

# Hearth 'n Kettle

RESTAURANTS • Est. 1973



Let's talk Salmon....

There has been much controversy over the quality of farm raised salmon. We at Catania Hospitality Group want to reassure our guests that the salmon we serve is the best product consistently available. All our Salmon is from '3-Star Best Aquaculture Practices' certified farms.

The salmon we serve is fresh from Northern Harvest Sea Farms which are located in some of the most pristine, icy cold waters of the North Atlantic and produces a consistent, fresh, quality product served from farm to table with minimal environmental impact.

### Northern Harvest Sea Farm Salmon are:

- Reared at the lowest-stocking densities in the world providing a healthier, happier salmon. Low-stocking densities are also better for the environment
- Graded to ensure consistent, premium quality
- Fed a customized, premium diet that provides optimal colour and flavour
- High in omega 3 which is essential to good health – In scientific tests, Northern Harvest salmon actually provides even higher amounts of omega-3 fatty acids, providing more than 2,000 mg per serving
- Most products are packaged and shipped in recycled materials, further enhancing our commitment to sustainability

### Fish Farming Facts:

- Farmed salmon is raised naturally without hormones or genetic modifications.
- Salmon farming sites are carefully chosen in order to keep the environmental impact as minimal as possible.
- No dyes are added to make the meat pink, only carotenoids like the natural pigments found in lobster and shrimp shells that are actually protective antioxidants. Salmon need these to maintain a healthy immune system, and give them their characteristic orange/pink color.
- As the global demand continues to rise, aquaculture, including salmon farming, will play a vital role in feeding our growing population. Even today, the only way to obtain fresh Atlantic salmon is through salmon farming operations.
- Salmon farming provides year-round work in communities where typically only seasonal employment was available.

For a closer look at the Northern Harvest Sea Farms go to [www.northernharvestseafarm.com](http://www.northernharvestseafarm.com).



The Responsible Seafood Choice.



Canadian Food Inspection Agency

