

Introducing a Healthy Meal in a Bag from Iceland for Active Adventurers!



FOR PEOPLE ON THE GO!

Hiking, camping, biking
boating, bicycling, hunting,
skiing, bird watching,
kayaking, a day at the beach,
or a picnic in the park.

ALL THIS AND MORE!

23 Grams of Protein

Keto-Friendly

Non-GMO

Gluten-Free

Flavors: Salt & Pepper,

Salt & Vinegar

Contains Naturally Dried Cod
& Potato Chips

Tastes Great

Imported from Iceland



Viking
ICELANDIC

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See more info on reverse side...



The Iceland Fish & Chips Saga



Welcome to our unique and healthy version of the world famous “fish & chips” meal, formulated for active, health-conscious adventurers. Especially appealing for camping, hiking, hunting, boating, biking, kayaking, or for anyone on the go who needs to carry a lightweight burst of protein and carbs.

Our snack is a mix of freshly “dried not fried” fish fillets and handmade potato chips in a 3.5oz bag. Each bag includes 1 ounce of dried fish from the sustainable fisheries of Iceland, and 2.5 ounces of real potato chips grown in Iceland. A perfect, ready to eat “grab & go” meal.

Food drying is one of the oldest and safest methods of preserving food. In Iceland we have enjoyed the health benefits of eating dried fish for centuries. It is one of our best known health “secrets”, and perhaps one of the reasons people on the island live a long and healthy life.

It takes 5.6 ounces of fresh cod fillets to make 1 ounce of dried fish for each of our bags. Our fish includes all the natural proteins, but no water, no deep-frying oil, no preservatives and no color. It is just pure fish! At 84% protein, it is a true superfood. The 1 ounce of dried fish provides your body with pure, natural protein.

Potatoes have been an integral part of the world’s food supply for thousands of years. They are a good source of energy, are high in vitamins, potassium, minerals, antioxidants, fiber and resistant starch which may improve blood sugar control, digestive health, nutrient absorption and satiety. And they are quite perfect with fish!

Our fish and chips come in two flavors, Salt & Pepper, and Salt & Vinegar. They are perfect as a quick meal and are ideal for an action packed day-trip. They’re also pretty good with your favorite beverage!

