



Bronzini: an elusive European delicacy

Bronzini

Mediterranean Sea Bass

Premium Greek Fish

A distinctive fish, delicate and flavorful

Nireus Select® Bronzini (Mediterranean Sea Bass) is a premium fish raised to Nireus' highest quality and environmental standards in the strong and clear currents of the sea of Greece. It is prized by the most discerning chefs around the globe for its delicate texture, superb taste and distinct flavor.

Mythical and elusive

Bronzini (*dicentrarchus labrax*) is a popular Mediterranean fish, sought-after since antiquity. A recipe for the fish was even included in the first century BC cookbook «De Re Coquinaria» (“On the Subject of Cooking”) by the famous Roman chef Apicius. The fish is marketed as European sea bass in the UK, bronzini or spigola in Italy, lubina in Spain, bar or loup de mer in France, and lavraki in Greece and Cyprus. For Greeks, lavraki is a rare delicacy, a near mythical fish and always elusive. When a journalist stumbles upon a great story he calls it “a lavraki”, comparing his luck to that of an angler when catching this fish.

Elegant and incredibly versatile

Sea bass is similar in shape to salmon, but smaller in size and predominantly silver. Its finely textured, flaky meat is lean, with a sweet and mild flavor, and incredibly versatile. In Japan it is served raw as sashimi. Asian chefs favor the sea bass fillets as they are firm and deliciously moist. Since its fat content is relatively low, it can dry out easily and it is best steamed, baked or sautéed.

Product of a unique environment

Nireus Select® Bronzini swims in the fast-flowing waters of secluded bays to develop its fine delicate taste. It is raised to the highest European Union and environment-friendly standards and with full traceability from sea to plate to offer stable and extraordinary quality, and a gourmet taste and feeling.

***Choose Nireus Select® Bronzini for truly superior quality and taste.
Don't accept second best.***



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Grow your business with Nireus

Nireus caters to the needs of over 400 retailers and distributors in more than 40 countries globally. Our marketing program offers a wide variety of consumer and trade-oriented material to support our partners grow their business, including counter cards, recipe cards, leaflets, photography, videos and posters. We also offer a generous sampling program to encourage new customers to try our fish.

Dazzle your customers with the Nireus Select® quality

Nireus Select® fish is meticulously hand-picked and inspected for high quality to meet the demand of your most discerning customers. Each fillet is hand-filleted and individually inspected for quality and consistency, and then graded carefully for the specific customer's order and packaged.

Availability and product details

Nireus Select® fish products are available year round fresh and fresh frozen, whole and processed, with guaranteed net weight, and in the largest variety of sizes and packaging. All our frozen products are individually quick frozen (IQF), within hours of harvest with the Cryoline® method, to lock in natural freshness and taste.

Product Range and grading

Fish, Whole/Round and Processed* (gutted gilled scaled) size grades 200g-300g, 300g-400g, 400g-600g, 600g-800g, 800g-1000g, 1000g+ (US equivalent: 7oz-10.6oz, 10.6oz-14oz, 14oz-21.1oz, 21.1oz-28.2oz, 28.2oz-35.2oz, 35.2oz+)

**Processed fish size grades are for whole/round equivalent*

Skin-on Hand Filleted Fillets size grades 70g-90g, 90g-120g, 120g-150g, 150g-180g (US equivalent: 2.5oz-3.2oz, 3.2oz-4.3oz, 4.3oz-5.3oz, 5.3oz-6.4oz)

Packaging

Fresh products

Delivered in 3kg, 6kg, and 10 kg EPS boxes

Frozen products

Available glazed (0%, 5%, 10%) and delivered in 5 kg carton boxes

**For large orders, we can offer special grading and packaging.*



Storage and Shelf Life

Fresh products

Whole round fish: 13 days from harvest day
Processed fish and fillets:

10 days from processing date

Keep refrigerated between 0° to 2° C (32° to 36° F).

Frozen products:

18 months from freezing date

Store at or below -18° C (0° F).

Nutritional information

Nireus Select® Bronzini (Mediterranean Sea Bass) is nutritious, tasty, rich in protein, and low in carbohydrates. Each serving of bronzini contains less than 200 calories and 2g of Omega-3 fatty acids that help maintain the health of your heart.

Nutrition Facts

Serving Size: 3.5 oz raw (100g)

Amount per serving

Calories 140 Calories from Fat 67.5

		% Daily Value *
Total Fat	7.5g	11.5%
Saturated Fat	1.9g	9.5%
Cholesterol	49.7mg	16.6%
Sodium	45mg	1.9%
Total Carbohydrate	0g	0%
Protein	23g	46%

Vitamin A 0% Vitamin C 0%
Calcium 0% Iron 0%

Fish provide negligible amounts of trans fat, dietary fiber, and sugars.
* Percent Daily Values are based on a 2,000 calorie diet.

Nireus and the environment

In ancient Greece, Nireus (also known as Nereus) was the king and protector of marine fish. Today, Nireus is one of the largest integrated fish producers globally, raising fish with good aquaculture practice and in an environmentally conscious way, with ISO 14001 and Global GAP certifications, which certify that our fish is provided a stress-free environment that meets physical and behavior needs. Because we are vertically integrated, we can offer our partners a consistent supply of premium, fully traceable fish at competitive prices year-round. And, we are also certified according to ISO 9001: 2000, ISO 22000: 2005, and the BRC standards for the full value chain.

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