

LOFOTEN
SEAWEED



Retail Catalogue

Contents

Symbols



EU
organic



Norwegian
organic



Gluten
free



Vegan



Vegetarian

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Our story.

Lofoten Seaweed was born where two worlds meet – united by a love of food and the ocean. Founders Tamara and Angelita combine traditions, knowledge, and experience from opposite sides of the planet, creating something truly unique in the heart of Lofoten.

Angelita grew up in the fishing village of Napp, where the ocean was her family's livelihood. From early mornings cutting cod tongues to baiting longlines, the sea was always central to her life. Her curiosity for seaweed came later, when she began exploring nutrition and discovered the extraordinary abundance growing along her home shores.

On the other side of the world, Tamara was raised in New Zealand, where her Japanese mother used seaweed in almost every meal. With a passion for Japanese cuisine and an eye for detail, she brings the flavours of her childhood to Norway, blending them with the wild seaweed of her new home.

Together, they are reimagining seaweed for the modern kitchen – rooted in tradition, inspired by innovation, and driven by the vision that the future of food lies in the ocean.



Our location

Life in Lofoten is challenging and beautiful. Our unique ocean forms the perfect habitat for the world's largest cod fishery (as well as a myriad of other plant and animal life) because its arctic waters are fed by the warm Gulf Stream. As well as milder temperatures, the ocean current brings a wealth of diverse nutrients and minerals, which create a rich and varied underwater ecosystem.

Nappstraumen is the strait that connects Vestfjorden to the Norwegian Sea, after passing right by our door step in Napp. These stormy, turbulent waters drive nutrients up from the deep, creating optimal growing conditions for seaweed and kelp, which flourish into produce of exceptional quality.

It is here that we harvest, paying close attention to the ecosystem to ensure that our relationship with the ocean is sustainable, and causes minimal impact.



Why seaweed?

Good for your palate:

Seaweed is packed with organic glutamates, the building blocks of the fifth taste: umami. This savoury, salty-sweetness also characterises parmesan, soy sauce, tomatoes and miso paste. Each type of seaweed has a different flavour-profile; smoky, nutty, earthy and sweet, there's a whole spectrum of flavour to discover. Seaweed is also the most nutrient-rich plant on the planet. Full of vitamins A, B5, C and K, calcium, magnesium, folate, zinc, omega 3s and iodine, seaweed truly is the ocean's superfood.

Good for the planet:

Seaweed captures more CO2 than any terrestrial plant. We carefully monitor our harvesting locations to ensure the seaweed has adequate regrowth time, which means our products have absolute traceability. In an ideal future, organic seaweed farms will be required to meet the demand for this amazing ocean vegetable, providing highly effective carbon capture as a by-product. All of our seaweed is DEBIO-certified organic and harvested by hand from Nappstraumen.

Salt & Sprinkles



Arctic Ocean Greens (40/20g/40g Refill)

A blend of winged kelp and dulse. This superfood from the sea is a great salt substitute. Use on salads, in smoothies and in soups and stews.

Shelf life: 3 years from date of production

Units per carton: 12

Arctic Seaweed Salt (60/20g/60g Refill)

Your new everyday salt. A blend of winged kelp and premium Norwegian sea salt; a perfect topping for eggs, tomatoes, fish and meats.

Shelf life: 3 years from date of production

Units per carton: 12

Smoked Seaweed Salt (60/20g/60g Refill)

Luxurious beechwood-smoked kelp combined with Norwegian sea salt. Use as a grill rub for meat or vegetables, or to add a rich smoky flavour to your everyday meal.

Shelf life: 3 years from date of production

Units per carton: 12



Truffle Seaweed Salt (60/20g/60g Refill)

An elegant blend of salt and wild truffle seaweed. It's naturally rich umami taste elevates even the simplest of dishes. Perfect for pasta or pizza.

Shelf life: 3 years from date of harvest

Units per carton: 12



Lofoten Umami (40/20g/40g Refill)

Always wanted to try Lofoten Stockfish? Try sprinkling this stockfish and seaweed topping on rice, noodles, or any seafood dish, for an extra umami boost.

Shelf life: 18 months from date of production

Units per carton: 12



Furikake (40/20g/40g Refill)

A unique blend of puffed rice, ume sesame seeds, and Lofoten winged kelp. An Asian inspired crunchy topping for rice, poke bowls, and our favourite; avocado on toast.

Shelf life: 18 months from date of production

Units per carton: 12



Seaweed Threepack (3*20g)

Three of our best-selling seaweed seasonings in one package: Arctic Ocean Greens, Arctic Seaweed Salt and Smoked Seaweed Salt. A great gift for foodies and the health conscious alike. Now you don't have to choose a favourite!

