



HIGH LINER
FOODSERVICE™

SEAFOOD FOR THE SOUL

HEALTH AND WELLNESS

Wholesome and nutritional shouldn't be restrictions. That's why we've specially developed a number of options with the needs of the healthcare industry in mind. Because no matter the needs of your guests, we believe everyone should be able to enjoy superior seafood.

SEAFOOD IS BETTER®



21021769 HADDOCK LOINS

GREAT-TASTING SEAFOOD FOR A BETTER LIFE

You can count on High Liner, the foodservice industry leader, to provide you with a wide range of delicious, top quality seafood products that will appeal to your clients, while meeting your operational goals.

In this brochure you will find a broad selection of seafood items that have been organized by species - delicious, crunchy breaded items and raw fillets ready for your recipes. For all items, we've indicated cooking information, top-line features and benefits, plus extensive nutritional information.



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SUSTAINABILITY IS NOT AN OPTION. IT'S THE ANSWER.

High Liner Foods is committed to protecting the environment through responsible business practices, innovative solutions, and a promise to procure, produce, and distribute seafood that is harvested or farm raised in a sustainable manner. We continuously seek out opportunities to facilitate sustainability improvements throughout our supply chain and in our manufacturing facilities. To learn more visit: highlinerfs.com



ICONS



LOW SODIUM

Seafood is naturally low in sodium, making it perfect for every menu. These options are guaranteed to be less than 140mg of sodium but don't worry, they're still bursting with flavor.



COMFORT FOOD

Happy times deserve great food. So when you need to add some comfort to the menu, these happy foods are just your solution.



LOW FAT

Believe it or not, great-tasting, low-fat options do exist. And these products are proof. Containing less than 3g of fat per serving, they're perfect for healthcare and hospitality establishments.



CONTROLLED SODIUM

Just looking to control sodium levels? No problem. These products feature less than 400mg of sodium per portion with all the flavor you'd expect in options with higher sodium levels.



BUDGET FRIENDLY

Balancing the budget can be a tough task. But lucky for you, these specially developed products add variety, great taste and nutrition to your menu.



LOW SATURATED FAT

People care more now than ever about the amount of saturated fats in their diet. So we've developed products that are 3g or less of saturated fat, but still high in flavor.



NEVER FRIED

Tasty and easy doesn't have to mean deep-fried. These products are oven-baked and perfect for menus where par-fried items aren't allowed.



TRANS-FAT FREE

Seafood is a great way to avoid trans fats, as most species contain very little. But for the menus that require zero trans fats, these products were created specifically to fit the bill.



SOURCE OF OMEGA-3

Eye health, brain health, helps prevent and treat depression and anxiety. Just a few health benefits of Omega-3's which are contained in all our Salmon items.



EXCELLENT SOURCE OF PROTEIN

Protein is an important building block of bones, muscles, skin, cartilage and blood. As an essential macronutrient, these items contain 14g or more of protein per serving.



WHOLE GRAIN

Whole grains are a source of multiple nutrients. According to the American Heart Association, dietary fiber from whole grains, as part of an overall healthy diet, may help improve blood cholesterol levels, and lower risk.

06533 WHOLE GRAIN POTATO CRUNCH POLLOCK FILLETS





06454 SPINACH FLORENTINE STUFFED
AK POLLOCK PORTIONS

HAPPY, HEALTHY SEAFOOD

This is just a glimpse of the great items we offer. If you can't find what you're looking for, please contact your High Liner Foods Sales Representative.

