

**"Nourish Body and Soul" with our award-winning range of nutritious, delicious seaweed flakes.**

Hand harvested from the wild, pure seas around Scotland.



- Easy to use - spoon in or shake on seasoning
- Unique range of tastes
- Superfood of the sea
- Natural salt alternative, natural flavour enhancer
- Essential everyday nutrition - rich in essential minerals, high in iodine, iron, fibre and calcium
- Naturally gluten free & vegan
- Good for our planet

## Seaweed Flakes, Powders and Blends

(available in 120g (4.2oz) and 1kg (35.3) oz catering tubs)

"With these flavours, it's no wonder this superfood is taking the culinary world by storm"  
**James Martin**  
(BBC Saturday Kitchen)

### Shony® Flakes



A master blend of brown, red and green seaweeds. Shake liberally on eggs, salads, rice, vegetables and fries. Use to coat white fish, poultry, easy and everyday shake on flavour and essential nutrients.

*The ultimate condiment*



### Kombu Kelp Strips 30g

Natural smooth flavour enhancer, to infuse broths, stocks and soups



"Accentuates flavours... makes things taste inexplicably delicious"  
**Paul Hollywood**

### Furikake



A seaweed-sesame flavour infusion. Shake on rice or spice up any dish. A Japanese inspired blend of wild Dulse seaweed, sesame seeds and chilli flakes - 100% natural.

*Shake on flavour infusion*



### Seaweed Butter 200g

Premium Orkney butter blended with Scottish Seaweed



### Dulse Flakes



The single malt of seaweeds. Shake liberally on leafy greens, tomatoes, salmon and red meat.

*Smoky depth of flavour*



### Seaweed Sachets 2g

(Available depending on volume)



"It's like dynamite - fibre, nutrients, all the minerals, aids digestion - unbelievable!"  
**Jamie Oliver**

### Kombu Flakes



The stock cube of the sea. Soften, gives sauces body, or stir into soups for unbeatable depth of flavour.

*Smooth flavour enhancer*



### Kombu Powder



The ultimate umami hit. This fine powder packs a powerful flavour boost. Spoon into soups and stews and breads.

*Flavour explosion*



### Applewood Smoked Dulse Flakes



Seaweed to impress. A smouldering umami powder with a hint of the sea to shake on canapes, pates, cheeses and nuts.

*The finishing touch*



**MARA SEAWEED**

6 Long Craig Rigg, West Shore Business Centre  
West Shore Road, Edinburgh EH5 1QT

Celtic Sea Spice Co. SC390829

To order, contact [sales@maraseaweed.com](mailto:sales@maraseaweed.com) Call +44 (0) 131 552 1323

Learn more about us, seaweed and how to use it at [www.maraseaweed.com](http://www.maraseaweed.com)



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## Gift Range

### Individual Tin Range 30-50g

(Shony, Furikake, Dulse and Kombu)

Mara Seaweed tins are a kitchen must have!  
Put on the table alongside the salt & pepper



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Paul Hollywood

## Retail Range

### Shony, Sea-Spice & variety box 20g

**Shony** A master blend of brown, red and green seaweeds for easy and everyday shake on flavour and essential nutrients.

**Sea-spice** A seaweed-sesame flavour infusion blend of wild Dulse seaweed, sesame seeds and chilli flakes.



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## Delicatessen Range

### Seaweed Butter 200g

Premium Orkney butter blended with Scottish Seaweed

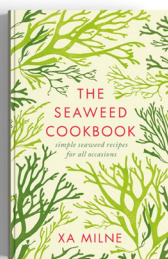


### Seaweed Tin Selection Box 3 x 30g

with recipe suggestion



### Seaweed Cookbook



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