



# Packaging & Nutrition Facts

**Atlantic Salmon | Coho Salmon | Whiskey Teriyaki Salmon | Blackened Salmon**  
**Cold Smoked Coho Salmon | Coho Smoked Bacon | Atlantic Salmon Burger | Atlantic Salmon Hot Dog**

# Atlantic Salmon

Product Specification/Description: "ATLANTIC" | Product Type/Sub-name: "Salmon Fillets" | GTIN/UPC barcode: 8 50040 24800 5



## Nutrition Facts

4 servings per container

**Serving size 1 fillet (170g)**

Amount per serving

**Calories 370**

% Daily Value\*

**Total Fat** 26g **33%**

Saturated Fat 5g **24%**

Trans Fat 0g

Polyunsaturated Fat 9g

Monounsaturated Fat 13g

**Cholesterol** 85mg **28%**

**Sodium** 90mg **4%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 34g **68%**

Vitamin D 1.8mcg **8%**

Calcium 10mg **0%**

Iron 0.1mg **0%**

Potassium 590mg **15%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

At Secret Island, our mission is simple. We are committed to developing a world where sustainable seafood is accessible to all. Secret Island upholds the highest standards of quality and eco-friendly production - including Best Aquaculture Practices certification - so you can enjoy legendary seafood in every bag!

## Cooking Instructions

Defrost Secret Island salmon portions inside individually sealed pouch by placing in the refrigerator overnight. Do not refreeze. Remove salmon from pouch and pat dry with a paper towel prior to cooking.



**ON THE STOVE:** Heat 1 Tbsp. of neutral cooking oil in a pan on medium-high heat. Season salmon with a pinch of salt and pepper. Place fillet skin side down in pan and sauté for 6 to 8 minutes, letting the skin crisp. Flip the fillet and cook on the other side for an additional 2 to 4 minutes or until desired doneness.\*



**ON THE GRILL:** Preheat grill to 400° F. Season salmon with a pinch of salt and a few drops of neutral cooking oil. Place fillet skin side down, 3 to 5 inches from heat source and grill for 7 to 10 minutes with cover closed or until desired doneness.\*



**IN THE OVEN:** Preheat oven to 450° F. Season salmon with a pinch of salt and a few drops of neutral cooking oil. Place fillets skin side down on a lined baking sheet and roast for 12 to 15 minutes or until desired doneness.\*

\*Cooking times may vary depending on thickness of fillet.

## Legendary Meal Ideas

Add to your favorite grain bowl recipe for a satisfying lunch.

Roast on a sheet pan with seasonal vegetables for an easy dinner. Grill for a simple salad topping.

**INGREDIENTS:** Farm raised Atlantic Salmon (color added)  
**NET WT. 24 oz (6 oz IVP portions, 4 per pack)**

**CONTAINS:** Fish (Salmon).

**MANUFACTURED BY:**  
Salmones Austral North America  
Coral Gables, FL 33134  
Product of Chile



RECIPES & TIPS



## Nutrition Facts

4 servings per container

**Serving size 1 fillet (170g)**

Amount per serving

**Calories 350**

% Daily Value\*

**Total Fat** 25g **32%**

**Saturated Fat** 4g **20%**

**Trans Fat** 0g

**Polyunsaturated Fat** 8g

**Monounsaturated Fat** 11g

**Cholesterol** 80mg **27%**

**Sodium** 125mg **5%**

**Total Carbohydrate** 0g **0%**

**Dietary Fiber** 0g **0%**

**Total Sugars** 0g

**Includes 0g Added Sugars** **0%**

**Protein** 33g **66%**

**Vitamin D** 1.2mcg **6%**

**Calcium** 10mg **0%**

**Iron** 1mg **6%**

**Potassium** 620mg **15%**

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## Cooking Instructions

Defrost individually sealed pouches of Secret Island salmon by placing in the refrigerator overnight. Do not refreeze. Remove salmon from pouch and pat dry with a paper towel prior to cooking.



**ON THE STOVE:** Heat 1 Tbsp. of neutral cooking oil in a pan on medium-high heat. Season salmon with a pinch of salt and pepper. Place fillet skin side down in pan and sauté for 6 to 8 minutes, letting the skin crisp. Flip the fillet and cook on the other side for an additional 2 to 4 minutes or until desired doneness.\*



**ON THE GRILL:** Preheat grill to 400° F. Season salmon with a pinch of salt and a few drops of neutral cooking oil. Place fillet skin side down, 3 to 5 inches from heat source and grill for 7 to 10 minutes with cover closed or until desired doneness.\*



**IN THE OVEN:** Preheat oven to 450° F. Season salmon with a pinch of salt and a few drops of neutral cooking oil. Place fillets skin side down on a lined baking sheet and roast for 12 to 15 minutes or until desired doneness.\*

\*Cooking times may vary depending on thickness of fillet.

