



CAP SAISONS®

Deep frozen seafood



CAP SAISONS

CAP SAISONS founded in 2009. With a capital of 1.9 million dinars, the company is totally exporting. Our company specializes in **deep freezing** and packaging of agricultural products and mainly seafood.

CAP SAISONS is located in the region of Békalta governorate of Monastir.

CAP SAISONS is close to the major fishing harbors of Tunisia namely Sousse, Monastir, Teboulba, Mahdia and Sfax within a radius of 100km. This provides the advantage in terms of fresh produce supply.

A rigorous quality policy is followed by the selection and preparation of raw materials for the distribution of **frozen products**:

CAP SAISONS is forced to strictly select the foodstuffs it uses.

This selection begins with the choice of species and varieties best suited to **deep freezing**.

01

PRODUCTION UNIT

CAP SAISONS has an **optimum freezing** capacity of 1 Tonne per hour or 24 tons per day. The total annual capacity is 8000 tons.

CERTIFICATIONS

The **CAP SAISONS** unit had its sanitary approval in accordance with the European standards under n° 622



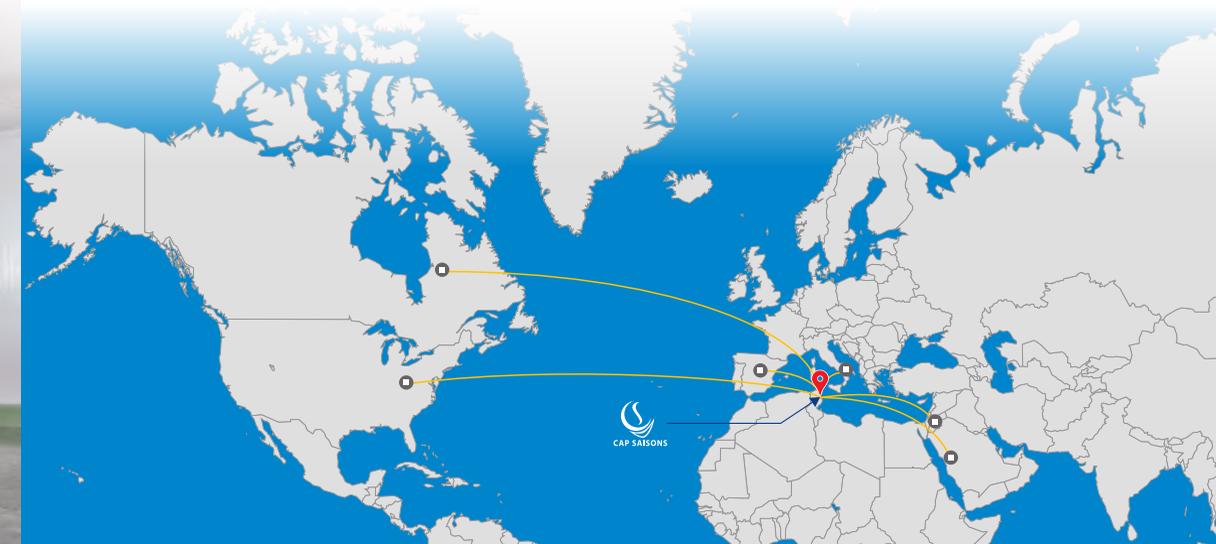
02

03

DISTRIBUTION NETWORK

CAP SAISONS exports its products to four continents.

- Europe: Italy, Spain
- America: USA, Canada
- Asia: Saudi Arabia, Amman
- Africa: Libya



EUROPEAN PILCHARD

Sardina pilchardus

Sardina are one of the most concentrated sources of the omega-3 fatty acids EPA and DHA, which have been found to lower triglycerides and cholesterol levels; one serving (3.25 ounce can) of sardines actually contains over 50% of the daily value for these important nutrients. Sardines are an excellent source of vitamin B12.



BOGUE

Boops boops

This fish is also known as bogue and its name in many European languages translates to bug eyes. This fish is often prepared and consumed as a side dish with rice preparations. Today it has become an integral part of the Mediterranean diet, which is known for its health benefits.

The fish is enriched with omega -3 fatty acids which help to regularize the cardiovascular health by regulating the blood clotting and constricting the blood vessels.

The fish nutrients boost the resistance power of the body and helps to overcome the pain associated with inflammations that occur in case of diseases like rheumatoid.

