

Swordfish (Fish & Seafood)

Interesting facts: They have few predators which include humans, large sharks, and killer whales. They are one of the fastest fish in the ocean and have been timed at over 50 miles per hour. As a species, they aren't under threat, but the numbers in the Atlantic Ocean are considered endangered due to over-fishing. These species contain high levels of mercury and toxins

How to select: Do to the high toxins we do not recommend you eat Swordfish.