



Flounder/Sole

Pseudopleuronectes americanus

Flounder is harvested in the cold waters of the Northwest Atlantic and Gulf of St. Lawrence, from coastal bays to the deep ocean. Flounder is available in a variety of product forms and has a mild taste and delicate texture with a slightly sweet undertone. This fish's mild flavour makes it incredibly versatile. Flounder is sold whole or as thin fillets and usually skinned, although the skin is edible. Whole flounder can be steamed or roasted and is delicious coated lightly with flour and sautéed. Harvest season varies by species, but all products are available year-round.

Sustainability & Certifications

Yellowtail flounder is certified to the Marine Stewardship Council (MSC) standard, and American plaice is part of a Fisheries Improvement Project (FIP). Other species are harvested under Canadian fisheries management regulations, with many a part of a federal Integrated Fisheries Management Plan. All exporters are certified by the Canadian Food Inspection Agency (CFIA).



Product Forms

Fresh (Round, HOG, H&G, Fillet)

Frozen (Round, HOG, H&G, Fillet)

FAS (Whole, H&G)