



Common bream

Abramis brama (Freshwater fish)

Common bream (*Abramis brama*) is a widely distributed freshwater cyprinid species of Europe and western Asia, found in lakes, freshwater reservoirs, slow-flowing rivers, floodplains, and brackish estuaries. Commercially, it belongs to the inland fisheries of Central and Eastern Europe rather than to export-oriented marine trade. It remains particularly relevant in the Baltic region and the Danube system, where it is still one of the familiar working species of lake and river fisheries and an established part of local fish supply.

From a product perspective, common bream is marketed mainly whole round, fresh or frozen for frying, baking, broiling, or steaming, while other important segments include hot and cold-smoked bream as well as smaller high-rope fish that are dried and sold as snack products. Its flesh is mild and soft, but the species is also known for its high bone content, which means its value depends heavily on local culinary tradition, careful preparation, and the right product format. It is not positioned as a premium fish, but as a practical everyday freshwater species with stable regional demand driven by influence of traditional cuisine.

In market terms, common bream is best understood as a traditional inland staple fish. Its strongest commercial role remains in countries such as Latvia, Romania, Moldova, Poland, Ukraine and other parts of Eastern Europe, where inland fisheries still matter to local supply chains. It is valued less for image than for availability, familiarity, and dependable use in domestic retail and regional food culture.

Categories: Wholesale, Processing.

Size: WR - 500-800 / 800-1200 / 1200+ / 1500+ / 1800+ g.

Countries:

Estonia
Lithuania
Poland
Ukraine

Nutrition data:

Calories: 115 kcal.
Protein: 18 g.
Fat: 3.5 g.
Omega 3: 0.30 g.
Water: 77 g.

Product forms:

WR

Processing:

Landfrozen

More details available on: <https://seachef.eu/en/species/common-bream>

Inquiries

For inquiries, questions or additional information, please feel free to contact us.

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About **SEA CHEF TECHNOLOGIES**

SIA Sea Chef Technologies is an international seafood trading and sourcing company built on a simple idea: to connect reliable seafood production with professional, stable service through strong management, disciplined execution, and modern IT tools. Over time, the company has grown from a focused team into a structured organization with employees and agents operating across different markets, working with a broad portfolio of **frozen and fresh fish, shrimps, and molluscs**. Our growth has been practical rather than theoretical. Every customer, supplier, and project has helped us refine the way we work, from purchasing and quality control to logistics, documentation, and risk management.

We operate in the international seafood B2B segment. Our role is not simply to buy and sell fish, but to create dependable supply solutions in a global market shaped by seasonality, catch volumes, quotas, logistics costs, regulations, currency fluctuations, and shifting customer needs. We combine product expertise with structured internal processes so that our customers receive the right product, in the right quantity, with the right documentation, and in a quality fully suited to its final use. **In this sense, our real product is not only seafood itself, but also information, service, and execution.**

We serve a broad range of professional customer segments across the seafood chain, including importers and wholesalers, processors, distributors, HoReCa businesses, and supermarket chains. Some of our customers are direct end users with highly specific quality and compliance requirements, while others rely on us as a sourcing and logistics partner to bridge information gaps and secure stable supply. What unites them is the need for a professional counterpart who understands seafood products, works confidently with specifications and volumes, and can support both long-term supply programs and spot business. Our customers value speed, clarity, accuracy in documentation, honest communication, and reliable complaint handling, because their own success depends on stable performance from every supplier in the chain.

Our company is guided by a clear set of core principles: promptness, reliability, transparency, and long-term partnership. This combination of product knowledge and process discipline is what defines Sea Chef Technologies and allows us to serve the international seafood market with confidence and consistency.

**The right quality fish. For the right customer.
At the right time. Delivered globally.**



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SPECIES CATALOG



Atlantic Mackerel

WR, HG, Fillets.



Capelin

WR, ROE.



Blue whiting

WR, HG.



Jack mackerel

WR, HGT.



Atlantic Herring

WR, HG, Fillets, ROE.



Silver smelt

WR, HG.



Pacific Hake

WR, HG, Fillets, HGT.



Argentine hake

WR, HG, Fillets, HGT.



Atlantic Salmon

Fillets, HON, By-products.



Steelhead trout

HG, Fillets, ROE, HON, By-products.



Coho salmon

HG, Fillets, ROE, By-products, Steaks.



Chum salmon

HG, Fillets, ROE, Steaks.



King salmon

Fillets, ROE, HON.



Pangasius

WR, Fillets, HGT, By-products, Steaks.



Pink salmon

WR, HG, Fillets, ROE, Steaks.



Tilapia

WR, Fillets, By-products.



Yellowfin tuna

By-products, Steaks, Loins, Chunks, Canned.



Bluefin tuna

HG, By-products, Loins.



Bonito tuna

WR, HG, Loins, Canned.



Skipjack tuna

WR, Loins, Chunks, Canned.



Oilfish

Fillets, HGT, Chunks.



Greenland Halibut

WR, Fillets, HGT, Steaks, HG / J-cut.



Redfish

WR, Fillets, HG / J-cut.



Saithe

WR, HG, Fillets, By-products, HG / J-cut.



Yellow croaker

WR, WR/Gutted.



Pacific saury

WR, Canned, WR/Gutted.



Yellowtail kingfish

WR, HG.



Pacific mackerel

WR, HG, HGT.



Southern Blue Whiting



Blue mackerel

WR, HG, HGT.



Barracouta

WR, HG.



Redbait

WR.



Russian sturgeon

HG, Fillets, HGT, HON, Steaks.



Hybrid sturgeon

HG, Fillets, HGT, HON.



Common bream

WR.



Baltic herring

WR, HG, HGT.



European sprats

WR, HG.



European smelt

WR.



Greenshell mussels

Whole-shell, Half-shell, Mussel meat.



Chilean mussels

Whole-shell, Half-shell, Mussel meat.



Black tiger shrimps

RHOSO, CHOSO, RHLSO, PUD, P&D.



Whiteleg shrimps

RHOSO, CHOSO, RHLSO, PUD, P&D.



Argentinean red shrimp

Whole, Tails.



Northern coldwater shrimps

PUD, Whole.

More details available on: <https://seachef.eu/en/species>

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