

# Premium Wild-Caught Fish



*Fresh From the Gulf of Maine!*



- All-natural and sustainably harvested
- Premium gourmet
- High in Omega-3, protein and calcium
- Simple packaging that sells!
- Understandable ingredients
- Hand-sorted & hand-packed within hours of harvesting

*The taste of the wind, weather, and clear, cold water; it's not a flavor that needs improving. We create our specialty seafood the way people on the Maine coast have been doing for generations – loaded with fresh-off-the-docks fish and simple, easy to understand ingredients. It's as close to “fresh off the boat” as you can get without being here. Bar Harbor® is a special place. You can taste it!*

*Pure all-natural seafood speaks for itself!*

*Bar Harbor® is a special place... you can taste it!*

*Wild Herring Fillets in Cabernet Wine Sauce*



**Ingredients:** Wild Caught Sustainable Harvested Herring Fillets, Water, Tomato Paste, Canola Oil, Evaporated Cane Juice, Red Wine Vinegar, Native Tapioca Starch, Cabernet Wine, Salt.

**No artificial preservatives! No MSG! No Trans Fat!**

*Wild Herring Fillets in Stone Ground Mustard Sauce*



**Ingredients:** Wild Caught Sustainable Harvested Herring Fillets, Mustard (White Vinegar, Water, Salt, Turmeric, Mustard Seed, Spices), Evaporated Cane Juice, Native Tapioca Starch, Canola Oil, Salt.

**No artificial preservatives! No MSG! No Trans Fat!**

*Wild Herring Fillets with Cracked Pepper*



**Ingredients:** Wild Caught Sustainable Harvested Naturally Wood Smoked Herring Fillets, Cracked Pepper, Salt.

**No artificial preservatives! No MSG! No Trans Fat!**

*Wild Herring Fillets in Tomato Basil Sauce*



**Ingredients:** Wild Caught Sustainable Harvested Herring Fillets, Tomato Paste, Tomatoes, Canola Oil, Vinegar, Native Tapioca Starch, Evaporated Cane Juice, Basil, Salt.

**No artificial preservatives! No MSG! No Trans Fat!**

*All-natural, Hardwood Smoked Wild Kippers*



**Ingredients:** Wild Caught Sustainable Harvested Naturally Wood Smoked Mackerel Fillets, Salt.

**No artificial preservatives! No MSG! No Trans Fat!**

*All-natural, Hardwood Smoked Atlantic Mackerel*



**Ingredients:** Wild Caught Sustainable Harvested Naturally Wood Smoked Mackerel Fillets, Salt.

**No artificial preservatives! No MSG! No Trans Fat!**

- **Understandable Ingredients**
- **Premium Taste**
- **All-natural Seafood**
- **Small Batch Integrity**
- **The Promise of Maine**

**Bar Harbor Foods**

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