COOK METHOD

CAD	Cook as desired
DF	Deep fry
OR	Oven ready
RTE	Ready to eat
PS	Pan sear

1002978 POLLOCK FILLETS



Pollock		Portion Size	Product Code	Calories	Total Fat (g)	Total Fat %	Saturated Fat (g)	Saturated Fat %	Trans Fat (g)	Trans Fat %	Cholesterol (mg)	Cholesterol %	Sodium (mg)	Sodium %	Total Carb (g)	Total Carb %	Dietary Fiber (g)	Dietary Fiber %	Sugars (g)	Sugars %	Protein (g)	Vitamin D (mg)	Vitamin D %	Calcium (mg)	Calcium %	Iron (mg)	Iron %	Potassium (mg)	Potassium %
Pollock Fillets	2-4 oz	1002976	45	0	0	0	0	0	0	0	35	12	200	9	0	0	0	0	0	0	9	0	0	0	0	0	120	2	
Pollock Fillets, Skinless	4-6 oz	21022431	80	0.5	1	0	0	0	0	0	65	22	230	10	0	0	0	0	0	0	17	0	0	0	0	0	230	4	
Pollock Fillets	4-6 oz	1002978	70	0.5	1	0	0	0	0	0	60	20	340	15	0	0	0	0	0	0	16	0	0	0	0	0	200	4	
Glazed Southwest Pollock Portions	3.6 oz	1089308	80	3	4	1	4	0	0	0	0	300	13	0	0	0	0	0	0	12	0	0	0	0	0	160	4		
Whole Grain Sweet Potato Alaska Pollock Fillets	3.6 oz	1089870	180	8	11	1.5	7	0	0	35	11	230	10	15	5	1	4	2	1	10	0	0	0	0	1	4	160	4	
Whole Grain Potato Crunch Pollock Fillets	3.6 oz	06533	190	11	14	1.5	8	0	0	13	5	390	17	13	5	1	3	0	0	9	0	0	0	0	0.7	4	230	4	
Spinach Florentine Alaska Pollock Portions	4 oz	06454	160	7	9	1	4	0	0	30	10	340	15	13	5	1	2	1	0	11	0	0	60	4	0.9	4	180	4	
Crunchy Lites Breaded Alaska Pollock Portions	3.6 oz	06333	140	5	7	0	0	0	0	30	10	360	16	13	5	0	0	0	0	10	0	0	0	0	1	6	130	2	
Battered Alaska Pollock Wedges	4 oz	10022263	200	11	17	2	0	0	0	35	17	510	20	16	5	0	0	1	2	13	0	0	0	0	1.1	6	130	2	
Breaded Alaska Pollock Rectangles	4 oz	10022117	220	10	13	1.5	8	0	0	30	10	460	20	20	7	1	2	0	0	11	0	0	0	0	1.3	8	140	4	
Whole Grain Crunchy Alaska Pollock Sticks	1 oz	1089302	210	8	11	1.5	7	0	0	35	11	330	14	22	8	2	6	1	1	12	0	0	0	0	1.3	8	190	4	
Battered Alaska Pollock Wedges	3 oz	10022249	160	7	9	1	6	0	0	15	6	500	22	18	6	1	2	0	0	6	0	0	0	0	0.6	4	0	0	

Pollock Fillets

MSC CERTIFIED, MBAQ YELLOW

- Consistent quality
- Lean and moist when cooked
- Beautifully white and tender

Product Code: 1002976 Portion Size: 2-4 oz Pack: 10 lb

Product Code: 21022431 Portion Size: 4-6 oz Pack: 40 lb

Product Code: 1002978 Portion Size: 4-6 oz Pack: 10 lb

Cooking: CAD

Allergens: Fish (Pollock)



Glazed Southwest Pollock Portions

MSC CERTIFIED, MBAQ YELLOW

- Prepared without par frying
- Less than 100 calories when baked

Product Code: 1089308 Portion Size: 3.6 oz Pack: 10 lb

Cooking: OR

Allergens: Fish (Pollock), Soy



Whole Grain Potato Crunch

MSC CERTIFIED, MBAQ YELLOW

- Less than 200 calories when baked
- Coated with real potato sticks

Product Code: 06533 Portion Size: 3.6 oz Pack: 10 lb

Cooking: OR

Allergens: Fish (Pollock), Wheat, Milk



Spinach Florentine Alaska Pollock Portions

MSC CERTIFIED, MBAQ YELLOW

- Flaky white fish, stuffed with spinach and herbs
- Ease in handling and preparation

Product Code: 06454 Portion Size: 4 oz Pack: 10 lb

Cooking: OR

Allergens: Fish (Pollock), Wheat, Milk, Eggs



Crunchy Lites Breaded Alaska Pollock Portions

MSC CERTIFIED, MBAQ YELLOW

- Light crumb, crunchy bite
- Versatile menu option
- Perfect for lighter, healthier menu options

