



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 and hospitality industries in mind. Because no matter the needs of your guests, we believe everyone should be able to enjoy superior seafood.

SEAFOOD IS BETTER™



6586 HADDOCK LOINS

GREAT-TASTING SEAFOOD FOR A BETTER LIFE

You can count on High Liner, the foodservice industry seafood 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; raw fillets ready for your recipes; old favourites like fish cakes and fingers; a selection of burgers and much, much more. For all items we've indicated cooking information, top-line features and benefits, plus extensive nutritional information.

Sea Cuisine™

Nutritious and easy to prepare, Sea Cuisine™ brand products were developed to meet specific healthcare criteria: quality, appetite appeal, portion size, nutrition, ingredient composition, cooking equipment compatibility, and portion cost.



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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: highlinerfoodservice.com.



ICONS



LOW SODIUM

Seafood is naturally low in sodium, making it perfect for every menu. But just so you're sure these options are guaranteed low in sodium. Don't worry, they're still bursting with flavour though.



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 3 grams 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 480 mg of sodium per portion with all the flavour 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 all for under \$1.60 a portion.



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 low in saturated fats but still high in flavour so that you can serve them exactly what they want.



GLUTEN FREE

No gluten, no problem! These delicious options are developed with no gluten in the seasoning, sauce or anywhere else. Enjoy!



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.



NO ADDITIVES

We'd hate to ruin these options by adding additives and preservatives, that's why they're responsibly sourced and then frozen to naturally maintain optimum flavour and texture.



COLD PLATE COMPATIBLE

Tested in both conduction and convection meal-delivery, these options can be plated completely thawed, partially thawed or even frozen.



SOURCE OF OMEGA-3'S

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



1040 HADDOCK PIECES

COOK METHOD

FA	Forced air convection oven
DF	Deep fry
OR	Oven ready
MW	Microwave
PS	Pan sear
CP/RT	Cold plate/retherm compatible



