



Best Frozen Seafood

PACIFIC WEST FISH & CHIPS

Speedy Seafood

Pack in the protein and keep the dietary fat low with fish

Feed delicious fish to your family in matter of minutes without the hassle of having to catch it yourself.

With Pacific West's quality fish fillets, you can cook it from frozen as there is no defrosting needed, making meals convenient and easy. Lightly seasoned in an authentic tempura batter, each Pacific West's Premium deep sea fish fillet comes with a delicious crispy, golden-brown coating. They taste great on their own, but why not add your favourite sauce or one of Pacific West's Sauz brand mayonnaise, wasabi, tropical or citrus.

Each pack contains two fish fillets and a generous serving of chips. It is a great and easy way to include nutritious fish in your diet every week.

Don't toss out the leftovers either – they work great when tossed in a salad or spread in a sandwich with salad for lunch the next day and don't forget the Sauz!



SEAFOOD BUFFET IN A BOWL

Pacific West's authentic seafood and vegetable soups comes in three exotic, healthy and satisfying varieties - Fish Chowder, Seafood Gumbo or Tom Yum. Brimming with goodness and flavour, try the comforting New England Fish Chowder, a rich creamy seafood, potato and corn chowder or the heartwarming Louisiana Creole Seafood Gumbo soup with tomato, capsicum, celery and Okra. Spice up your day with Thai Tom Yum soup, hot and sour in the traditional Thai way. Just add water and boil, from freezer to table in five minutes. Serve with bread or eat it together with noodles or rice.



The taste the world loves!