Product Code: 06333 Portion Size: 3.6 oz Pack: 10 lb

Cooking: OR

Allergens: Fish (Pollock), Wheat, Eggs



Battered Alaska Pollock Wedges

- Ease in handling and preparation
- Highly versatile

Product Code: 10022263 Portion Size: 4 oz Pack: 10 lb

Cooking: DF/OR

Allergens: Fish (Pollock), Wheat, Milk, Eggs



Breaded Alaska Pollock Rectangles

- Moist, white flaky fish
- Homestyle appearance and flavor
- Premium quality, lean, white fish

Product Code: 10022117 Portion Size: 4 oz Pack: 10 lb

Cooking: OR

Allergens: Fish (Pollock), Wheat



Whole Grain Crunchy Alaska Pollock Sticks

MSC CERTIFIED, MBAQ YELLOW

- Whole grain coating ensures crunch in every bite
- Perfect small dish/snacking
- Cut from premium block

Product Code: 1089302 Portion Size: 1 oz Pack: 20 lb

Cooking: OR

Allergens: Fish (Pollock), Wheat, Milk



Whole Grain Sweet Potato Alaska Pollock Fillets

MSC CERTIFIED, MBAQ YELLOW

- Breaded with real sweet potato
- Perfect for healthcare operations
- Ease in handling and preparation

Product Code: 1089870 Portion Size: 3.6 oz Pack: 18 lb

Cooking: OR

Allergens: Fish (Pollock), Wheat



Battered Alaska Pollock Wedges

- Portion size great for sandwiches or fish and chips
- Economical
- No trans fats

Product Code: 10022249 Portion Size: 3 oz Pack: 10 lb

Cooking: DF/OR

Allergens: Fish (Pollock), Wheat





10021783
PUB STYLE
BATTERED
COD FILLETS

Cod		Portion Size	Product Code	Calories	Total Fat (g)	Total Fat %	Saturated Fat (g)	Saturated Fat %	Trans Fat (g)	Trans Fat %	Cholesterol (mg)	Cholesterol %	Sodium (mg)	Sodium %	Total Carb (g)	Total Carb %	Dietary Fiber (g)	Dietary Fiber %	Sugars (g)	Sugars %	Protein (g)	Vitamin D (mg)	Vitamin D %	Calcium (mg)	Calcium %	Iron (mg)	Iron %	Potassium (mg)	Potassium %
	Atlantic Cod Loins	4 oz	1023325	80	0.5	1	0	0	0	0	45	15	160	7	0	0	0	0	0	0	18	0.9	4	0	0	0.4	2	420	8
	Atlantic Cod Tails	5 oz	1023486	100	1	1	0	0	0	0	55	18	200	9	0	0	0	0	0	0	23	1.1	6	0	0.5	2	530	10	
	Pacific Cod Loins	4 oz	1023394	80	0	0	0	0	0	0	55	18	250	11	0	0	0	0	0	0	17	0.6	2	0	0	0	0	270	6
	Pacific Cod Loins	6 oz	21020004	120	0.5	1	0	0	0	0	80	27	190	8	0	0	0	0	0	0	26	0.9	4	0	0	0	0	400	8
	UpperCrust® Potato Cod Fillets	5-6 oz	1029736	160	3	4	0	0	0	0	55	18	580	25	12	4	0	0	0	0	21	0.8	4	0	0	0.8	4	450	10
	UpperCrust® Summer Herb Cod Fillets	5-6 oz	1029746	160	3.5	4	0	0	0	0	55	18	590	26	12	4	0	0	1	0	21	0.8	4	0	0	1.2	6	410	8
	Crunchy Breaded Cod Squares	4 oz	1029505	170	1	1	0	0	0	0	25	8	430	19	28	10	0	0	1	1	12	0	0	0	0	1	6	220	4
	Pub Style Battered Cod Fillets	3 oz	10021783	150	7	9	0.5	3	0	0	30	9	230	10	10	3	0	0	0	0	10	0	0	0	0	0	0	150	4
	Breaded Cod Nuggets	1 oz	1029103	150	1	1	0	0	0	0	30	11	520	23	19	7	1	2	0	0	14	0.5	2	0	0	0.8	4	260	6

Atlantic Cod Loin

MSC CERTIFIED, MBAQ YELLOW

- Wild caught North Atlantic Cod has a deliciously mild flavor and flaky texture
- Low in saturated fatty acids, free of trans fat, and an excellent source of protein
- Loins are the premium cut from the tenderloin

Product Code: 1023325 Portion Size: 4 oz Pack: 10 lb

Cooking: CAD

Allergens: Fish (Cod)



