

we love the sea

The ocean provides us with beautiful and tasty food. We know where to get the best fish and how to keep balance. From its waters we harvest the best fish, responsibly and with respect. We passionately believe that fish tastes better if you treat it right. That's why we keep our products clean, pure and fresh-frozen to retain all their delicious flavour.

For the love of fish.

We believe that you share the same passion for premium fish with us. That's why "the sea & we" is the first frozen seafood concept that gives you the chance to be proud of and to give the impression to your love for fish.



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Product assortment

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Lake Victoria Perch
 900 g net
 5 fillets
Origin: Lake Victoria, Tanzania
 Our firm freshwater lake victoria perch is traditionally caught by the fishing community of Bukoba. Together we catch the fish according to the strict Naturland standards and are working to improve their livelihood.



Pangasius
 900 g net
 min. 6 fillets
Origin: Vietnam
 This delicate fresh water fish inspires all fish-aholics in Europe. It's farmed according to the ASC-Standard, giving solid guarantees in terms of sustainability, traceability and food safety.



Atlantic Cod
 900 g net
 5 loins
Origin: Atlantic, Northeast, FAO -27
 This is your chance to get the premium part of the most delicious Atlantic cod that we can find in our sea! These loins are taken from the upper part of the back of the fish and boxed on board within six hours after catch.



Alaska Pollock
 900 g net
 5-6 fillets
Origin: Pacific Northeast, FAO -67
 This delicious pollock from the ice cold waters of Alaska is immediately frozen on board after catch. It's a very popular specie all over Europe.



Tilapia
 900 g net
 min. 7 fillets
Origin: Vietnam/Indonesia
 We farm this delicious freshwater tilapia in a state-of-the-art operation with the utmost care and respect for the fish, the people and the environment.



Pangasius
 900 g net
 5 fillets
Origin: Vietnam
 Our premium pangasius is farmed in the Delta of the Mekong river according to the ASC-Standard, giving solid guarantees in terms of sustainability, traceability and food safety.



Albacore Tuna
 900 g net
 min. 4 steaks
Origin: Pacific Ocean FAO - 71, 77 and 81
 MSC-certified tuna, thunnus alalunga, from the territorial waters of the Fiji islands. Beautiful steaks, great taste, consistent in quality and rich in Omega 3.



Fish Medallions with Salmon,
 900 g net
 12 pieces
Origin: Norway and Vietnam
 Our hand made medaillons are prepared with selected pangasius fillets and salmon. The centre is filled with premium Atlantic salmon and combines perfectly with the pure white pangasius.



Tilapia
 900 g net
 5-6 fillets
Origin: Vietnam/Indonesia
 We farm this delicious freshwater tilapia in a state-of-the-art operation with the utmost care and respect for the fish, the people and the environment.



Wild Salmon
 900 g net
 6-7 portions
Origin: Pacific, Northeast FAO -67
 Pacific wild salmon, MSC-certified and caught in the clear waters of Alaska, where sustainable fishery has been the standard for centuries!



Plaice
 900 g net
 9-13 fillets
Origin: Atlantic, Northeast, FAO -27
 This MSC-certified plaice is carefully caught in the cold waters of the North Sea. We are proud to work with the Dutch family owned fishery that shares our passion for this delicious plaice.



Fish Skewers with Salmon,
 900 g net
 6 pieces
Origin: Norway and Vietnam
 A nice combination of cubes of selected pangasius and salmon, that's what makes our hand made skewers so attractive.



Albacore Tuna
 400 g (var. weight) chunk
Origin: Pacific Ocean, FAO -71, 77 and 81
 MSC-certified tuna, thunnus alalunga, from the territorial waters of the Fiji islands. Beautiful chunk, great taste, consistent in quality and rich in Omega 3.



Atlantic Cod
 900 g net
 min. 5 fillets
Origin: Atlantic, Northeast, FAO -27
 Frozen Atlantic cod has never been of this high quality: our fishermen are filleting and boxing on board within six hours after catch. No other fishery and processor are able to match this premium quality.



Atlantic Salmon
 900 g net
 5 portions
Origin: Norway
 The clean, ice cold Norwegian fjords are home to our tasty salmon, farmed with respect for Norway's fishing traditions.