## Legendary Meal Ideas

Add to your favorite grain bowl recipe for a satisfying lunch.

Roast on a sheet pan with seasonal vegetables for an easy dinner. Grill for a simple salad topping.

**INGREDIENTS:** Farm-Raised Pacific Coho Salmon (color added). **NET WT. 24 oz (6 oz IVP portions, 4 per pack)**

**CONTAINS:** Fish (Salmon).

**MANUFACTURED BY:**  
Salmones Austral North America  
Coral Gables, FL 33134  
Product of Chile



RECIPES & TIPS



# Whiskey Teriyaki Salmon

Product Specification/Description: "WHISKEY TERIYAKI" | Product Type/Sub-name: "Salmon Fillets" | GTIN/UPC barcode: 8 50040 24802 92



## Nutrition Facts

4 servings per container

**Serving size 1 fillet (170g)**

Amount per serving

**Calories 330**

% Daily Value\*

**Total Fat** 20g **26%**

**Saturated Fat** 3.5g **19%**

**Trans Fat** 0.5g

**Polyunsaturated Fat** 6g

**Monounsaturated Fat** 11g

**Cholesterol** 95mg **31%**

**Sodium** 50mg **2%**

**Total Carbohydrate** <1g **0%**

**Dietary Fiber** 0g **0%**

**Total Sugars** 0g

**Includes 0g Added Sugars** **0%**

**Protein** 37g **74%**

**Vitamin D** 0mcg **0%**

**Calcium** 60mg **4%**

**Iron** 0.5mg **2%**

**Potassium** 530mg **10%**

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a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

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## Cooking Instructions

Defrost individually sealed pouches of Secret Island salmon by placing in the refrigerator overnight. Do not refreeze. Remove salmon from pouch and pat dry with a paper towel prior to cooking.



**ON THE STOVE:** Heat 1 Tbsp. of neutral cooking oil in a pan on medium-high heat. Place fillets in pan and sauté for 6 to 8 minutes. Flip the fillets and cook on the other side for an additional 2 to 4 minutes or until desired doneness.\*



**IN THE OVEN:** Preheat oven to 450 °F. Season salmon with a few drops of neutral cooking oil. Place fillets on a lined baking sheet and roast for 12 to 15 minutes or until desired doneness.\*



**IN THE MICROWAVE:** Vent by poking holes on one side of the individually sealed pouch of salmon. Place on a plate with holes facing up. Cook on HIGH for 4 minutes. Cool for at least 2 minutes before serving.\*

\*Cooking times may vary depending on thickness of fillet.

## Legendary Meal Ideas

Add to your favorite grain bowl recipe for a satisfying lunch.  
Roast on a sheet pan with seasonal vegetables for an easy dinner.  
Simply pair with your favorite fixings for a light & healthy salad.

**INGREDIENTS:** Farm-Raised Atlantic Salmon, Sugar, Flavoring, Trisodium Phosphate, Orange Fiber, Spices (Peppers, Parsley), Citric Acid, Salt, Bourbon Whiskey Liqueur, Silicon Dioxide (Anticaking Agent), Natural Caramel Coloring, Natural Red Coloring (Cochineal and Annatto). NET WT. 24 oz (6 oz IVP portions, 4 per pack)

**CONTAINS:** Fish (Salmon).

**MANUFACTURED BY:**  
Salmones Austral North America  
Coral Gables, FL 33134  
Product of Chile



RECIPES & TIPS



# Blackened Salmon

Product Specification/Description: "BLACKENED" | Product Type/Sub-name: "Salmon Fillets" | GTIN/UPC barcode: 8 50040 24803 692



## Nutrition Facts

4 servings per container

**Serving size 1 fillet (170g)**

Amount per serving

**Calories 300**

% Daily Value\*

**Total Fat** 19g **24%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Cholesterol** 95mg **32%**

**Sodium** 430mg **19%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 34g **68%**

Vitamin D 14mcg **70%**

Calcium 80mg **6%**

Iron 1mg **6%**

Potassium 1030mg **20%**

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## Cooking Instructions

Defrost individually sealed pouches of Secret Island salmon by placing in the refrigerator overnight. Do not refreeze. Remove salmon from pouch and pat dry with a paper towel prior to cooking.



**ON THE STOVE:** Heat 1 Tbsp. of neutral cooking oil in a pan on medium-high heat. Place fillets in pan and sauté for 6 to 8 minutes. Flip the fillets and cook on the other side for an additional 2 to 4 minutes or until desired doneness.\*



**IN THE OVEN:** Preheat oven to 450 °F. Season salmon with a few drops of neutral cooking oil. Place fillets on a lined baking sheet and roast for 12 to 15 minutes or until desired doneness.\*



**IN THE MICROWAVE:** Vent by poking holes on one side of the individually sealed pouch of salmon. Place on a plate with holes facing up. Cook on HIGH for 4 minutes. Cool for at least 2 minutes before serving.\*

\*Cooking times may vary depending on thickness of fillet.