Atlantic Cod Tails

MSC CERTIFIED, MBAQ YELLOW

- Highly versatile
- The tail is the most economical piece of the fish
- Offers great plate coverage

Product Code: 1023486 Portion Size: 5 oz Pack: 10 lb

Cooking: CAD

Allergens: Fish (Cod)



Pacific Cod Loins

MSC CERTIFIED, MBAQ YELLOW

- Premium cut and Individually Quick Frozen (IQF)
- Beautiful white and tender fish
- Low in calories and high in protein

Product Code: 1023394 Portion Size: 4 oz Pack: 10 lb

Product Code: 21020004 Portion Size: 6 oz Pack: 10 lb

Cooking: CAD

Allergens: Fish (Cod)



UpperCrust® Potato Cod Fillets

- Excellent source of protein
- Top-crusted for the perfect experience of flaky fish and flavor-packed, crunchy crust
- Homestyle appearance and flavor

Product Code: 1029736 Portion Size: 5-6 oz Pack: 10 lb

Cooking: OR

Allergens: Fish (Cod), Wheat, Milk



UpperCrust® Summer Herb Cod Fillets

- A natural cut of moist and flaky Cod fillet
- Top-crusted with herbs, roasted garlic, and lemon
- Easy to prepare; just bake and serve for a beautiful, premium plate presentation

Product Code: 1029746 Portion Size: 5-6 oz Pack: 10 lb

Cooking: OR

Allergens: Fish (Cod), Wheat, Soy



Crunchy Breaded Cod Squares

- Quick and easy to prepare
- Great value
- Perfect as center of the plate, sandwich or salad topper

Product Code: 1029505 Portion Size: 4 oz Pack: 10 lb

Cooking: DF

Allergens: Fish (Cod), Wheat



Pub Style Battered Cod Fillets

- Classic English style batter without the beer
- Natural cut premium Cod fillets

Product Code: 10021783 Portion Size: 3 oz Pack: 10 lb

Cooking: DF/OR

Allergens: Fish (Cod), Wheat, Milk



Breaded Cod Nuggets

- High quality premium Cod
- Light, crispy breading
- Individually Quick Frozen (IQF) for optimum convenience

Product Code: 1029103 Portion Size: 1 oz Pack: 10 lb

Cooking: DF

Allergens: Fish (Cod), Wheat, Milk, Eggs



21023458 HADDOCK FILLETS



Haddock

	Portion Size	Product Code	Calories	Total Fat (g)	Total Fat %	Saturated Fat (g)	Saturated Fat %	Trans Fat (g)	Trans Fat %	Cholesterol (mg)	Cholesterol %	Sodium (mg)	Sodium %	Total Carb (g)	Total Carb %	Dietary Fiber (g)	Dietary Fiber %	Sugars (g)	Sugars %	Protein (g)	Vitamin D (mg)	Vitamin D %	Calcium (mg)	Calcium %	Iron (mg)	Iron %	Potassium (mg)	Potassium %
Haddock Loin	3 oz	21021769	60	0	0	0	0	0	0	40	14	130	6	0	0	0	0	0	0	12	0	0	0	0	0	0	220	4
Haddock Fillets, Skinless	4-6 oz	21023458	90	0.5	1	0	0	0	0	70	23	220	10	0	0	0	0	0	0	21	0.6	2	0	0	0	0	370	8
Haddock Fillets, Skinless	6-8 oz	21025130	130	1	1	0	0	0	0	95	32	310	13	0	0	0	0	0	0	29	0.8	4	0	0	0	0	510	10
Haddock Fillets, Skinless (Cellos)	4 oz	21005140	100	1	2	0	0	0	0	65	22	75	3	0	0	0	0	0	0	21	0.5	2	0	0	0	0	320	6
Pub Style Battered Haddock Fillets	4 oz	10021821	190	10	12	0.5	4	0	0	40	13	310	14	13	5	0	0	0	0	13	0	0	0	0	0.5	2	220	4



Haddock Loins

- Premium cut, consistent thickness
- Individually Quick Frozen (IQF) for optimum convenience
- Perfect as center of the plate or fish chowder

Product Code: 21021769 Portion Size: 3 oz Pack: 10 lb

Cooking: CAD

Allergens: Fish (Haddock)