1826 HEALTHY TONIGHT®
BREADED POLLOCK FILLETS



1086106 BEER BATTERED HADDOCK FILLETS

Haddock		Portion Size	Product Code	Calories	Fat (g)	Fat % DV	Saturated Fat (g)	Saturated Fat % DV	+ Trans Fat (g)	Polysaturated Fat (g)	Omega-6 (g)	Omega-3 (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Potassium (mg)	Carbohydrate (g)	Fibre (g)	Fibre % DV	Sugars (g)	Protein (g)	Calcium % DV	Iron % DV	Phosphorus % DV
	Beer Battered Haddock Fillets, 3 oz	per 1 fillet (90 g)	1086106	180	9	12	1	5	0	2.5	1.5	0.9	6	25	320	14	150	15	0	0	0	9	2	4	
	Battercrisp® English Style Haddock Fillets, 3-4 oz	per 1 portion (99 g)	5692	240	14	22	1	5	0	4.0	2.5	1.5	8	25	450	19	150	17	1	3	0	10	2	10	
	Battercrisp® Fast Fry Haddock Portions (WC), 2 oz	per 2 portions (112 g)	6974	240	12	18	1	6	0	3	2	0.9	6	25	500	21	149	22	1	3	1	11	2	10	
	Healthy Tonight™ Breaded Haddock Fillets, 4 oz	per 1 fillet (120 g)	1825	190	6	9	0.5	3	0	1.5	1	0.4	3	45	380	16	235	17	0	0	0	16	2	10	
	Breaded Krunchie® Haddock Fillets, 2-4 oz	per about 2 fillet (160 g)	7786	290	11	15	1	5	0	3	2	1	7	50	730	32	300	29	1	4	1	20	6	14	
	Healthy Bake® Panko Breaded Haddock Portions, 3-5 oz	per 1 fillet (118 g)	5951	170	4	6	0.4	2	0	1	1	0.2	2	50	200	8	279	15	2	10	1	18	4	10	
	Sea Cuisine™ Mediterranean Glazed Portions, 3-4 oz	per about 1 fillet (101 g)	8975	80	2	3	0.2	1	0	0.5	0	0.3	1	45	200	9	250	2	0	0	0	14	2	1	
	Haddie Bites, 6 oz	per 5 pc (87 g)	4590	170	8	11	1	5	0	2	2	0.8	5	20	300	13	125	16	0	0	0	8	1	6	10
	Haddock Portions, Restaurant Cut, 3 oz	per 1 portion (85 g)	1123	70	1	1	0	0	0	0.2	0	0.2	0.1	50	60	2	260	0	0	0	0	15	2	6	15
	Haddock Portions, Restaurant Cut, 4 oz	per 1 portion (113 g)	1124	90	1	1	0	0	0	0.3	0	0.2	0.1	65	75	3	350	0	0	0	0	21	4	8	20
	Canadian Haddock Fillets, 3 oz	per 1 fillet (85 g)	4003	70	1	1	0	0	0	0.2	0	0.2	0.1	50	60	2	260	0	0	0	0	16	2	6	15
	Canadian Haddock Fillets, 4 oz	per 1 fillet (113 g)	4004	100	1	2	0.1	1	0	0.3	0	0.2	0.1	65	75	3	351	0	0	0	0	21	4	8	17
	Haddock Tails, 3 oz	per about 1 tail (85 g)	1080232	50	0	1	0	0	0	0.1	0	0.1	0	40	130	6	225	0	0	0	0	12	1	1	20
	Haddock Fillets, 4 oz	per 1 fillet (113 g)	1004	100	1	2	0.1	1	0	0.3	0	0.2	0.1	65	75	3	351	0	0	0	0	21	4	8	17
	Haddock Loins, 2 oz	per 1 loin (57 g)	6584	50	0	1	0	0	0	0.1	0	0.1	0.1	30	40	2	180	0	0	0	0	11	2	4	10
	Haddock Loins, 3 oz	per 1 loin (85 g)	6585	70	1	1	0	0	0	0.2	0	0.1	0.1	50	60	2	260	0	0	0	0	16	2	6	15
	Haddock Loins, 4 oz	per 1 loin (113 g)	6586	100	1	1	0	0	0	0.3	0	0.2	0.1	65	75	3	350	0	0	0	0	21	4	8	20
	Haddock Portions, 3 oz	per 1 portion (85 g)	6594	70	1	1	0	0	0	0.2	0	0.1	0.1	50	60	2	260	0	0	0	0	16	2	6	15
	Haddock Pieces, 1-1.5 oz	per 2-4 pieces (100 g)	1040	70	1	1	0.1	1	0	0.2	0	0.2	0.1	50	150	6	280	0	0	0	0	17	2	6	20

Beer Battered Haddock Fillets

- MSC certified**
- Authentic flavour; natural appearance
- Great plate coverage and controlled costs

Product Code: 1086106 Portion Size: 3 oz Pack: 10 lb
 Cooking: DF/FA/OR
 Allergens: Fish, wheat, milk, soy



Healthy Bake® Panko Breaded Haddock Fillet Portions

- MSC certified**
- Light and crispy
- Prepared without frying

Product Code: 5951 Portion Size: 3-5 oz Pack: 10 lb
 Cooking: FA/OR
 Allergens: Fish, wheat, soy, gluten



Haddock Tails

- MSC certified**
- White fish with mild flavour
- Individually quick-frozen for convenience

Product Code: 1080232 Portion Size: 3 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Battercrisp® English Style Haddock Fillets

- MSC certified**
- IQF, cut from a premium fillet block
- Excellent plate coverage
- Dipped in a light, crispy batter

Product Code: 5692 Portion Size: 3-4 oz Pack: 10 lb
 Cooking: DF/FA/OR
 Allergens: Fish, wheat, milk, gluten



Sea Cuisine™ Mediterranean Glazed Haddock Portions

- MSC certified**
- Gluten-free
- A delicious glaze of Italian herbs and spices
- Meets healthcare portion cost requirements

