



Hook Catch

- Sustainable Seafood -





FEATURES OF HOOK CATCH

"SUSTAINABLE SEAFOOD, 100% BLOODLINE REMOVED, 100% NATURAL FLAVOR, NO ADDED CHEMICALS, PRESERVATIVES, ARTIFICIAL COLOURING"

OUR STORY

THE STORY OF TUNA IN A CAN: A JOURNEY OF TASTE, CONVENIENCE, AND NUTRITION

Once a prized catch of the sea, tuna has evolved into a global culinary delight. Canned tuna, in particular, has transformed how we enjoy this nutritious resource, offering convenience without sacrificing taste or health benefits.

Canning food originated in the early 19th century for long sea voyages and military campaigns. The first canned tuna appeared in the late 19th century, quickly gaining popularity for its convenience and long shelf life.

Tuna cans are a versatile ingredient for salads, sandwiches, pasta, and casseroles. Rich in protein, omega-3 fatty acids, vitamins, and minerals. Tuna is not only delicious but also highly nutritious and low in fat.

Canned tuna revolutionized meal preparation, providing a quick and easy way to incorporate protein-rich fish into everyday meals. Today's canning techniques ensure freshness, flavor, and sustainability while minimizing environmental impact.

Canned tuna is now a household staple worldwide, loved for its convenience, versatility, and health benefits, whether enjoyed as a quick snack or a gourmet meal.

THE HOOK CATCH STORY: REDEFINING TUNA FOR FITNESS ENTHUSIASTS

Twenty years ago, we ventured into the seafood industry, but it was a chat with a senior dietitian that sparked the idea of offering tuna as a natural protein source for fitness enthusiasts. This inspired us to create a unique tech model, making buying tuna cans easy and convenient.

After discussion with professional gym owners, we developed an autonomous grab-and-go model. This innovation allows easy access to tuna cans, which can be consumed straight out of the can with no cooking required.

It took us 7 years and 21 days to perfect the technology, but we're proud to say we've achieved our goal. Our autonomous grab-and-go model is ready to serve, offering a seamless and convenient way to enjoy tuna.

At Hook Catch, we're dedicated to sustainability. Our tuna is hand-caught using a traditional pole and line method, ensuring environmentally friendly and sustainable fishing practices.

- Hook Catch Tuna is convenient and easy to eat, straight out of the can.
- Our tuna is 100% natural, with no preservatives, chemicals, additives, nor artificial colouring. It can be used directly or in various dishes like sandwiches and salads.
- Join us in our mission to support sustainable fishing practices and enjoy the natural goodness of Hook Catch Tuna.





TUNA CHUNKS

BRINE

185g

Hook Catch's tuna chunks in brine are a protein-packed option for a perfect healthy lifestyle. These chunks are popular for protein, omega-3 fatty acids, and essential amino acids. Brine, containing zero calories, and zero fat. These protein-packed tuna chunks in brine help maintain balance and achieve a healthier and more active lifestyle.

NUTRITIONAL BENEFITS

PROTEIN: 19g	TOTAL FAT: 0g	SATURATED FAT: 0g	TRANS FAT: 0g
ENERGY: 80Kcal	CARBOHYDRATE: 0g	VITAMIN C: 0g	CALCIUM: 1%
SODIUM: 200g	DIETARY FIBRE: 0g	TOTAL SUGAR: 0g	VITAMIN A: 0g
IRON: 5%	VITAMIN D: 0.006Mg	POTASSIUM: 260.7Mg	



TUNA CHUNKS

SUNFLOWER OIL

185g

Hook Catch's tuna chunks in sunflower oil are a premium offering packed with vital nutrients and featuring healthy light meat. The sunflower oil, low in saturated fats, not only keep the meat light but also enhances the flavour of any dish. These chunks are a rich source of high-quality protein, omega-3 fatty acids, and fat-soluble vitamins. Despite being low in calories, they are incredibly flavourful and versatile, making them an excellent choice for any fitness-focused meal plan.

NUTRITIONAL BENEFITS

PROTEIN: 20g	TOTAL FAT: 19g	SATURATED FAT: 2.5g	CALCIUM: 9.8mg
ENERGY: 250Kcal	CARBOHYDRATE: 0g	VITAMIN C: 0g	POTASSIUM: 209.2mg
SODIUM: 270g	DIETARY FIBRE: 0g	TOTAL SUGAR: 0g	IRON: 1.58mg
TRANS FAT: 0g	VITAMIN A: 0.013mg	VITAMIN D: 0.007Mg	





TUNA CHUNKS

EXTRA VIRGIN OLIVE OIL 185g

Hook Catch's power-packed tuna chunks in extra virgin olive oil are tender, flavourful, and packed with nutrients. These chunks provide omega-3 fatty acids, high-quality protein, vitamins, and minerals. The extra virgin olive oil, containing monounsaturated fats, supports overall well-being and aids in nutrient absorption. Tuna chunks in extra virgin olive oil offer a sustained source of energy, keeping you fuelled throughout your fitness routine.

⚡ NUTRITIONAL BENEFITS

PROTEIN: 16.70g
ENERGY: 213Kcal
SODIUM: 230mg
IRON: 6.80%

TOTAL FAT: 16.35g
CARBOHYDRATE: 0g
DIETARY FIBRE: 0g
CHOLESTEROL: 0g

SATURATED FAT: 13.99g
TOTAL SUGAR: 0g
TRANS FAT: 0g

CALCIUM: 0.85%
POTASSIUM: 7.60%
VITAMIN D: 43%



TUNA CHUNKS

WATER 185g

Hook Catch's minerals packed tuna chunks in water are a nutritious choice for a healthy and active lifestyle. These canned tuna chunks are low-calorie, high-protein-packed, and contain no fat, yet provide omega-3 fatty acids. They nourish your body for optimal performance, making them a smart choice to achieve your fitness goals.

⚡ NUTRITIONAL BENEFITS

PROTEIN: 22g
ENERGY: 90Kcal
SODIUM: 75mg
VITAMIN C: 0g

TOTAL FAT: 0.5g
CARBOHYDRATE: 0g
DIETARY FIBRE: 0g
VITAMIN D: 0g

SATURATED FAT: 0g
TOTAL SUGAR: 0g
TRANS FAT: 0g
IRON: 7%

VITAMIN A: 0g
CALCIUM: 1%
POTASSIUM: 260.6Mg





C O N T A C T U S

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