



NORTH ATLANTIC MACKERELS

**assortment
skinless & chemical free**

Scomber Scombrus
mackerel fillets

STANDARD VARIETIES

- OLIVE OIL
- SUNFLOWER OIL
- RAPSEED OIL
- BRINE
- TOMATO (3 VARIETIES)

MACKEREL MIX (SCOMBER MIX)

- CLASSIC
- MEDITERRANEAN

SPECIAL VARIETIES

• MEDITERRANEAN

- ESCABECHE SAUCE
- A LA CATALAN
- SMOKEHOUSE
SALSA
- LEMON OIL WITH
BLACK PEPPER

• ASIA

- TERIYAKI
SAUCE
- THAI GREEN
CURRY
- TIKKA MASALA
- SWEET & SOUR
- HOT CHILI
- SPICY WITH
CHILI

• MEXICAN

- MEXICAN
SAUCE
- BRAZILIAN
SAUCE
- TEXAS BBQ

STANDARD
VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillets

in **OLIVE OIL**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*)
72%, olive oil, water, salt

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	1134 kJ / 273 kcal
Fat	21 g
of which saturates	3,9 g
• monounsaturates	11,1 g
• polyunsaturates	4,9 g
Carbohydrate	<0,5 g
of which sugars	0 g
Fibre	0 g
Protein	21 g
Salt	0,67 g
Omega 3 pr. 100 g (drained)	3,1 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium



STANDARD
VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillets

in **SUNFLOWER OIL**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*)

72%, sunflower oil, water, salt

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	1154 kJ / 278 kcal
Fat	22 g
of which saturates	3,7 g
• monounsaturates	6,5 g
• polyunsaturates	9,3 g
Carbohydrate	<0,5 g
of which sugars	0 g
Fibre	0 g
Protein	20 g
Salt	0,71 g
Omega 3 pr. 100 g (drained)	2,8 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium



STANDARD
VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillets

in **RAPSEED OIL**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*)
72%, rapeseed oil, water, salt

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	1077 kJ / 259 kcal
Fat	19 g
of which saturates	3,1 g
• monounsaturates	8,9 g
• polyunsaturates	5,3 g
Carbohydrate	<0,5 g
of which sugars	0 g
Fibre	0 g
Protein	22 g
Salt	0,98 g
Omega 3 pr. 100 g (drained)	3,3 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium



STANDARD
VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillets

in **BRINE**



INGREDIENTS

Mackerel fillets 72% (*Scomber Scombrus*), water, salt

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	949 kJ / 228 kcal
Fat	16 g
of which saturates	3,4 g
• monounsaturates	6,0 g
• polyunsaturates	4,2 g
Carbohydrate	<0,5 g
of which sugars	0 g
Fibre	0 g
Protein	21 g
Salt	0,58 g
Omega 3 pr. 100 g (drained)	3,6 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium



STANDARD
VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillets

in **TOMATO**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*) 64%,
tomato paste, water

No artificial additives

3 varieties possible (standard, sweet, spicy)

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	656 kJ / 157 kcal
Fat	10 g
of which saturates	2,2 g
• monounsaturates	- g
• polyunsaturates	- g
Carbohydrate	2,8 g
of which sugars	1,9 g
Fibre	0 g
Protein	14 g
Salt	0,82 g
Omega 3 pr. 100 g	2,2 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium





NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillet pieces

in **CLASSIC**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*) 50%, water, tomato paste, vegetables (pickled cucumber and pickled red bell pepper), sugar, rapeseed oil, starch, salt, vinegar

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	701 kJ / 168 kcal
Fat	11 g
<i>of which saturates</i>	2,5 g
• <i>monounsaturates</i>	- g
• <i>polyunsaturates</i>	- g
Carbohydrate	5,3 g
<i>of which sugars</i>	3,4 g
Fibre	- g
Protein	12 g
Salt	0,98 g
Omega 3 pr. 100 g	3,4 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium





NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillet pieces

in **MEDITERRANEAN**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*) 43%, water, tomato paste, vegetables (black olives and tomato bits), sugar, spice mix, rapeseed oil, starch, salt, vinegar

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	706 kJ / 169 kcal
Fat	11 g
<i>of which saturates</i>	2,5 g
• <i>monounsaturates</i>	- g
• <i>polyunsaturates</i>	- g
Carbohydrate	7,6 g
<i>of which sugars</i>	4,6 g
Fibre	- g
Protein	10 g
Salt	1,3 g
Omega 3 pr. 100 g	3,0 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium



SPECIAL VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillets

in **ESCABECHE SAUCE**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*) 56%, water, sunflower oil, vinegar, sauce escabeche mix, tomato paste, onion and parsley mix, paprika oleoresin

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	-
Fat	-
of which saturates	-
• monounsaturates	-
• polyunsaturates	-
Carbohydrate	-
of which sugars	-
Fibre	-
Protein	-
Salt	-
Omega 3 pr. 100 g	-