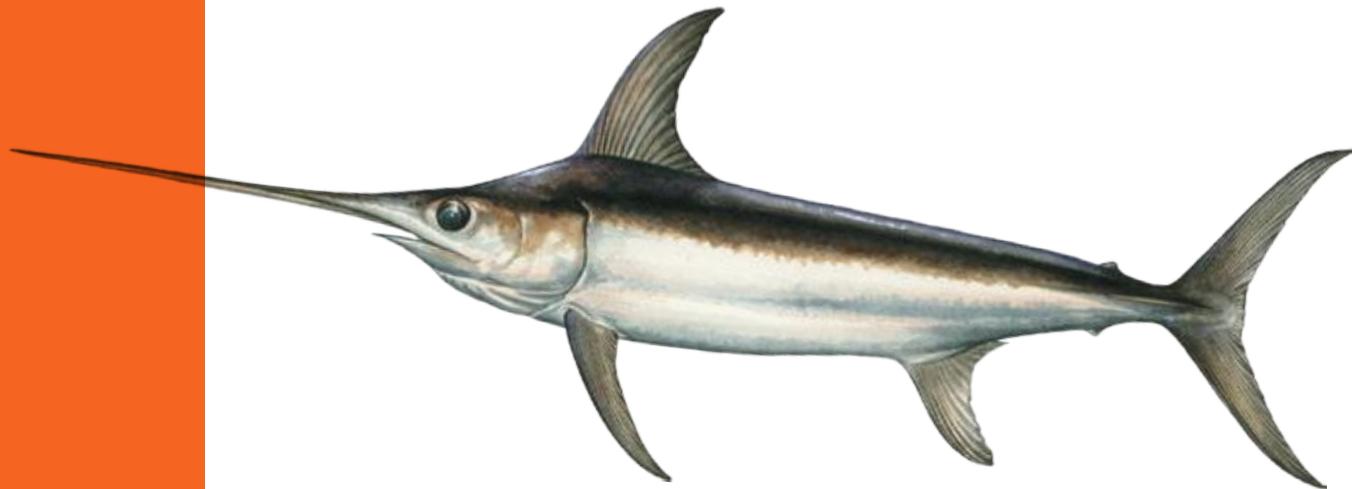
The omega-3 fatty acids play an important role in curbing depression and boosts the memory power. The fish is considered beneficial for halting the macular degeneration associated with advancement of age.



ESPADON

Espadon

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MÉDITERRANEANS

Med

MONKFISH

Monkfish

The fish provides beneficial minerals, as well as proteins and vitamins you need for good health. Monkfish benefits your nervous system by providing vitamins essential for brain function. It contains vitamins B-6 and B-12, two nutrients that aid in the synthesis of neurotransmitters needed for brain communication.



EUROPEAN BARRACUDA

Sphyraena Sphyraena

Barracuda easily fits in a variety of meal plans, including those that restrict fat and carbohydrate in-take. The low-calorie fish is also low in fat and packed with protein and omega-3 fatty acids. A comparison with other saltwater fish shows that barracuda has similar nutritional qualities.



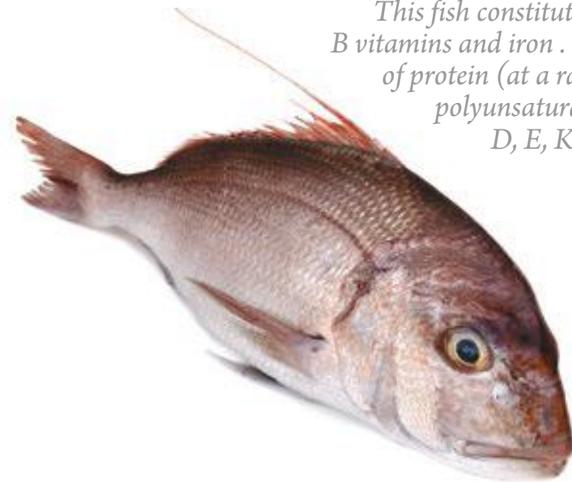
ANNULAR SEABREAM

Diplodus annularis

The fat of Annular Seabream has been classified as 'good' fat and has been found to have overall positive effects on human health. Apart from fat and proteins, fish also provide the body with a number of vitamins and trace elements, such as the fat-soluble vitamins A, D and the water-soluble B complex vitamins (B1, B2, B3, and B12). Finally, the main minerals and trace elements that fish contain are calcium phosphorus, zinc and iodine.



AUTRES



DENTEX

Dentex

This fish constitute a key source of protein and are high in B vitamins and iron . Specifically, fish flesh has a high content of protein (at a rate of 18 to 25%), beneficial fat (mainly polyunsaturated omega-3), vitamins (fat-soluble A, D, E, K, B complex vitamins) and a significant amount of minerals (calcium, sodium, potassium, phosphorus, copper, iron, magnesium and iodine).