Haddock Fillets, Skinless

- Premium white fish with mild flavor
- Low in fat, low in saturated fat, excellent source of protein
- Individually Quick Frozen (IQF) for optimum product freshness and integrity

Product Code: 21023458 Portion Size: 4-6 oz Pack: 10 lb

Product Code: 21025130 Portion Size: 6-8 oz Pack: 10 lb

Cooking: CAD

Allergens: Fish (Haddock)



Haddock Fillets, Skinless (Cellos)

MSC CERTIFIED, MBAQ YELLOW

- Product of Iceland
- Sweet and mild menu favorite
- Versatile for any menu application

Product Code: 21005140 Portion Size: Whole Fillets Pack: 50 lb

Cooking: CAD

Allergens: Fish (Haddock)



Pub Style Battered Haddock Fillets

MSC CERTIFIED, MBAQ YELLOW

- Robust flavor of a classic English-style batter with no beer
- Natural cut fillets that look like they are hand battered on site

Product Code: 10021821 Portion Size: 4 oz Pack: 10 lb

Cooking: DF/OR

Allergens: Fish (Haddock), Wheat, Milk



1050216
WILD SALMON
PORTIONS



Salmon		Portion Size	Product Code	Calories	Total Fat (g)	Total Fat %	Saturated Fat (g)	Saturated %	Trans Fat (g)	Trans Fat %	Cholesterol (mg)	Cholesterol %	Sodium (mg)	Sodium %	Total Carb (g)	Total Carb %	Dietary Fiber (g)	Dietary Fiber %	Sugars (g)	Sugars %	Protein (g)	Vitamin D (mg)	Vitamin D %	Calcium (mg)	Calcium %	Iron (mg)	Iron %	Potassium (mg)	Potassium %
Wild Pink Salmon Portions	4 oz	1050216	130	4.5	6	1	4	0	0	0	65	22	120	5	0	0	0	0	0	0	22	9.1	45	0	0	0.5	2	430	10
Atlantic Salmon Portions	4 oz	1061104	240	15	20	3.5	17	0	0	0	60	21	170	8	0	0	0	0	0	0	23	12.5	60	0	0	0.4	2	410	8
Atlantic Salmon Portions	4 oz	1070104	240	15	20	3.5	17	0	0	0	60	21	65	3	0	0	0	0	0	0	23	12.5	60	0	0	0.4	2	410	8
Wild Pink Salmon Portions	6 oz	1050218	200	7	8	1.5	7	0	0	0	95	32	180	8	0	0	0	0	0	0	33	13.7	70	0	0	0.8	4	640	15
Au Naturele Glazed Grilled Salmon Portions	4 oz	10024474	150	7	9	1	6	0	0	0	45	15	230	10	0	0	0	0	0	0	21	10.9	50	0	0	0.4	2	370	8
Pre-Sliced Smoked Salmon Sides 1-2 lb	2 oz	21008972	100	6	8	1.5	7	0	0	0	30	10	240	11	0	0	0	0	0	0	12	4	20	7	0	0	0	220	4
Pre-Sliced Smoked Salmon Sides 2-3 lb	2 oz	21008973	100	6	8	1.5	7	0	0	0	30	10	240	11	0	0	0	0	0	0	12	4	20	7	0	0	0	220	4
Atlantic Salmon Portions	6 oz	1061106	350	23	29	5	26	0	0	0	95	31	260	11	0	0	0	0	0	0	35	18.8	90	0	0	0.6	4	620	15
Fresh Dill Glazed Grilled Salmon Portions	4 oz	10024473	140	6	7	1	4	0	0	0	40	14	390	17	2	1	0	0	1	1	19	10	50	0	0	0.4	2	340	8



Wild Pink Salmon Portions

- A source of Omega-3 polyunsaturated fat
- An excellent source of protein
- Premium cut; rectangular portion from the thickest part of the fillet

Product Code: 1050216 Portion Size: 4 oz Pack: 10 lb

Product Code: 1050218 Portion Size: 6 oz Pack: 10 lb

Cooking: CAD

Allergens: Fish (Salmon)



Atlantic Salmon Portions

BAP 1 STAR OR BETTER/ASC

- Individually vacuum sealed to help maintain optimum quality while frozen; provides more safety when thawing
- Rich taste, stays moist
- Farm raised for premium consistent taste, fat content and color

