



Savour the sea

EXPORT CATALOGUE



CERTIFIED
SUSTAINABLE
SEAFOOD
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Sea Harvest is one of the largest Cape Hake producers in South Africa, supplying a variety of products under the Sea Harvest brand. The extensive range of products, which are caught and produced by the Sea Harvest fleet and factories, includes natural cuts such as skinless and skin-on fillets, IQF loins, moulded portions and a range of value-added products packed for both the retail and foodservice markets.

The most popular by-catch species, such as Monkfish, Kingklip, Angelfish, John Dory and Ribbonfish are also processed in Sea Harvest's factories and packed in various formats based on customer requirements.

Frozen-at-Sea production aboard Sea Harvest's freezer vessels ensures that products are prepared and processed within hours of being caught to maintain the best texture and taste in the products. Skinless sea-frozen fillets are frozen on board and marketed in the Cape Haddie and High Seas brands. An extension of the sea-frozen products include whole-round Cape Hake (HG&T) and a variety of by-catch products that include Monkfish and Kingklip.

All Sea Harvest Cape Hake products – whether frozen at sea or frozen on land – are single frozen from fresh catches and are 100% natural with zero additives, produced from a certified sustainable source.



Harvest Atlantic Peace



Harvest Lindiwe



Harvest Mzansi



Harvest Krotoa



Harvest Bounty



Harvest Saldanha

SEA-FROZEN



CAPE HAKE

Merluccius capensis/paradoxus

HIGH SEAS BRAND



- Skinless fillets, PBI
- Interleaved
- Plate frozen
- Pack size: 2 x 6,8 kg

Sizes:

- 1 - 2 oz
- 2 - 4 oz
- 4 - 6 oz
- 6 - 9 oz
- 9 oz+



Cape Hake Fillets - High Seas

CAPE HADDIE BRAND



- Deep-skinned fillets, PBO
- Interleaved (8 - 14 oz individually pouched)
- Plate frozen
- Pack size: 2 x 6,8 kg

Sizes:

- 6 - 8 oz
- 8 -14 oz
- 14 oz+



Cape Hake Fillets - Cape Haddie

CAPE HAKE HG&T

Merluccius capensis/paradoxus

Headed, gutted & tailed Cape Hake

- Individually wrapped (IWP)
- Blast frozen
- Pack size: Random weight (RDW)

Sizes:

- 350 - 500 g
- 500 - 800 g
- 800 - 1500 g
- 1500 - 2400 g



Cape Hake HG&T



Cape Hake HG&T

CAPE HAKE H&G

Merluccius capensis/paradoxus

Headed & gutted Cape Hake

- Interleaved
- Blast frozen
- Pack size: Random weight (RDW)

Sizes:

- 80 - 150 g
- 150 - 250 g
- 250 - 350 g

ADDITIONAL CAPE HAKE PRODUCTS:

- Whole Hake (Pijota) – 80 - 150 g
- Hake Heads – 600 g+ (IWP)
- Hake Roes



Cape Hake H&G



Cape Hake H&G

MONK FISH

Lophius vomerinus

- Monk tails HG&T (skin-on or skinless)
- Individually wrapped (IWP)
- Pack size: Random weight (RDW)

Sizes:

- 125 - 250 g
- 250 - 500 g
- 500 - 1000 g
- 1000 g+



Monk Fish

ADDITIONAL MONK PRODUCTS

- Whole Monk
 - o Head-on Monk (gutted)
 - o Pack size: 1 - 3 kg
- Monk Heads
- Monk Livers



Monk Fish



KINGKLIP

Genypterus capensis

- Headed, gutted & tailed
- Individually wrapped (IWP)
- Pack size: Random weight (RDW)

Sizes:

- 0 - 500 g
- 500 - 1200 g
- 1200 - 2500 g



Kingklip

ANGEL FISH

Brama brama

- Headed & gutted
- Block frozen
- Pack size: 600 g+



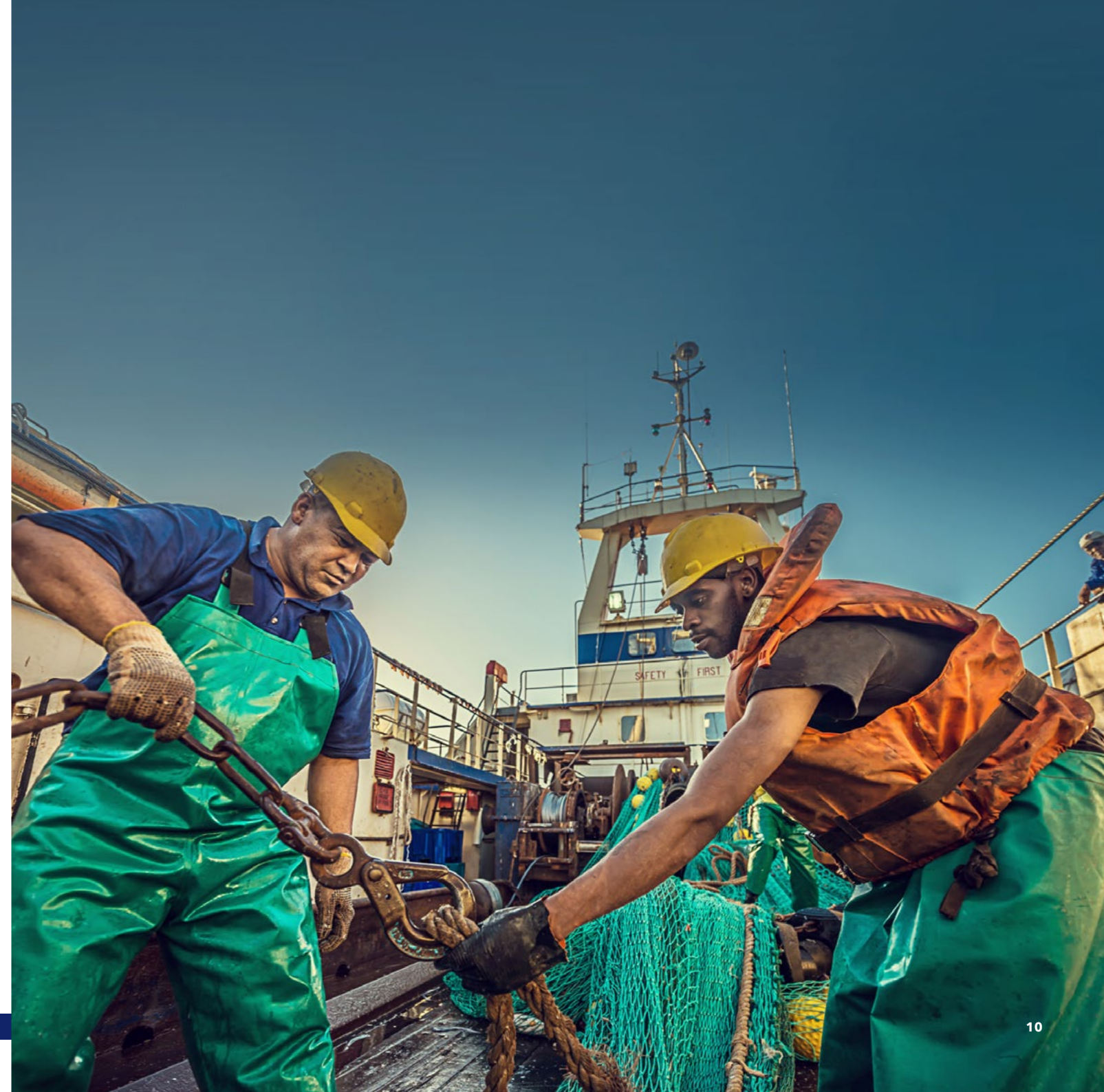
Angel Fish

OTHER SEA-FROZEN PRODUCTS

- Pota – *Todarodes sagittatus*
- Octopus – *Octopus magnificus*
- John Dory – *Zeus capensis*
- Jacopever – *Helicolenus dactylopterus*
- Ribbonfish – *Lepidopus caudatus*

DRY GOODS

100% white Fish Meal produced on board both the Harvest Lindiwe & Mzanzi under our “Victory brand”.