## Legendary Meal Ideas

Add to your favorite grain bowl recipe for a satisfying lunch.  
Roast on a sheet pan with seasonal vegetables for an easy dinner.  
Simply pair with your favorite salad or taco fixings.

**INGREDIENTS:** Farm-Raised Atlantic Salmon, Spices (Paprika, Chili, Onion, Garlic, Tomato, Cumin, Cilantro, Parsley, Oregano, Pepper), Salt, Potassium Chloride, Sugar, Artificial Flavor. NET WT. 24 oz (6 oz IVP portions, 4 per pack)

**CONTAINS:** Fish (Salmon).

**MANUFACTURED BY:**  
Salmones Austral North America  
Coral Gables, FL 33134  
Product of Chile



RECIPES & TIPS



# Cold Smoked Coho Salmon

Product Specification/Description: "COLD SMOKED" | Product Type/Sub-name: "Sliced Coho Salmon" | GTIN/UPC barcode: 8 50040 24804 3



## Nutrition Facts

4 servings per container

**Serving size 2 oz (57g)**

Amount per serving

**Calories 90**

% Daily Value\*

**Total Fat** 4.5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 2.5g

**Cholesterol** 20mg **7%**

**Sodium** 750mg **33%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 12g **24%**

Vitamin D 6mcg **30%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 230mg **5%**

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## Thawing Instructions

Defrost individually sealed pouches of Secret Island salmon by placing in the refrigerator overnight. Do not refreeze. Remove salmon from pouch and enjoy our legendary ready-to-eat product.

## Legendary Meal Ideas

Create the ultimate smoked salmon bagel sandwich. Simply serve with sushi rice, tamari, and steamed vegetables. Pair with avocado, greens, and fresh citrus for a healthy salad.

**INGREDIENTS:** Farm-Raised Pacific Coho Salmon (color added), Salt, Hardwood Smoke. NET WT. 8oz., 2 IVP pack

**CONTAINS:** Fish (Salmon).

**MANUFACTURED BY:**  
Salmones Austral North America  
Coral Gables, FL 33134  
Product of Chile



RECIPES & TIPS



# Coho Smoked Bacon

Product Specification/Description: "SMOKED BACON" | Product Type/Sub-name: "Center-Cut Salmon Belly" | GTIN/UPC barcode: 8 50040 24805 0



## Nutrition Facts

4 servings per container

**Serving size 3 oz (85g)**

Amount per serving

**Calories 360**

% Daily Value\*

**Total Fat** 34g **43%**

Saturated Fat 6g **30%**

Trans Fat 0g

Polyunsaturated Fat 10g

Monounsaturated Fat 17g

**Cholesterol** 75mg **25%**

**Sodium** 510mg **22%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 12g **24%**

Vitamin D 22.5mcg **112%**

Calcium 10mg **0%**

Iron 0mg **0%**

Potassium 150mg **3%**

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## Cooking Instructions

Defrost individually sealed pouches of Secret Island salmon by placing in the refrigerator overnight. Do not refreeze. Remove salmon from pouch and pat dry with a paper towel prior to cooking.



**ON THE STOVE:** Heat 1 tsp. of neutral cooking oil in a pan on medium heat. Place bacon strips in pan and sauté for 3 to 5 minutes. Flip the bacon and cook on the other side for an additional 3 to 5 minutes or until evenly browned on both sides.\*



**IN THE OVEN:** Preheat oven to 400°F. Place bacon strips on a lined baking sheet with rack and roast for 7 to 10 minutes or until evenly browned.\*

\*Cooking times may vary

## Legendary Meal Ideas

Serve with eggs and toast for a pescatarian breakfast. Create a savory salmon BLT sandwich.  
Add to a Caesar salad for a unique take on a classic.

**INGREDIENTS:** Farm-Raised Pacific Coho Salmon (color added), Salt, Hardwood Smoke. NET WT. 12oz (3 oz IVP portion, 2 per pack)

**CONTAINS:** Fish (Salmon).

**MANUFACTURED BY:**  
Salmones Austral North America  
Coral Gables, FL 33134  
Product of Chile



RECIPES & TIPS





# Atlantic Salmon Burger

Product Specification/Description: "SALMON BURGERS" | Product Type/Sub-name: "Premium Atlantic Salmon" | GTIN/UPC barcode: 8 50040 24806 7



## Nutrition Facts

3 servings per container

Serving size 1 burger (113g)

Amount per serving

**Calories 250**

% Daily Value\*

**Total Fat** 18g **23%**

Saturated Fat 4g **19%**

Trans Fat 0g

Polyunsaturated Fat 5g

Monounsaturated Fat 9g

**Cholesterol** 90mg **30%**

**Sodium** 680mg **30%**

**Total Carbohydrate** 8g **3%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 15g **30%**

Vitamin D 12.9mcg 65%

Calcium 40mg 3%

Iron 0mg 0%

Potassium 240mg 5%

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## Cooking Instructions

For best results we recommend cooking our salmon burgers directly from frozen.