Product Code: 1061104 Portion Size: 4 oz Pack: 10 lb

Product Code: 1061106 Portion Size: 6 oz Pack: 10 lb

Cooking: CAD

Allergens: Fish (Salmon)



Au Naturele Glazed Grilled Salmon Portions

- Versatile preparation and menu flexibility
- Easy to prepare in the oven or in re-therm applications, all saving valuable labor time
- A source of Omega-3 polyunsaturated fat

Product Code: 10024474 Portion Size: 4 oz Pack: 10 lb

Cooking: OR

Allergens: Fish (Salmon)



Pre-Sliced Smoked Salmon Sides 1-2 lb

- From the cold waters of Iceland
- Naturally cold smoked, gluten free
- Thaw and serve for convenient preparation and presentation

Product Code: 21008972 Portion Size: 2 oz Pack: 15 lb

Cooking: RTE

Allergens: Fish (Salmon)



Pre-Sliced Smoked Salmon Sides 2-3 lb

- From the cold waters of Iceland
- Naturally cold smoked, gluten free
- Thaw and serve for convenient preparation and presentation

Product Code: 21008973 Portion Size: 2 oz Pack: 15 lb

Cooking: RTE

Allergens: Fish (Salmon)



Fresh Dill Glazed Grilled Salmon Portions

- Individually Quick Frozen (IQF) for convenience
- Made with wild pink salmon - an excellent source of Omega-3
- Less than 150 calories when baked

Product Code: 10024473 Portion Size: 4 oz Pack: 10 lb

Cooking: OR

Allergens: Fish (Salmon), Soy



Atlantic Salmon Portions

ASC CERTIFIED

- Individually vacuum sealed to help maintain optimum quality while frozen, provides more safety when thawing
- Appealing color and rich flavor

Product Code: 1070104 Portion Size: 4 oz Pack: 10 lb

Cooking: OR

Allergens: Fish (Salmon)





Flounder/Sole		Portion Size	Product Code	Calories	Total Fat (g)	Total Fat %	Saturated Fat (g)	Saturated Fat %	Trans Fat (g)	Trans Fat %	Cholesterol (mg)	Cholesterol %	Sodium (mg)	Sodium %	Total Carb (g)	Total Carb %	Dietary Fiber (g)	Dietary Fiber %	Sugars (g)	Sugars %	Protein (g)	Vitamin D (mg)	Vitamin D %	Calcium (mg)	Calcium %	Iron (mg)	Iron %	Potassium (mg)	Potassium %
Flounder Fillets, Skinless	3 oz	21025136	60	1.5	2	0	0	0	0	0	35	12	120	5	0	0	0	0	0	0	10	2.2	10	0	0	0	0	130	2
Flounder Fillets, Skinless	4 oz	21025137	70	2	3	0	0	0	0	0	45	16	160	7	0	0	0	0	0	0	13	3	15	0	0	0	0	170	4
Flounder Fillets, Skinless	5 oz	21025138	90	2.5	3	0	0	0	0	0	60	20	200	9	0	0	0	0	0	0	16	3.7	20	30	2	0	0	210	4
Pan-Seared Lemon Pepper Sole Fillets	5 oz	1059330	190	9	12	1	5	0	0	0	50	16	340	15	12	4	0	0	1	1	14	3.1	15	30	2	0.6	4	190	4
Sole Rolled with Scallops & Crabmeat Stuffing	5 oz	1039207	250	12	18	3	15	1.5	0	0	50	17	680	28	20	7	0	0	2	1	16	3	15	40	2	0.5	2	200	4



1039207 SOLE ROLLED WITH SCALLOPS & CRABMEAT

Flounder Fillets, Skinless

- Excellent source of protein
- Individually Quick Frozen (IQF) for convenience
- Mild flavor with delicate texture

Product Code: 21025136 Portion Size: 3 oz Pack: 10 lb

Product Code: 21025137 Portion Size: 4 oz Pack: 10 lb

Product Code: 21025138 Portion Size: 5 oz Pack: 10 lb

Cooking: CAD

Allergens: Fish (Flounder)



Pan-Seared Lemon Pepper Sole Fillets

- Versatile menu option
- Natural-cut Cod fillets with tangy lemon and savory pepper in a toasted crumb breading
- Less than 200 calories when prepared in the oven

