



**Unicoft®**  
a unique company of commerce



**04**

**FOOD PRODUCTS**  
FISH PRODUCTS

# MEDITERRANEAN SEA BREAM

This fish of the Mediterranean's unique taste has been consumed since ancient times. It is preferred due to its hard and white flesh. He prefers cooking in the grill...



## | NUTRITION FACTS

Mediterranean Sea Bream is a good source of protein. It is an Omega3-rich product.

**INGREDIENTS :** Mediterranean Sea Bream

**WEIGHT :** 100/200 ;200/300; 300/400; 400/600; 600/800; 800/1000 g/piece

**SHELF LIFE :** Fresh: 14 days  
Frozen: 18 months

**PACKAGING :** EPS packages (6, 10 kg); Cardboard

### NUTRITIONAL FACTS (FOR 100G)

**ENERGY :** 564 kJ (134 kcal)

**FAT :** 5,48

- Saturated fatty acid: 1,13 g
- polyunsaturated fatty acid: 1,85 g
- monounsaturated fatty acid: 2,50 g

**CARBOHYDRATE :** < 1 g

**PROTEIN :** 20,44 g

**SODIUM :** 0,02 g

**SALT :** 0,06 g

**FIBER :** 0 g

# MEDITERRANEAN SEA BASS

The choice of many fish enthusiasts despite being lean..  
It fits in oven beautifully, it brings joy to dining tables when it is steam cooked,  
you can never have enough of it when it is salt-cooked.



## | NUTRITION FACTS

Mediterranean Sea Bass  
is a good source of protein.  
It is an Omega3-rich product.

**INGREDIENTS :** Mediterranean Sea Bass

**WEIGHT :** 100/200 ; 200/300; 300/400;  
400/600; 600/800; 800/1000 g/piece.

**SHELF LIFE :** Fresh: 14 days  
Frozen: 18 months

**PACKAGING :** EPS packages (6, 10 kg); Cardboard

### NUTRITIONAL FACTS (FOR 100G)

**ENERGY :** 483 kJ (114 kcal)

**FAT :** 2,47

- Saturated fatty acid: 0,54 g
- polyunsaturated fatty acid: 0,83 g
- monounsaturated fatty acid: 1,10 g

**CARBOHYDRATE :** <1 g

**PROTEIN :** 22,25 g

**SODIUM :** 0,05 g

**SALT :** 0,12 g

**FIBER :** 0 g



# BROWN MEAGRE

A precious fish preferred for its plentiful meat and delicious taste...  
We breed them in the deep and cool waters of mediterranean and bring it to your plate.



## | NUTRITION FACTS

Mediterranean Brown Meagre  
is a good source of protein.  
It is an Omega3-rich product.