**ON THE STOVE:** Heat 1 Tbsp. of neutral cooking oil in a pan on medium-high heat. Place burger in pan and sauté for 2 to 4 minutes. Flip the burger and cook on the other side for an additional 2 to 4 minutes or until evenly browned on both sides.\*



**ON THE GRILL:** Preheat grill to 400° F. Season salmon with a few drops of neutral cooking oil. Place burgers on grill, 3 to 5 inches from heat source and grill for 2 to 4 minutes per side or until desired doneness.\*



**IN THE OVEN:** Preheat oven to 450° F. Season salmon with a few drops of neutral cooking oil. Place burgers on a lined baking sheet with rack and roast for 4 to 8 minutes or until desired doneness.\*

\*Cooking times may vary.

## Legendary Meal Ideas

Build a double-stacked salmon burger on a toasted potato bun with shredded lettuce, dill tartar sauce, and plenty of fresh lemon. Try in a delicious club sandwich with sourdough bread, avocado, fresh lettuce, sliced tomatoes, and tangy mustard.

**INGREDIENTS:** Farm-Raised Atlantic Salmon, Salt, Maltodextrin, Sodium Tripolyphosphate, Carrageenan, Sodium Tetrapyrophosphate, Sodium Erythorbate, B.H.T. (Butyl hydroxytoluene). NET WT. 12 oz (4 oz IVP portion, 3 per pack)

**CONTAINS:** Fish (Salmon).

**MANUFACTURED BY:**  
Salmones Austral North America  
Coral Gables, FL 33134  
Product of Chile



RECIPES & TIPS





# Atlantic Salmon Hot Dog

Product Specification/Description: "SALMON HOT DOGS" | Product Type/Sub-name: "Premium Atlantic Salmon" | GTIN/UPC barcode: 8 50040 24807 4



Secret Island

## Nutrition Facts

6 servings per container

Serving size 1 hot dog (43g)

Amount per serving

**Calories 110**

% Daily Value\*

**Total Fat** 10g **13%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 4.5g

**Cholesterol** 40mg **13%**

**Sodium** 210mg **9%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 7g **14%**

Vitamin D 7.3mcg 36%

Calcium 20mg 2%

Iron 0.7mg 4%

Potassium 90mg 2%

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## Cooking Instructions

Defrost Secret Island salmon hot dogs inside individually sealed pouches by placing in the refrigerator overnight. Do not refreeze. Remove salmon hot dogs from pouch and pat dry with a paper towel prior to cooking.



**ON THE STOVE:** Heat 1 Tbsp. of neutral cooking oil in a pan on medium-high heat. Place hot dogs in pan and sauté for 8 to 10 minutes or until heated through and evenly browned.\*



**ON THE GRILL:** Preheat grill to 400° F. Season salmon with a few drops of neutral cooking oil. Place hot dogs on grill, 3 to 5 inches from heat source and grill for 8 to 10 minutes or until heated through and evenly browned.\*



**IN THE OVEN:** Preheat oven to 450° F. Season salmon with a few drops of neutral cooking oil. Place hot dogs on a lined baking sheet with rack and roast for 8 to 10 minutes or until heated through and evenly browned.\*

\*Cooking times may vary.

## Legendary Meal Ideas

Treat your family to a healthy and delicious alternative to traditional hot dogs. Pair with classic toppings like ketchup, mustard, and relish, or try something unique like Thai slaw and sriracha or chopped cucumbers and tomatoes with dill and lemon.

**INGREDIENTS:** Farm-Raised Atlantic Salmon (Color Added), Salt, Sodium Acetate, Sodium Polyphosphate, Dextrose, Spices and Natural Extracts (Garlic, Black Pepper, Cloves, Coriander, Paprika, Onion), Monosodium Glutamate, Sodium Citrate, Sodium Erythorbate, Cochineal Carmine, Natural Flavors. NET WT. 9oz (1.5 oz each, 6 per pack)

**CONTAINS:** Fish (Salmon).

**MANUFACTURED BY:**  
Salmones Austral North America  
Coral Gables, FL 33134  
Product of Chile



RECIPES & TIPS