Product Code: 1059330 Portion Size: 5 oz Pack: 10 lb

Cooking: DF/OR/PS

Allergens: Fish (Sole), Soy



Sole Rolled with Scallops & Crabmeat Stuffing

- Premium Sole fillets with a savory bread crumb stuffing
- Offers portion control, and provide an elegant and attractive plate presentation
- No added hydrogenated oil; low in saturated fat and no trans fat

Product Code: 1039207 Portion Size: 5 oz Pack: 10 lb

Cooking: OR

Allergens: Fish (Sole), Crustacean Shellfish (Crab, Lobster, Shrimp), Wheat, Soy, Milk





1059340 PAN-SEAR GARLIC & HERB TILAPIA FILLETS

		Tilapia																																																			
	Portion Size	Product Code	Calories	Total Fat (g)		Total Fat %		Saturated Fat (g)		Saturated Fat %		Trans Fat (g)		Trans Fat %		Cholesterol (mg)		Cholesterol %		Sodium (mg)		Sodium %		Total Carb (g)		Total Carb %		Dietary Fiber (g)		Dietary Fiber %		Sugars (g)		Sugars %		Protein (g)		Vitamin D (mg)		Vitamin D %		Calcium (mg)		Calcium %		Iron (mg)		Iron %		Potassium (mg)		Potassium %	
	Pan Seared Coconut Crusted Tilapia	5-6 oz	1089521	290	12	16	3	15	0	0	65	22	250	11	17	6	1	3	3	4	28	4.1	20	0	0	1.2	6	430	10																								
	Pan-Sear Garlic & Herb Tilapia Fillets	5 oz	1059340	220	9	11	1	6	0	0	55	18	390	17	12	5	0	0	0	0	23	3.4	15	0	0	1.1	6	340	8																								
	Pan-Sear Chili Lime Tilapia Fillets	5 oz	1059540	230	10	12	2	10	0	0	55	19	430	19	11	4	0	0	0	0	23	3.5	20	0	0	1	6	360	8																								
	Pecan Crunch Tilapia Fillets	5-6 oz	14364	450	35	44	8	42	0	0	60	20	550	24	15	5	1	3	1	0	20	2.7	15	0	0	1.5	8	310	6																								
	RedHook® Ale Battered Tilapia Fillets	4-5 oz	10001602	270	12	15	2	11	0	0	40	13	590	26	22	8	1	2	0	0	18	2.4	10	0	0	0.7	4	260	6																								



Pan Seared Coconut Crusted Tilapia

BAP 1 STAR OR BETTER/ASC

- Perfectly portioned
- No trans fat
- Excellent plate coverage

Product Code: 1089521 Portion Size: 5-6 oz Pack: 10 lb

Cooking: DF/OR/PS

Allergens: Fish (Tilapia), Wheat, Soy, Tree nuts (Coconut)



Pan-Sear Garlic & Herb Tilapia Fillets

BAP 2 STAR OR BETTER/ASC

- Individually Quick Frozen (IQF) portions
- Natural cut fillets lightly seasoned with a blend of roasted garlic and herbs

Product Code: 1059340 Portion Size: 5 oz Pack: 10 lb

Cooking: DF/OR/PS

Allergens: Fish (Tilapia), Soy



Pan-Sear Chili Lime Tilapia Fillets

BAP 2 STAR OR BETTER/ASC

- Tender, mild Tilapia fillets are lightly seasoned with the zest of lime and a mild heat of chili
- Versatile preparation and menu flexibility

Product Code: 1059540 Portion Size: 5 oz Pack: 10 lb

Cooking: DF/OR/PS

Allergens: Fish (Tilapia), Milk



Pecan Crunch Tilapia Fillets

BAP 2 STAR OR BETTER/ASC

- Homestyle appearance
- Craveable coating
- No trans fat

Product Code: 14364 Portion Size: 5-6 oz Pack: 10 lb

Cooking: OR

Allergens: Fish (Tilapia), Wheat, Soy, Milk, Tree nuts (Pecans)



RedHook® Ale Battered Tilapia Fillets

BAP 1 STAR OR BETTER/ASC

- Consistent quality
- Par-fried in non-hydrogenated vegetable oil
- Authentic flavor, natural appearance

Product Code: 10001602 Portion Size: 4-5 oz Pack: 10 lb


Cooking: DF/OR


Allergens: Fish (Tilapia), Wheat






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