



Halibut, Atlantic

Hippoglossus hippoglossus

Atlantic halibut's mild, sweet taste and flaky texture make it a popular catch and a healthy favourite among fish lovers. They live in the cool boreal and subarctic waters off the coasts of Newfoundland and Labrador, Nova Scotia, and the Gulf of St. Lawrence. They can be found from the shallows along the shoreline to depths of over 1000 meters in offshore waters. Halibut are the largest of the flatfish. In the wild, they can grow to a length of 2.5 meters and weigh more than 300 kilograms. It is a firm-textured fish, with nutritious white meat and relatively few bones, making it especially easy to work with for professional chefs and at home cooks all over the world. The wild halibut fishing season varies by region and farmed halibut is harvested year-round. Wild and farmed Atlantic halibut is available year-round.

Sustainability & Certifications

Many of the Atlantic halibut fisheries are Marine Stewardship Council (MSC) certified. All halibut are harvested under Canadian fisheries management regulations. All exporters are certified by the Canadian Food Inspection Agency (CFIA).



Product Forms

Fresh (Fillets, HOG, H&G, Steak)

Frozen (Fillets, HOG, H&G, Steak)