

# atlantic SEA FARMS™

superfood kelp sustainably grown by independent fishermen in the *clean, cold waters* of Maine



Refrigerated  
FERMENTED

## SEAWEED SALAD

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carb.</b> 5g	<b>2%</b>
About 8 serv. per container	Sat. Fat 0g	<b>0%</b>	Fiber 2g	<b>7%</b>
<b>Serving size</b> 2 oz. (57g)	Trans Fat 0g		Total Sugars 2g	
<b>Calories per serving</b> 30	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 2g Added Sugars	<b>4%</b>
	<b>Sodium</b> 450mg	<b>20%</b>	<b>Protein</b> 1g	
	Vit. D 0% • Calcium 4% • Iron 0% • Potas. 2% • Vit. B12 8% Iodine 360% • Magnesium 4% • Manganese 4%			

**INGREDIENTS:** Blanched Kelp, Vegan Kimchi Juice (Napa Cabbage, Daikon Radish, Miso [Filtered Water, Rice, Soybeans, Sea Salt, Alcohol], Garlic, Salt, Red Pepper Powder, Sugar, Scallions, Onion, Ginger), Sugar, Ginger, Salt, Scallions, Sesame Oil, Sesame Seeds, Onion, Tamari (Water, Soybeans, Salt, Sugar).  
**CONTAINS: SOY, SESAME.**

**ITEM #:** P100  
**UNIT NET WEIGHT:** 15 oz. (425g)  
**CASE WEIGHT:** 9.6 lb.  
**UNITS PER CASE:** 6



Refrigerated  
RAW KELP SAUERKRAUT  
SEA-BEET KRAUT

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 4g	<b>1%</b>
About 8 serv. per container	Sat. Fat 0g	<b>0%</b>	Fiber 2g	<b>7%</b>
<b>Serving size</b> 2 oz. (57g)	Trans Fat 0g		Total Sugars 1g	
<b>Calories per serving</b> 20	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 410mg	<b>18%</b>	<b>Protein</b> 1g	
	Vit. D 0% • Calcium 2% • Iron 6% • Potas. 4% • Iodine 390% Phosphorous 2% • Magnesium 4% • Manganese 4%			

**INGREDIENTS:** Raw Kelp, Beets, Carrots, Ginger, Scallions, Salt, Onion, Beet Juice, Beet Kvass (Filtered Water, Beets, Onion, Cabbage, Sea Salt, Rosemary).

**ITEM #:** P101  
**UNIT NET WEIGHT:** 15 oz. (425g)  
**CASE WEIGHT:** 9.6 lb.  
**UNITS PER CASE:** 6



Refrigerated  
RAW MILD KIMCHI  
SEA-CHI

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 4g	<b>1%</b>
About 8 serv. per container	Sat. Fat 0g	<b>0%</b>	Fiber 2g	<b>7%</b>
<b>Serving size</b> 2 oz. (57g)	Trans Fat 0g		Total Sugars 1g	
<b>Calories per serving</b> 20	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 1g Added Sugars	<b>2%</b>
	<b>Sodium</b> 380mg	<b>17%</b>	<b>Protein</b> 1g	
	Vit. D 0% • Calcium 2% • Iron 6% • Potas. 4% • Riboflavin 25% Iodine 370% • Copper 10% • Magnesium 4% • Manganese 4%			

**INGREDIENTS:** Raw Kelp, Napa Cabbage, Daikon Radish, Salt, Garlic, Red Pepper Powder, Scallions, Sugar, Fish Sauce (Anchovy, Sea Salt), Ginger, Onion.  
**CONTAINS: FISH.**

**ITEM #:** P102  
**UNIT NET WEIGHT:** 15 oz. (425g)  
**CASE WEIGHT:** 9.6 lb.  
**UNITS PER CASE:** 6



*good food should do good.™*

Atlantic Sea Farms is a women-run, mission-driven, vertically integrated seaweed company working with local fishermen to help diversify their incomes in the face of climate change through regenerative kelp aquaculture.

We are dedicated to making a powerful and positive impact on the health of our customers and oceans by creating craveable and innovative products made from sustainably farmed sea greens, all while expanding opportunities for coastal communities and improving ocean health.

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## Frozen KELP CUBES

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 0g	<b>0%</b>	
About 8 serv. per container	Sat. Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>1%</b>
	Trans Fat 0g		Total Sugars 0g	
<b>Serving size</b> 0.6 oz. (17g)	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 10mg	<b>0%</b>	<b>Protein</b> 0g	
<b>Calories per serving</b> 5	Vit. D 0% • Calcium 2% • Iron 0% • Potas. 0% • Vit. A 0% Iodine 105% • Magnesium 1%			

INGREDIENTS: Blanched Kelp Puree.