LAND OPERATIONS



CAPE HAKE – NATURAL CUTS

IQF CAPE HAKE LOINS

- Skinless
- Deboned
- Protective glazing
- Packed: 1 x 5 kg

Sizes:

- 60 - 90 g
- 90 - 110 g
- 110 - 130 g
- 130 - 160 g
- 160 - 220 g
- 220 g+



IQF Cape Hake Loins

“MARRIED” IQF CAPE HAKE FILLETS

- Skinless
- Deboned
- Protective glazing
- Packed: 1 x 5 kg

Sizes:

- 60 - 90 g
- 90 - 110 g
- 110 - 130 g



“Married” IQF Cape Hake Fillets

“HAND” MOULDED IQF CAPE HAKE PORTIONS

- Skinless
- Deboned
- Options: - glazed or unglazed
- with/without grill marks
- Packed: 1 x 5 kg

Sizes:

- 90 - 110 g
- 110 - 130 g



“Hand” Moulded IQF Cape Hake Portions (with grill marks)



“Hand” Moulded IQF Cape Hake Portions

SKIN-ON CAPE HAKE FILLETS

- Deboned
- Interleaved
- Plate frozen
- Packed: 1 x 5 kg / 2 x 5 kg

Sizes:

- 2 - 4 oz
- 4 - 6 oz
- 6 - 9 oz
- 9 - 14 oz (pin bone in - (PBI))
- 14 oz+ (individually pouched (PBI))



Skin-on Cape Hake Fillets

BABY HAKE (H&G)

- Interleaved
- Packed : 1 x 4 kg

Size:

- 80 - 200 g



Baby Hake H&G

ADDED VALUE PRODUCTS

CAPE HAKE GRILLS

- 125 g portions “grill-marked”
- Marinated (olive oil/water base)
- Packed: 1 x 6 kg

COATED CAPE HAKE PORTIONS (“CRISP & CHUNKY”)

- 100 g portions
- Various coatings available
- Packed: 1 x 5 kg



Coated Cape Hake Portions



Cape Hake Grills

SMOKED CAPE HAKE FILLETS

- “Cold smoked” Hake (natural wood-smoked)
- Skin-on fillets
- Individually pouched
- Packed: 1 x 5 kg

Size:
• 6 - 14 oz



Skin-on Smoked Cape Hake Fillets



BY CATCH

LAND FROZEN MONK TAILS

- H&G skin-on tails
- Individually wrapped (IWP)
- Blast frozen
- Packed: Random weight (RDW)

Sizes:

- 100 - 250 g
- 250 - 500 g
- 500 - 1000 g
- 1000 g+



Skin-on Monk Tails

CALAMARI/SQUID (*Loligo reynaudii*)

- Packed: 1 x 5 kg
- Fishing gear :Trawled
- Blast frozen

Sizes:

- >9 cm
- 9 - 15 cm
- 15 - 20 cm
- 20 - 25 cm
- 25 - 30 cm
- 30 cm+



Calamari



Calamari

RIBBON FISH (*Lepidopus caudatus*)

- Packed for customer specifications



Ribbon Fish

KINGKLIP (*Genypterus capensis*)

- Packed for customer specifications



Kingklip

JOHN DORY (*Zeus capensis*)

- Packed for customer specifications



John Dory

ANGEL FISH (*Brama brama*)

- Packed for customer specifications



Angel Fish





Savour the sea

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