**INGREDIENTS :** Mediterranean Brown Meagre

**WEIGHT :** 200/300, 300/400, 400/600, 600/800,  
800/1000, 1000/1500 1500/2000,  
2000/2500, 2500/3000 g/piece

**SHELF LIFE :** Fresh: 14 days  
Frozen: 18 months

**PACKAGING :** EPS packages (6, 10, 20 kg);  
Cardboard

### NUTRITIONAL FACTS (FOR 100G)

**ENERGY :** 392 kJ (93 kcal)

**FAT :** Fat: 2.04

– Saturated fatty acid: 0.84 g

– polyunsaturated fatty acid: 0.88 g

– monounsaturated fatty acid: 0.72 g

**CARBOHYDRATE :** <1 g

**PROTEIN :** 18,00 g

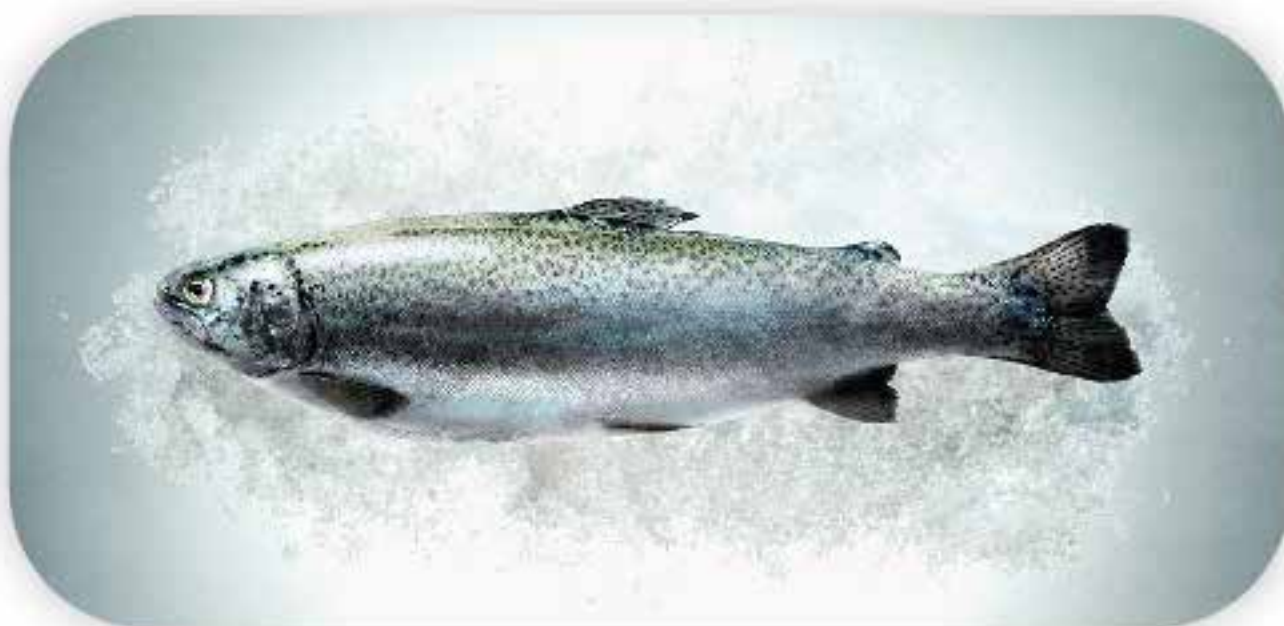
**SODIUM :** 0.02 g

**SALT :** 0.06 g

**FIBER :** 0 g

# RAINBOW TROUT

The essential one among fresh water fish...  
Being economic and having fewer bones makes it  
a frequent choice on the tables of all income groups...



## | NUTRITION FACTS

Rainbow Trout is a good source of protein.  
It is an Omega3-rich product.

**INGREDIENTS :** Rainbow Trout, Ice

**WEIGHT :** 100-1500 gr

**SHELF LIFE :** 7 days (0; +4 C)

**PACKAGING :** EPS packages (6, 10, 20 kg);  
Cardboard

### NUTRITIONAL FACTS (FOR 100G)

**ENERGY :** 128 kcal / 536 kJ

**FAT :** Fat: 2,04

– Saturated fatty acid: % 17

– polyunsaturated fatty acid: % 19

– monounsaturated fatty acid: % 3

**CARBOHYDRATE :** <1 g

**PROTEIN :** 18,00 g

**SODIUM :** 0,15 gr

**SALT :** 0,06 g

**FIBER :** 0 g

# BLUEFIN TUNA

Tunny is a delicious fish from Scombridae family.

It is known as Thunfische in German and Thunnus in French and Italian.

It is bred in the cool and deep waters of Mediterranean. It has a round body with a larger front section and thinning rear. It is an exceptionally large swimmer

The upper side of its body is dark blue or black, and the sides are silvery white.

It is a rich source of Omega 3 and protein. It can be consumed every season.

The weight of a mature Bluefin Tuna fish can reach up to a ton and length up to 5-6 meters.



## | NUTRITION FACTS

It is a rich source of Omega 3 and protein.  
It can be consumed every season.

**INGREDIENTS** : Bluefin Tuna

**SHELF LIFE** : Fresh: 14 days  
Frozen: 18 months

### NUTRITIONAL FACTS (FOR 100G)

**ENERGY** : 166,2 kcal

**FAT** : % 6,49

– Saturated fatty acid: % 1,4

– polyunsaturated fatty acid: % 1,83

– monounsaturated fatty acid: % 3,1

**CARBOHYDRATE** : 0

**PROTEIN** : % 25,58

**SALT** : 0 g

# SALMON TROUT

Salmon Trout originated from North America  
is a member of the Salmonidae family and distributes in fresh and cool waters.  
Very rich in protein and Omega 3.



## | NUTRITION FACTS

It is a rich source of Omega 3 and protein.  
It can be consumed every season.

**INGREDIENTS :** Salmon Trout

**SHELF LIFE :** Fresh: 14 days  
Frozen: 18 months

### NUTRITIONAL FACTS (FOR 100G)

**ENERGY :** 141 kcal / 594 kJ

**FAT :** % 5,00

– Saturated fatty acid: % 1,25

– polyunsaturated fatty acid: % 2,36

– monounsaturated fatty acid: % 1,39

**CARBOHYDRATE :** % 3,54

**SALT :** 0 g



# OLIVE FLOUNDER

Olive flounder can be used for any cooking application but they are highly esteemed for use as sushi and best for sashimi.



## | NUTRITION FACTS

Rainbow Trout is a good source of protein.  
It is an Omega3-rich product.

**INGREDIENTS** : Olive Flounder

**WEIGHT** : 800-1500 gr

**SHELF LIFE** : 7 days (0; +4 C)

**PACKAGING** : EPS packages (6, 10, 20 kg);  
Cardboard

### NUTRITIONAL FACTS (FOR 100G)

**ENERGY** : 165 kcal / 690 kJ

**FAT** : % 8,7

– Saturated fatty acid: % 1,8

– polyunsaturated fatty acid: % 2,3

– monounsaturated fatty acid: % 1,35

**CARBOHYDRATE** : <%1

**PROTEIN** : % 20,3

**SODIUM** : 0,23 gr

**SALT** : 0,06 g