Product Code: 8975 Portion Size: 3-4 oz Pack: 10 lb
 Cooking: FA/OR/CP/RT
 Allergens: Fish, sulphites



Haddock Fillets

- MSC certified**
- Premium quality, lean, white fish
- Individually quick-frozen for optimum convenience
- No additives; natural taste and appearance

Product Code: 1004 Portion Size: 4 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Battercrisp® Fast Fry Haddock Portions (Wedge cut)

- MSC certified**
- IQF portioned for ease in food costing
- Cut from a premium fillet block
- Dipped in a light, crispy batter

Product Code: 6974 Portion Size: 2 oz Pack: 10 lb
 Cooking: DF/FA/OR
 Allergens: Fish, wheat, milk, soy, gluten



Haddie Bites

- MSC certified**
- Perfectly Portioned .6 oz nuggets
- Versatile, cost-effective

Product Code: 4590 Portion Size: .6 oz Pack: 10 lb
 Cooking: DF/OR
 Allergens: Fish, wheat, soy, milk



Haddock Loins

- MSC certified**
- Individually quick-frozen for optimum convenience
- Premium cut, consistent thickness
- No additives; natural taste and texture

Product Code: 6584 Portion Size: 2 oz Pack: 10 lb
 Product Code: 6585 Portion Size: 3 oz Pack: 10 lb
 Product Code: 6586 Portion Size: 4 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Healthy Tonight™ Breaded Haddock Fillets

- MSC certified**
- New and improved flavour
- Cold plate compatible

Product Code: 1825 Portion Size: 4 oz Pack: 10 lb
 Cooking: DF/FA/OR/CP/RT
 Allergens: Fish, wheat



Haddock Portions, Restaurant Cut

- MSC certified**
- Individually quick-frozen for optimum freshness and product integrity
- White fish with mild flavour

Product Code: 1123 Portion Size: 3 oz Pack: 10 lb
 Product Code: 1124 Portion Size: 4 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Haddock Portions

- MSC certified**
- Individually quick-frozen for optimum convenience
- Great value, perfect for Fish and Chips
- No additives; natural taste and texture

Product Code: 6594 Portion Size: 3 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Breaded Krunchie® Haddock Fillets

- MSC certified**
- Par-fried in non-hydrogenated vegetable oil
- Excellent plate coverage, low portion cost
- Light crumb, crunchy bite

Product Code: 7786 Portion Size: 2-4 oz Pack: 10 lb
 Cooking: DF/FA/OR/CP/RT
 Allergens: Fish, wheat, soy



Canadian Haddock Fillets

- MSC certified**
- Ocean Wise recommended*
- Locally sourced
- Once frozen
- Individually quick-frozen

Product Code: 4003 Portion Size: 3 oz Pack: 10 lb
 Product Code: 4004 Portion Size: 4 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Haddock Pieces

- MSC certified**
- Pre-cut pieces, eliminating the work in the kitchen
- Versatile size that could be incorporated in various dishes including tacos, chowder, and batter fry appetizers

Product Code: 1040 Portion Size: 1-1.5 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish





8767 ALASKAN POLLOCK LOINS 3 OZ

Pollock		Product Code	Calories	Fat (g)	Fat % DV	Saturated Fat (g)	Saturated % DV	+ Trans Fat (g)	Polysaturated Fat (g)	Omega-6 (g)	Omega-3 (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Potassium (mg)	Carbohydrate (g)	Fibre (g)	Fibre % DV	Sugars (g)	Protein (g)	Calcium % DV	Iron % DV	Phosphorus % DV
English Style Battered Pollock Fillets, 3-5 oz	per 1 fillet (93 g)	1089732	190	10	15	1	5	0	2.5	1.5	0.7	5	35	440	18	158	24	0	0	0	10	2	6	
Battercrisp® English Style Alaskan Pollock Fillets, 3-4 oz	per 1 fillet (99 g)	6056	240	15	23	1	6	0	4	2.5	1.5	8	35	410	17	170	17	1	3	0	10	0	8	
Battercrisp® Fast Fry Pollock Portions (Wedge cut), 2 oz	per 2 pieces (112 g)	6747	240	12	18	1	6	0	3	2	0.9	6	35	490	20	157	22	1	3	1	11	0	8	
Battered Pollock Mince (Wedge cut), 2 oz	per 2 pieces (113 g)	2696	250	14	22	1	5	0	3.5	2.5	3.1	8	35	480	20	203	20	1	4	1	10	2	8	
Breaded Alaskan Pollock Portions, 4 oz	per 1 piece (113 g)	1086702	270	14	21	1	5	0	3.5	2.5	1	8	40	480	20	121	24	1	3	6	12	0	10	
Alaskan Pollock Fish Sticks, 25 g	per 4 fish sticks (100 g)	2319	200	9	14	1	5	0	3	2	0.9	4.5	45	410	17	181	17	1	4	1	13	2	8	
Breaded Pollock Portions, 3 oz	per 1 portion (85 g)	2872	170	8	12	0.5	3	0	2	1.5	0.8	4.5	35	300	13	170	16	1	2	0	10	0	8	
Captain Burger® Breaded Pollock Fillets, 2.25 oz	per 1 burger (66 g)	3299	120	5	8	0.5	3	0	1.5	0.9	0.5	3	30	180	8	133	10	0	0	0	9	2	4	
Big Captain Burger® Breaded Pollock Fillets, 4 oz	per 1 burger (113 g)	7025	200	8	12	0.5	3	0	2.5	1.5	0.9	4.5	55	520	22	261	17	0	0	0	15	0	8	
HealthyTonight™ Breaded Alaskan Pollock Fillets, 4 oz	per 1 fillet (120 g)	1826	200	9	14	1	4	0	2.5	1.5	0.8	5	45	350	15	220	15	1	5	2	14	2	6	
Alaskan Pollock Fillets, 2-4 oz	per 1 fillet (85 g)	1002976	40	0.3	1	0	0	0	0.1	0	0.3	0.1	35	200	9	125	0	0	0	0	9	1	1	24
Alaskan Pollock Fillets, 4-6 oz	per 1 fillet (142 g)	1002978	70	0.5	1	0	0	0	0.2	0	0.5	0.1	60	340	15	200	0	0	0	0	16	2	2	36
Alaskan Pollock Loins, 3 oz	per 1 loin (85 g)	8767	70	0.5	1	0	0	0	0.4	0	0.1	0.1	60	85	4	277	0	0	0	0	15	0	2	30
Alaskan Pollock Loins, 4 oz	per 1 loin (113 g)	8768	90	1	2	0.2	1	0	0.5	0	0.2	0.1	80	110	5	368	0	0	0	0	19	0	2	34
Southern Style Alaskan Wild Wings, 8 oz	per 4 pieces (95 g)	8933	140	3.5	5	0.5	3	0	2	1.5	0.5	0.8	25	410	18	125	18	1	4	0	9	2	4	16

English Style Battered Pollock Fillets

- MSC certified**
- Ocean Wise recommended*
- Crispy English Style batter

Product Code: 1089732 Portion Size: 3-5 oz Pack: 10 lb
 Cooking: DF
 Allergens: Fish, milk, soy, wheat, gluten



Alaskan Pollock Fish Sticks

- Ease in handling and preparation
- Par-fried in non-hydrogenated vegetable oil
- Light crumb, crunchy bite

Product Code: 2319 Portion Size: 25 g Pack: 10 lb
 Cooking: DF/FA/OR/CP/RT
 Allergens: Fish, soy, wheat, gluten



Alaskan Pollock Fillets

- MSC certified**
- Lean and moist when cooked
- Firm, white flesh, nice flake
- Maximum versatility

Product Code: 1002976 Portion Size: 2-4 oz Pack: 10 lb
 Product Code: 1002978 Portion Size: 4-6 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Battercrisp® English Style Alaskan Pollock Fillets

- MSC certified**
- Ocean Wise recommended*
- IQF portions
- Homestyle appearance and flavour