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium

SPECIAL
VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus
mackerel fillets

in **A LA CATALANE**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*) 56%,
water, tomato paste, Catalane spice mix,
rapeseed oil, vinegar

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	-
Fat	-
of which saturates	-
• monounsaturates	-
• polyunsaturates	-
Carbohydrate	-
of which sugars	-
Fibre	-
Protein	-
Salt	-
Omega 3 pr. 100 g	-

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium

SPECIAL
VARIETIES



NORTH ATLANTIC MACKERELS

in

SMOKEHOUSE SALSA

skinless & chemical-free

Scomber Scombrus

mackerel fillets



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*)
56%, water, salsa fine mix, tomato
paste, salsa coarse mix, vinegar

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	686 kJ / 164 kcal
Fat	9,3 g
of which saturates	2,0 g
• monounsaturates	- g
• polyunsaturates	- g
Carbohydrate	7,1 g
of which sugars	3,3 g
Fibre	- g
Protein	13 g
Salt	0,79 g
Omega 3 pr. 100 g	1,9 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium

SPECIAL VARIETIES



NORTH ATLANTIC MACKERELS

in **LEMON OIL WITH BLACK PEPPER**

skinless & chemical-free

Scomber Scombrus

mackerel fillets



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*)
64%, rapeseed oil, water, crushed black pepper, salt, lemon oil

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	1207 kJ / 289 kcal
Fat	23 g
of which saturates	3,6 g
• monounsaturates	11 g
• polyunsaturates	7,2 g
Carbohydrate	<0,5 g
of which sugars	<0,5g
Fibre	1,0 g
Protein	20 g
Salt	1,1 g
Omega 3 pr. 100 g (drained)	4,5 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium



SPECIAL
VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillets

in **TERIYAKI SAUCE**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*)
56%, water, soy sauce, sugar, syrup,
salt, starch

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	-
Fat	-
of which saturates	-
• monounsaturates	-
• polyunsaturates	-
Carbohydrate	-
of which sugars	-
Fibre	-
Protein	-
Salt	-
Omega 3 pr. 100 g	-

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium

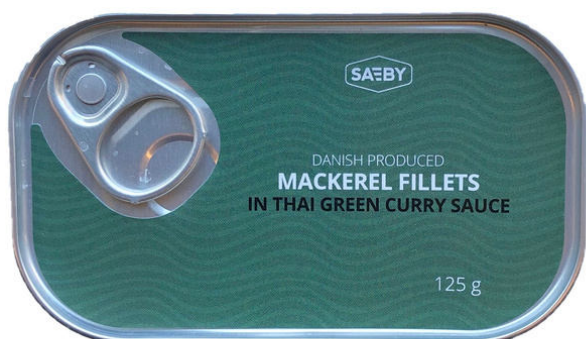


SPECIAL VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free
Scomber Scombrus
mackerel fillets
in **THAI GREEN CURRY**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*) 56%, water, sunflower oil, curry komplet mix, vinegar, curry coarse mix

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	-
Fat	-
of which saturates	-
• monounsaturates	-
• polyunsaturates	-
Carbohydrate	-
of which sugars	-
Fibre	-
Protein	-
Salt	-
Omega 3 pr. 100 g	-

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium



SPECIAL
VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus
mackerel fillets

in **TIKKA MASALA**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*) 56%,
water, tomato paste, Bengal spice mix, vinegar,
cilantro leaves, ginger

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	-
Fat	-
of which saturates	-
• monounsaturates	-
• polyunsaturates	-
Carbohydrate	-
of which sugars	-
Fibre	-
Protein	-
Salt	-
Omega 3 pr. 100 g	-

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium



SPECIAL VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillets

in **SWEET & SOUR**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*) 56%, water, sweet and sour mix, tomato paste, white wine vinegar

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	-
Fat	-
of which saturates	-
• monounsaturates	-
• polyunsaturates	-
Carbohydrate	-
of which sugars	-
Fibre	-
Protein	-
Salt	-
Omega 3 pr. 100 g	-

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium

SPECIAL
VARIETIES



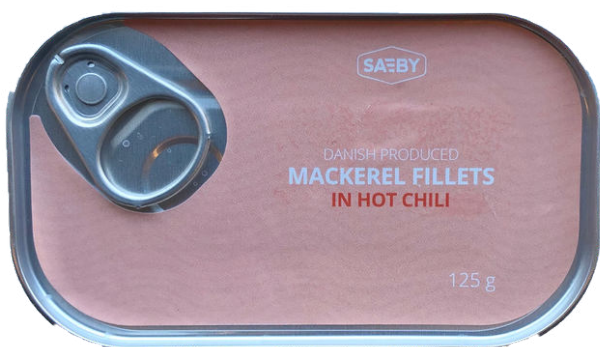
NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillets

in **HOT CHILI**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*)
70,4%, rapeseed oil, water, vinegar,
salt, marinade flavoring natural

