

Who Are We?

The Fisherman's Market was founded in 2003 by two commercial fisherman with over 30 years combined fishing experience. Since then they have been committed to supplying their customers with the highest quality seafood possible. The Fishermans Market carries the largest selection of fresh, frozen and live seafood in the Kootenays.

Why Buy A Bulkpack?

Buy a bulkpack because it consists of great quality seafood, is convenient and affordable. A seafood bulkpack is an assembled amount of seafood offered at the best pricing available. Once your selections have been made, we then portion it to your family's needs, vacuum seal it for freshness and freeze it in our commercial freezing system.

Freezer Issues?

The average household freezer above or below the fridge is enough room to hold approximately 40lbs of seafood. Come to us with your questions/concerns and we will be happy to help accomodate your needs.



The Fisherman's Market
577 Ward Street, Nelson, BC V1L 1T1
p - 250. 505. 5515
f - 250. 505. 5563
e - fishshop@telus.net
www.thefishermansmarket.ca

Handling Tips

- Thaw fish naturally in the fridge overnight
- When thawing, store fish in fridge in a bag or container, if in a bag, be sure to put it on a plate.
- If you need to speed thaw, leave in packag and run under cold water.
- For best flavour and texture, cook fish within two days of thawing it out.
- It is best to avoid re-freezing fish

Cooking Basics

- Panfry fish fillets in a hot pan with oil and seasonings. Cook about 3-4min/side
- Poach almost any fish in a liquid with the lid on for 3-5min/side.
- Bake steaks & fillets for 15-20min and whole fish for 35-45min. Cover for first half of baking time.
- BBQ any thicker fish steaks, fillets or whole fish.

Buy a pre-made bulk pack or mix and match to make your own

- Albacore Tuna Loins
- Halibut Fillet
- Black Cod
- Ling Cod
- Side Stripe Shrimp
- Snapper
- Sole
- Rainbow Trout
- Grey Cod
- Digby Scallops
- Arctic Char
- Tilapia
- Oyster Tubs
- Candied Salmon
- Smoked Sockeye
- Salmon Jerkey
- Marlin
- Cooked Shrimp



Ocean Wise.
supplier

Delivery Route

Find our products for sale at these locations



The Kootenays' premier choice
for fresh & wild seafood!

BUY BULK AND SAVE

we deliver!

www.thefishermansmarket.ca

1 Captain's Pack \$299.95

- 3lbs Wild Pacific Sockeye
- 3lbs Wild Prawns
- 4lbs Pacific Grey Cod
- 2lbs Pacific Halibut
- 3lbs Digby Scallops
- 3lbs Albacore Tuna
- 2lbs Crab Meat
- 2lbs Smoked Sockeye
- 3lbs Pacific Sole

you save \$94.32

Best Deal!!



3 The Deckhand \$149.95

- 2lbs B.C. Sidestripe Shrimp
- 3lbs Tiger Prawns
- 3lbs Wild Pacific Sockeye
- 3lbs Pacific Grey Cod
- 3lbs Digby Scallops

45 meals!



4 The Pacific \$134.95

- 3lbs Pacific Halibut
- 5lbs Wild Pacific Sockeye
- 3lbs B.C. Ling Cod

you save over \$30!



2 Salmon Lovers' \$199.95

- 20lbs Wild Pacific Sockeye Salmon fillets

The Best in the World!!

Great Value!



5 Value Pack \$69.95

- 3.5lbs Pacific Grey Cod
- 3.5lbs Rainbow Trout
- 3.5lbs Pacific Pollock

that's \$2.08 per meal!

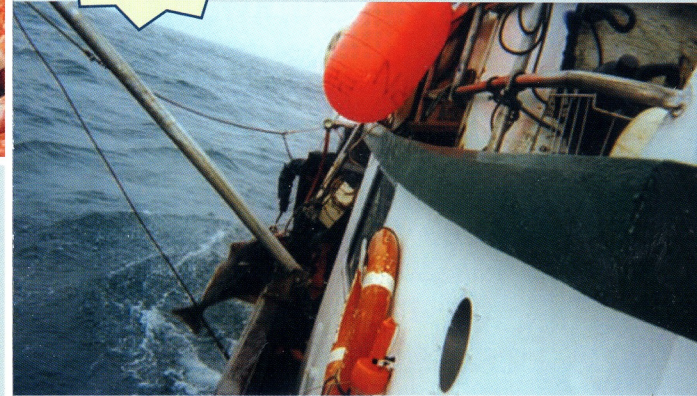


*based on portion sizes of 5oz/140gr.

6 The First Mate \$99.95

- 3lbs Wild Pacific Sockeye
- 3lbs Albacore Tuna
- 2lbs Pacific Halibut

wild, oceanwise & delicious!



7 Wild Thing \$139.95

- 2lbs Wild Prawns
- 2lbs B.C. Sidestripe Shrimp
- 3lbs Albacore Tuna
- 5lbs Wild Sockeye

38 meals!

Our best seller!

