



# ARROW SQUID

*Nototodarus Sloanii*

Arrow Squid have white, firm flesh with a delicate shellfish flavour, suitable for most cooking methods. Wild caught Arrow Squid from New Zealand is a deep water species that is caught during peak season from January to April. Sealord Squid comes from a sustainable and well managed fishery.





AVERAGE LENGTH

20-35 cm  
7.9-13.8 inches

WEIGHT

0.1-1.3 kg  
0.2-2.9 lbs

AVAILABILITY

Peak season: January to April

CATCH METHOD

Trawl

SEALORD PROVIDE A RANGE OF PRODUCTS IN FROZEN FORMATS

Format	Description
Whole	Whole Squid, frozen at sea
Tubes	Headed and gutted
Tents	Squid tentacles

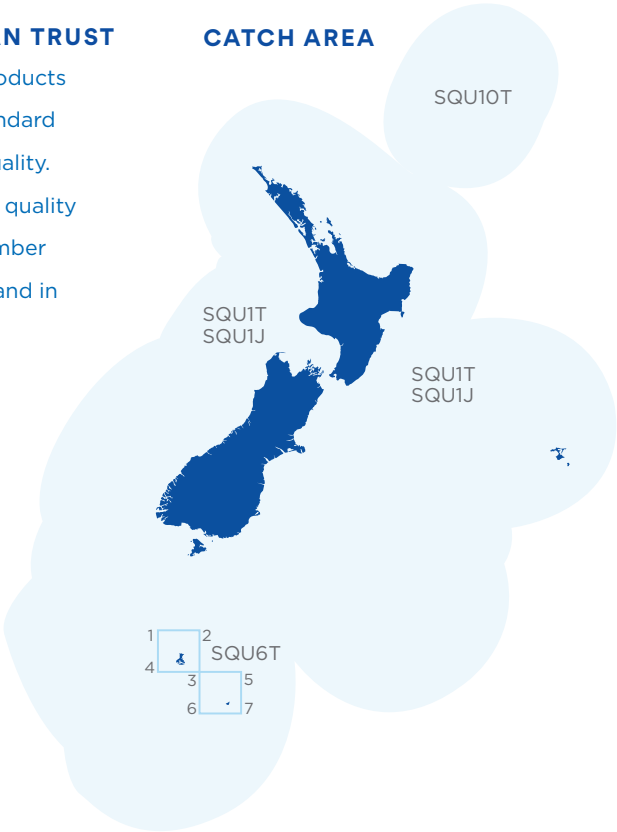
SUSTAINABLE DEEPWATER SEAFOOD

We care about the future of fishing, so our fish comes from well-managed fisheries, some of which have a Fisheries Improvement Plan in place. We continue to evolve our processes and undertake research to ensure we manage fisheries with the best practices and quality of scientific information available. The Quota Management System (QMS) has been operating in New Zealand for over thirty years, solidifying New Zealand's reputation as a world leader in sustainable fisheries management. It ensures that our fisheries resources are not over-fished and that our seafood will be available for generations to come. It is one of the most extensive quota-based fisheries management systems in the world, with over 100 species or species complexes managed within this framework.

QUALITY YOU CAN TRUST

We deliver quality products to an exceptional standard of food safety and quality. Our uncompromising quality is why we are the number one retail seafood brand in New Zealand.

CATCH AREA



NUTRITION

Energy	387kJ
Protein	19g
Fat	1.7g
Cholesterol	173mg
Carbohydrate Sugars	0g 0g
Sodium	296mg

OUR ACCREDITATIONS INCLUDE:

