in fish.
Create a perfect diet including Neptun snacks.
Calculate BMI and GDA most favourable to your well-being.



At the times of relaxation and after working hours
discover the underwater world of Neptun.
The characters will provide you
with interesting facts on health and smile.

NEPTUN[®]

Your portion of taste



Naturally contains

OMEGA₃