ITEM #: P200  
UNIT NET WEIGHT: 4.8 oz. (136g)  
CASE WEIGHT: 3.7 lb.  
UNITS PER CASE: 6



## Frozen WILD BLUEBERRY and GINGER KELP CUBES

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 2g	<b>1%</b>	
About 4 serv. per container	Sat. Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>1%</b>
	Trans Fat 0g		Total Sugars 1g	
<b>Serving size</b> 2 cubes (34g)	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 35mg	<b>2%</b>	<b>Protein</b> 0g	
<b>Calories per serving</b> 10	Vit. D 0% • Calcium 2% • Iron 0% • Potas. 0% • Iodine 90% Magnesium 2%			

INGREDIENTS: Blanched Kelp Puree, Blueberry Puree, Ginger.

ITEM #: P201  
UNIT NET WEIGHT: 4.8 oz. (136g)  
CASE WEIGHT: 3.7 lb.  
UNITS PER CASE: 6



## Frozen CRANBERRY KELP CUBES

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 4g	<b>1%</b>	
About 4 serv. per container	Sat. Fat 0g	<b>0%</b>	Dietary Fiber 2g	<b>7%</b>
	Trans Fat 0g		Total Sugars 0g	
<b>Serving size</b> 2 cubes (34g)	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 20mg	<b>1%</b>	<b>Protein</b> 1g	
<b>Calories per serving</b> 20	Vit. D 0% • Calcium 2% • Iron 0% • Potas. 0% • Iodine 130% Magnesium 2%			

INGREDIENTS: Blanched Kelp Puree, Cranberry Puree, Cranberry Seeds.

ITEM #: P202  
UNIT NET WEIGHT: 4.8 oz. (136g)  
CASE WEIGHT: 3.7 lb.  
UNITS PER CASE: 6



## Frozen READY-CUT KELP

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 2g	<b>1%</b>	
6 servings per container	Sat. Fat 0g	<b>0%</b>	Dietary Fiber <1g	<b>2%</b>
	Trans Fat 0g		Total Sugars 0g	
<b>Serving size</b> 2 oz (56g)	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 20mg	<b>1%</b>	<b>Protein</b> 0g	
<b>Calories per serving</b> 10	Vit. D 0% • Calcium 2% • Iron 0% • Potas. 0% • Vit. A 1% Vit. B12 4% • Phosphorus 0% • Iodine 745% • Magnesium 3%			

INGREDIENT: Blanched Kelp.

ITEM #: P300  
UNIT NET WEIGHT: 12 oz. (340g)  
CASE WEIGHT: 7.25 lb.  
UNITS PER CASE: 6



## Frozen BASIL PESTO SEA-VEGGIE BURGERS

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carb.</b> 12g	<b>4%</b>	
4 servings per container	Sat. Fat 1g	<b>5%</b>	Dietary Fiber 6g	<b>21%</b>
	Trans Fat 0g		Total Sugars 0g	
<b>Serving size</b> 1 burger (70g)	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 230mg	<b>10%</b>	<b>Protein</b> 6g	
<b>Calories per serving</b> 120	Vit. D 0% • Calcium 5% • Iron 6% • Potas. 3%			

INGREDIENTS: Blanched Kelp, Green Chickpeas, Brown Rice, Basil, Pea Protein, Extra Virgin Olive Oil, Chickpea Flour, Pea Starch, Oat Fiber, Roasted Garlic, Nutritional Yeast, Salt, Lemon, Red Pepper Flakes.

ITEM #: P604  
UNIT NET WEIGHT: 10 oz. (283g)  
CASE WEIGHT: 3.75 lb.  
UNITS PER CASE: 6



## Frozen GINGER SESAME SEA-VEGGIE BURGERS

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 5.5g	<b>7%</b>	<b>Total Carb.</b> 13g	<b>5%</b>	
4 servings per container	Sat. Fat 1g	<b>5%</b>	Dietary Fiber 7g	<b>25%</b>
	Trans Fat 0g		Total Sugars 0g	
<b>Serving size</b> 1 burger (70g)	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 230mg	<b>10%</b>	<b>Protein</b> 6g	
<b>Calories per serving</b> 130	Vit. D 0% • Calcium 4% • Iron 7% • Potas. 3%			

INGREDIENTS: Blanched Kelp, Green Chickpeas, Brown Rice, Ginger, Pea Protein, Sesame Oil, Chickpea Flour, Pea Starch, Extra Virgin Olive Oil, Oat Fiber, Toasted Sesame Seeds, Roasted Garlic, Nutritional Yeast, Salt, Red Pepper Flakes.  
CONTAINS: SESAME.

ITEM #: P605  
UNIT NET WEIGHT: 10 oz. (283g)  
CASE WEIGHT: 3.75 lb.  
UNITS PER CASE: 6



FOR MORE INFORMATION: Zoë Croft, Sales Director • zcroft@atlanticseafarms.com • 207-776-5030

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