No artificial additives

WEIGHT

- Net weight: 125 g



BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	1468 kJ / 355 kcal
Fat	33 g
of which saturates	3,7 g
• monounsaturates	17 g
• polyunsaturates	9,2 g
Carbohydrate	2,0 g
of which sugars	0 g
Fibre	0 g
Protein	13 g
Salt	0,72 g
Omega 3 pr. 100 g	4,3 g



HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium

SPECIAL
VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus
mackerel fillets

in **SPICY WITH CHILI**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*)
64%, water, tomato paste, sugar,
vinegar, spicy mix, salt, chili pepper

No artificial additives

WEIGHT

- Net weight: 125 g



BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	671 kJ / 160 kcal
Fat	8,8 g
of which saturates	2,3 g
• monounsaturates	2,5 g
• polyunsaturates	3,2 g
Carbohydrate	9,3 g
of which sugars	5,8 g
Fibre	0 g
Protein	11 g
Salt	1,2 g
Omega 3 pr. 100 g	2,8 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium



SPECIAL
VARIETIES



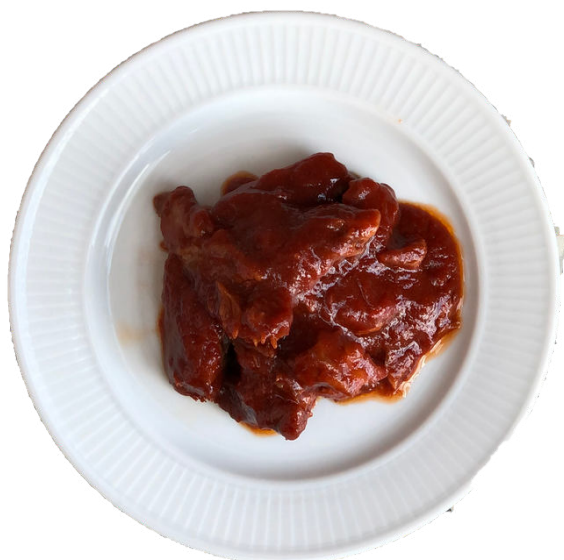
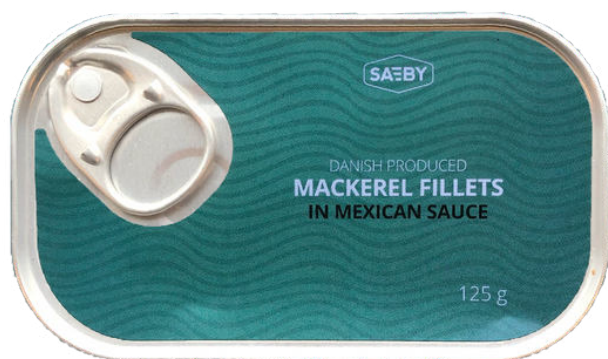
NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillets

in **MEXICAN SAUCE**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*) 56%, water, chipotle sauce k mix, tomato paste, vinegar

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	798 kJ / 191 kcal
Fat	11 g
of which saturates	2,2 g
• monounsaturates	- g
• polyunsaturates	- g
Carbohydrate	12 g
of which sugars	12 g
Fibre	-0 g
Protein	11 g
Salt	1,4 g
Omega 3 pr. 100 g	3,2 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium

SPECIAL
VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus

mackerel fillets

in **BRAZILIAN SAUCE**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*) 56%, water, Brazilian spice mix, pineapple concentrat, vinegar, Brazilian coarse mix, rapeseed oil, lime juice

No artificial additives

WEIGHT

- Net weight: 125 g

BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	781 kJ / 187 kcal
Fat	11 g
of which saturates	2,1 g
• monounsaturates	- g
• polyunsaturates	- g
Carbohydrate	9,0 g
of which sugars	4,1 g
Fibre	- g
Protein	13 g
Salt	0,92 g
Omega 3 pr. 100 g	2,8 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium



SPECIAL
VARIETIES



NORTH ATLANTIC MACKERELS

skinless & chemical-free

Scomber Scombrus
mackerel fillets

in **TEXAS BBQ**



INGREDIENTS

Mackerel fillets (*Scomber Scombrus*) 56%, water, tempero bbq fine mix, tomato paste, rapeseed oil, vinegar, lime concentrat, tempero bbq coarse mix

No artificial additives

WEIGHT

- Net weight: 125 g



BEST BEFORE

min. 60 months at production

NUTRITIONAL FACTS

Energy	909 kJ / 218 kcal
Fat	14 g
of which saturates	2,6 g
• monounsaturates	- g
• polyunsaturates	- g
Carbohydrate	10 g
of which sugars	4,4 g
Fibre	- g
Protein	13 g
Salt	0,69 g
Omega 3 pr. 100 g	3,5 g

HEALTH BENEFITS

- Omega 3 fatty acids (EPA & DHA)
- Vitamin B
- Vitamin B12
- Iodine
- Selenium

