

FISH BAR

HEALTHY CHOICES FOR HEALTHY OCEANS

Fish Bar is proud to serve sustainable, wild caught and responsibly farmed fish and seafood. Below, please find a list of the best options available to you when choosing something from the sea...

- ARCTIC CHAR...** Canada, U.S., Norway, Iceland (Farmed)
- CATFISH...** U.S. (Farmed)
- CLAMS...** Hand-dug Razor Clams (Canadian Atlantic)
Softshell Clams (U.S. Atlantic)
- COD...** Longline, jig, or trap-caught Pacific Cod (Alaska)
- CRAB...** Dungeness Crab (Canadian or U.S. Pacific)
- LOBSTER...** Spiny Lobster (U.S)
- MACKEREL...** King & Spanish Mackerel (U.S. Atlantic or Gulf of Mexico)
- MAHI MAHI...** Troll or pole-caught (U.S. Atlantic)
- POLLOCK...** Alaskan Pollock (Alaska)
- SABLEFISH...** Longline or trap-caught (Canadian Pacific or Alaska)
- SARDINE...** Pacific Sardine (Canadian or U.S. Pacific)
- SHRIMP...** Pacific Shrimp (Canadian or U.S. Pacific)
Spot Shrimp (Canadian Pacific) & Pink Shrimp (Oregon)
Trap-caught Northern Shrimp (Canadian Atlantic)
- SQUID...** Longfin Squid (U.S. Atlantic)
- SWORDFISH...** Harpoon or handline-caught (Canada or U.S.)
- TILAPIA...** U.S. (Farmed)
- TROUT...** Rainbow Trout (U.S., farmed or Canadian land-based)
- TUNA...** Troll or pole-caught Albacore (Canadian or U.S. Pacific)
Troll, pole or handline-caught Skipjack (Worldwide)
Troll or pole-caught Yellowfin (U.S. Atlantic)