Product Code: 6056 Portion Size: 3-4 oz Pack: 10 lb
 Cooking: DF DF/FA/OR/CP/RT
 Allergens: Fish, wheat, gluten



Breaded Pollock Portions

- MSC certified**
- Ocean Wise recommended*
- Delicious with no trans fat
- Par-fried in non-hydrogenated vegetable oil

Product Code: 2872 Portion Size: 3 oz Pack: 10 lb
 Cooking: DF/FA/OR
 Allergens: Fish, wheat, milk, gluten



Alaskan Pollock Loins

- MSC certified**
- Premium loin cut
- Lean and moist when cooked
- Firm, white flesh, nice flake

Product Code: 8767 Portion Size: 3 oz Pack: 10 lb
 Product Code: 8768 Portion Size: 4 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Battercrisp® Fast Fry Pollock Portions (Wedge cut)

- IQF portioned for ease in food costing
- Par-fried in non-hydrogenated vegetable oil
- Cut from a premium fillet block; dipped in a light, crispy batter

Product Code: 6747 Portion Size: 2 oz Pack: 10 lb
 Cooking: DF/FA/OR
 Allergens: Fish, milk, soy, wheat, gluten



Captain Burger® Breaded Pollock Fish Fillets

- Par-fried in non-hydrogenated vegetable oil
- Excellent plate coverage
- Light crumb, crunchy bite

Product Code: 3299 Portion Size: 2.3 oz Pack: 10 lb
 Cooking: DF/FA/OR
 Allergens: Fish, wheat, soy, gluten



Southern Style Alaskan Wild Wings

- MSC certified**
- Ocean Wise recommended*
- IQF portions
- Low in saturated fat

Product Code: 8933 Portion Size: .8 oz Pack: 10 lb
 Cooking: DF/OR
 Allergens: Fish, wheat, soy, milk



Battered Pollock Minced (Wedge cut)

- MSC certified**
- Consistent quality
- Ease in handling and preparation, IQF portioned for ease in food costing
- Par-fried in non-hydrogenated vegetable oil

Product Code: 2696 Portion Size: 2 oz Pack: 10 lb
 Cooking: DF/FA/OR/CP/RT
 Allergens: Fish, milk, soy, wheat, egg, gluten



Big Captain Burger® Breaded Pollock Fillets

- MSC certified**
- Ocean Wise recommended*
- Par-fried in non-hydrogenated vegetable oil
- IQF portions for ease of costing, perfect portion control

Product Code: 7025 Portion Size: 4 oz Pack: 10 lb
 Cooking: DF/FA/OR/CP/RT
 Allergens: Fish, wheat, gluten



Healthy Tonight™ Breaded Alaskan Pollock Fillets

- New and improved flavour
- Perfect for healthcare operations

Product Code: 1826 Portion Size: 4 oz Pack: 10 lb
 Cooking: DF/FA/OR/CP/RT
 Allergens: Fish, wheat, gluten



Breaded Alaskan Pollock Portions

- Mild and delicate taste with a slightly firm texture
- Versatile white fish
- Stays moist and flakes nicely

Product Code: 1086702 Portion Size: 4 oz Pack: 10 lb
 Cooking: DF/FA/OR
 Allergens: Fish, milk, soy, wheat, gluten