Shelf life: 3 years from date of production

Units per carton: 7



Furikake Threepack (3*20g)

Three mini boxes of our most luxurious seaweed toppings: Truffle Seaweed Salt, Lofoten Umami, and Arctic Furikake. Perfect for those who like to experiment in the kitchen and for people who love cooking Asian-inspired dishes.

Shelf life: 18 months from date of production

Units per carton: 7

Whole leaf seaweed



Winged Kelp / Wakame (25g)

Similar to Japanese wakame, winged kelp has fresh green flavour notes and a delicate texture. This versatile seaweed turns bright green when soaked in hot water, after which it can be used in salads, or to create an edible parcel for other foods.

Shelf life: 5 years from date of production
Units per carton: 12



Nori (20g)

Nori has a mild mineral flavour, reminiscent of clams and oysters. It pairs well with soy, mirin, ginger and sesame oil. Frying or roasting nori produces a crunchy texture and nutty flavour.

Alternatively, you can slow-cook nori until it becomes traditional Welsh laverbread.

Shelf life: 5 years from date of production
Units per carton: 12



Sugar kelp / Sweet Kombu (25g)

Sugar kelp contains high levels of the natural sugar mannitol, which gives it its characteristic sweetness. Use it to wrap and steam meats and fish, or with chocolate, fruit and nuts as a snack.

Shelf life: 5 years from date of production

Units per carton: 12



Dulse (25g)

Dulse has a savoury, smoky taste that gives way to a sweet aftertaste, with notes of liquorice and nuts. When fried or roasted, it takes on a distinctive bacon-like flavour, earning it the nickname 'ocean bacon'. Try swapping your BLT for a DLT!

Shelf life: 5 years from date of production

Units per carton: 12



Ocean truffle (15g)

Truffle seaweed has a distinctive flavour; white truffles, pepper, garlic, and oysters. This seaweed tastes best when infused into fats like cream, cheese, eggs and oil. Try finely dicing truffle seaweed and mixing it with butter for an irresistible spread.

Shelf life: 18 months from date of production - best before 6 months from date of production

Units per carton: 12



Other food products



Algae Pearls (50g)

Algae Pearls are our plant-based seaweed caviar, made using smoked seaweed! Algae Pearls combine the delicate flavour of smoked wakame with the pleasing texture of roe. They can be enjoyed hot or cold, and retain their colour, flavour, and texture even after cooking.

Shelf life: 2 years from date of production

Units per carton: 12

Seaweed Tagliatelle (250g)

Authentic pasta handmade in Italy, infused with hand-harvested winged kelp from Lofoten.

Perfect for fish and seafood pasta dishes, also goes great with mushroom pasta dishes.

For the ultimate north-Norwegian combination, try with stockfish and a rich tomato sauce.

Shelf life: 2 years from date of production

Units per carton: 20





Dark Chocolate with Sugar Kelp (70g)

Hand crafted by local chocolate artisan Craig Alibone, from his Pâtisserie & Champagneria in Bodø. Sugar kelp (sweet kombu) adds its unique salt-sweetness to this indulgent dark chocolate. Fantastic to share amongst friends who want to experience local flavours.

Shelf life: 8 months from date of production
Units per carton: 12



White Chocolate with Dulse (70g)

Hand crafted by local chocolate artisan Craig Alibone, from his Pâtisserie & Champagneria in Bodø. Decadent white chocolate and raspberry with the intriguing smokiness of dulse. Makes a wonderful treat for those who want to taste seaweed in a different way.

Shelf life: 6 months from date of production
Units per carton: 12



Soaps & skincare



Our range of hair and skincare products have been carefully formulated to be kind to your skin, and kind to nature.

We've worked with local artisans to create a range that uses minimal artificial ingredients, because even a small change in your beauty regimen is a step towards a more sustainable future.

Shampoo
(250ml/500ml/5l)

Conditioner
(250ml/500ml/5l)

Hair & Body Wash
(250ml/500ml/5l)

Body Wash
(250ml/500ml/5l)

Lotion
(250ml/500ml/5l)

Hand Soap
(250ml/500ml/5l)

Soap Bar (100g)





Ordering & shipping

Price list available on inquiry.

Norwegian customers:

Orders are generally dispatched within 1 week after placing the order. We ship with Bring or Post Nord.

EU customers

To facilitate EU orders, we maintain a warehouse in Sweden. As long as the products are in stock, no import duties apply once you receive your order.

All invoices are issued in euros, and we kindly ask for payment before dispatch.

Non-EU customers

Import toll to be settled between the receiver and the relevant customs body (DAP). Shipping via DHL express or Fedex. Cost depends on volume.

Minimum order quantity:
1 carton

Corporate, Wholesale & Food Producers

Please contact post@lofotenseaweed.com to receive our HoReCa catalogue, or for custom-made gift sets for corporate gifts.

To place an order, contact
sales@lofotenseaweed.com

Lofoten Seaweed Company AS

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