COMMON SQUID

Loligo vulgaris

Both raw and fried squid provide a significant amount of protein. One serving of raw squid contains 13.2 g, which supplies 29 percent of the recommended dietary allowance for women and 24 percent for men. Fried squid contains slightly more protein, with 15.3 g per serving, which supplies 33 percent of the RDA for women and 27 percent for men



CEPHALOPODS

Cephalopoda

COMMON OCTOPUS

Octopus vulgaris

Octopus is also known calamari Well known for its delicious tender texture, octopus is also a very nutritious food. It is a good-high source of 12 different vitamins and minerals! This means that in each 3 oz serving of octopus you are consuming more than 10% daily value (DV) of 12 essential nutrients that you need every day. It is a lean protein source, low in fat and contains as much protein as a similar 3 oz serving of chicken.



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COMMON CUTTLEFISH

Sepia officinalis

Cuttlefish is low in total fat, high in protein and is a significant source of a number of essential vitamins and minerals. It is rich in the B family of vitamins, particularly vitamin B12. Cuttlefish does contain a high concentration of cholesterol. That eating cholesterol-rich seafood such as cuttlefish can still be part of a heart-healthy diet.



GILT HEAD BREAM

Sparus aurata

Gilt head bream is calculated to be 150Cal per 100 grams making 80Cal equivalent to 53.33g with 55.08g of mostly protein, 18.09g of fat, 0.81g of carbohydrates in 270g while being rich in vitamins and minerals such as Vitamin B12 and Vitamin D.



EUROPEAN SEABASS

Dicentrarchus labrax

Whether you eat European seabass, one serving is low in calories and an excellent source of protein, selenium and essential omega-3 fatty acids. While both types contain the same nutrients, they have varying amounts of some, such as vitamins B-12 and B-6. Bass does have one downside: it contains mercury. You can still enjoy it



BLUE SWIMMING CRAB

Portunus segnis

Crab itself is a great lean protein source that is extremely low in fat and carbs. It cooked serving has around 80 calories, 20 gms of protein, 1 gm of fat, and less than 1 gm of carbohydrate.

It also provides almost 25% of the daily value for zinc, which is linked to good immune function, protection against cardiovascular disease, and fertility. It contains about 10% of the daily value for calcium, greater than 100% of the daily value for Vitamin B12, and small amounts of many of the other B vitamins. It's also low in mercury,



RECIPE
IDEA

Crab and Chive Flan

Preparation time : 45 minutes - Cooking time: 20 minutes - Difficulty: Easy

Ingredients (1 person): 120 g crab meat in a box 3PP - 1 eggs medium 2PP - 3 cs of 15% cream 1.5PP - Salt and pepper OPP - 15 g grated Gruyère 1.5PP - 1 tbsp frozen chives OPP

Preparation : In a bowl beat the egg with the crème fraîche, salt and pepper, add the chives, the crab and the cheese then mix again. Put in a gratin dish and cook for about 20 minutes at 180° C.

RECIPE
IDEA

Sautéed Ginger Sponge Crabs

Preparation time: <15 minutes - Cooking time: 5 minutes - Difficulty: Easy

Ingredients (4 people): 2 large freshly cooked crabs (rinsed and broken into pieces and broken with a mallet) - 3 tablespoons peanut oil - 55 g of fresh ginger cut into julienne - 100 g green onions - Cut into 5 cm sections - 2 tablespoon light soy sauce - 1 teaspoon sugar - 1 pinch of white pepper - parsley

Preparation: In a preheated wok or skillet, heat 2 tablespoons of oil, add the crab and cook for 3 to 4 minutes over high heat. Remove from wok and set aside. - Rinse the wok, heat the remaining oil, add the ginger and sauté until the aromas develop. Add green onions, crab pieces, soy sauce, sugar and pepper. Cover and simmer for 1 minute. Serve immediately (put parsley for decoration).



NORWAY LOBSTER

Nephrops norvegicus

The Norway lobster, like shrimp and other crustaceans, is a good source of protein but has low fat and n-3 polyunsaturated fatty acids contents. Its cholesterol content (120-130 mg/100 g edible portion) is higher than that of most usually eaten fish. This species is a good source of vitamin E and minerals like iron, zinc and selenium.



CARAMOTE PRAWN

Penaeus kerathurus

Because of their many nutritional benefits, prawns are considered by a variety of health experts to be among the healthiest foods in the world. Prawns are a great source of high quality protein, and provide some of the most important vitamins and minerals that make up a healthy diet. They are surprisingly low in calories and are made up of extremely healthy cholesterol.





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