5682 ATLANTIC COD TAILS 3 OZ

Cod		Portion Size	Product Code	Calories	Fat (g)	Fat % DV	Saturated Fat (g)	Saturated % DV	+ Trans Fat (g)	Polysaturated Fat (g)	Omega-6 (g)	Omega-3 (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Potassium (mg)	Carbohydrate (g)	Fibre (g)	Fibre % DV	Sugars (g)	Protein (g)	Calcium % DV	Iron % DV	Phosphorus % DV
Battercrisp® Natural Cut Fillets, 2-4 oz	per 1 portion (85 g)	5441	180	9	14	1	5	0	2.5	1.5	0.7	5	20	450	19	170	14	1	2	0	9	2	6		
Lemon Pepper Breading Natural Cut Fillets, 2-4 oz	per 1 portion (89 g)	5227	170	6	10	0.5	3	0	2	1	0.5	3.5	20	330	14	221	17	1	3	1	11	2	8		
Healthy Tonight™ Breading Fillets, 4 oz	per 1 fillet (120 g)	1828	210	10	15	1	4	0	2.5	1.5	0.9	5	45	400	17	200	16	1	5	2	14	2	8		
Sea Cuisine™ Breading Nuggets, 1 oz	per 4 nuggets (100 g)	1026210	190	8	12	0.5	3	0	2	1.5	0.6	4.5	25	380	16	240	18	1	2	1	12	2	8		
Sea Cuisine™ Gluten-Free Breading Nuggets, 1 oz	per 4 nuggets (100 g)	9132	190	9	14	1	4	0	2.5	1.5	0.8	6	25	330	14	160	18	0	0	1	9	4	2		
Blue Cod Fillets, 3 oz	per 1 fillet (85 g)	9880	60	0.5	1	0.1	1	0	0.2	0	0.2	0.1	30	160	7	316	0	0	0	0	14	0	2	18	
Blue Cod Fillets, 4 oz	per 1 fillet (113 g)	9881	80	0.5	1	0.1	1	0	0.2	0	0.2	0.1	40	210	9	420	0	0	0	0	18	0	2	23	
Atlantic Cod Loins, 3 oz	per 1 loin (85 g)	3268	70	0.5	1	0	0	0	0.2	0	0.2	0.1	35	45	2	350	0	0	0	0	15	2	2	15	
Atlantic Cod Loins, 4 oz	per 1 loin (113 g)	3269	90	1	1	0	0	0	0.3	0	0.2	0.1	50	60	3	470	0	0	0	0	20	2	4	20	
Atlantic Cod Tails, 2 oz	per 1 tail (57 g)	5681	45	0.4	1	0	0	0	0.1	0	0.1	0.1	25	30	1	240	0	0	0	0	10	0	2	10	
Atlantic Cod Tails, 3 oz	per 1 tail (85 g)	5682	70	0.5	1	0	0	0	0.2	0	0.2	0.1	35	45	2	350	0	0	0	0	15	2	2	15	
Atlantic Cod Tails, 4 oz	per 1 tail (113 g)	5683	90	1	1	0	0	0	0.3	0	0.2	0.1	50	60	3	470	0	0	0	0	20	2	4	20	
Atlantic Cod Centre Cuts, 3 oz	per 1 portion (85 g)	6128	70	0.5	1	0	0	0	0.2	0	0.2	0.1	35	45	2	350	0	0	0	0	15	2	2	15	
Atlantic Cod Centre Cuts, 4 oz	per 1 portion (113 g)	6129	90	1	1	0	0	0	0.3	0	0.2	0.1	50	60	3	470	0	0	0	0	20	2	4	20	
Pacific Cod Loins, 3 oz	per about 1 loin (85 g)	1023393	60	0.5	1	0	0	0	0.1	0	0.2	0.1	40	190	8	200	0	0	0	0	13	1	1	20	
Pacific Cod Loins, 4 oz	per about 1 loin (113 g)	1023394	70	0.5	1	0	0	0	0.2	0	0.2	0.1	55	250	11	250	0	0	0	0	17	1	1	24	
Pacific Cod Tails, 3 oz	per 1 tail (85 g)	9873	70	0.5	1	0	0	0	0.2	0	0.2	0.1	30	60	3	342	0	0	0	0	15	0	2	12	
Pacific Cod Tails, 4 oz	per 1 tail (113 g)	9874	90	0.5	1	0	0	0	0.3	0	0.2	0.1	40	80	3	455	0	0	0	0	20	0	2	16	

Battercrisp® Natural Cut Cod Fillets

- MSC certified**
- Source of Omega-3 polyunsaturates
- IQF portions
- Homestyle appearance and flavour

Product Code: 5241 Portion Size: 2-4 oz Pack: 10 lb

Cooking: DF/FA

Allergens: Fish, wheat, soy, gluten



Lemon Pepper Breaded Natural Cut Cod Fillets

- MSC certified**
- Source of Omega-3 polyunsaturates
- Tangy lemon and savoury pepper in a toasted wheat crumb breading

Product Code: 5227 Portion Size: 2-4 oz Pack: 10 lb

Cooking: FA/OR

Allergens: Fish, wheat, milk, soy, gluten



Healthy Tonight™ Breaded Cod Fillets

- MSC certified**
- Ocean Wise recommended*
- Source of Omega-3 polyunsaturates
- No added hydrogenated oils

Product Code: 1828 Portion Size: 4 oz Pack: 10 lb

Cooking: FA/OR/DF/CP/RT

Allergens: Fish, wheat, soy



Sea Cuisine™ Breaded Cod Nuggets

- MSC certified**
- Ocean Wise recommended*
- Perfectly portioned 1 oz. nuggets
- Cold plate and bulk system rethermable

Product Code: 1026210 Portion Size: 1 oz Pack: 10 lb

Cooking: FA/OR/CP/RT

Allergens: Fish, wheat, milk, soy, gluten



Sea Cuisine™ Gluten-Free Breaded Cod Nuggets

- MSC certified**
- Great quality and portion control
- Light, gluten-free crumb and crunchy bite

Product Code: 9132 Portion Size: 1 oz Pack: 10 lb

Cooking: DF/FA

Allergens: Fish



Blue Cod Fillets

- MSC certified**
- Ocean Wise recommended*
- Mild taste and tender flesh
- Versatile, cost-effective

Product Code: 9880 Portion Size: 3 oz Pack: 10 lb

Product Code: 9881 Portion Size: 4 oz Pack: 10 lb

Cooking: May be prepared as desired.

Allergens: Fish



Atlantic Cod Loins

- MSC certified**
- Natural taste and texture; free of additives
- Premium loin cut
- Sleeve vacuum-sealed for freshness

Product Code: 3268 Portion Size: 3 oz Pack: 10 lb

Product Code: 3269 Portion Size: 4 oz Pack: 10 lb

Cooking: May be prepared as desired.

Allergens: Fish



Atlantic Cod Tails

- MSC certified**
- Natural taste and texture; free of additives
- Excellent source of protein
- Sleeve vacuum-sealed for optimum freshness

Product Code: 5681 Portion Size: 2 oz Pack: 10 lb

Product Code: 5682 Portion Size: 3 oz Pack: 10 lb

Product Code: 5683 Portion Size: 4 oz Pack: 10 lb

Cooking: May be prepared as desired.

Allergens: Fish



Atlantic Cod Centre Cuts

- MSC certified**
- Natural taste and texture; free of additives
- Taken from the centre of the fish; greater plate coverage
- Sleeve vacuum-sealed for optimum freshness

Product Code: 6128 Portion Size: 3 oz Pack: 10 lb

Product Code: 6129 Portion Size: 4 oz Pack: 10 lb

Cooking: May be prepared as desired.

Allergens: Fish



Pacific Cod Loins

- MSC certified**
- Ocean Wise recommended*
- Slightly softer and moister than Atlantic Cod
- Long-line caught

Product Code: 1023393 Portion Size: 3 oz Pack: 10 lb

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

Cooking: May be prepared as desired.

Allergens: Fish



Pacific Cod Tails

- MSC certified**
- Ocean Wise recommended*
- Natural taste and texture; free of additives
- Individually quick-frozen for optimum freshness and convenience

Product Code: 9873 Portion Size: 3 oz Pack: 10 lb

Product Code: 9874 Portion Size: 4 oz Pack: 10 lb

Cooking: May be prepared as desired.

Allergens: Fish



8959 WILD PACIFIC PINK SALMON LOINS 3 OZ



Salmon		Product Code	Calories	Fat (g)	Fat % DV	Saturated Fat (g)	Saturated Fat % DV	+ Trans Fat (g)	Polyunsaturated Fat (g)	Omega-6 (g)	Omega-3 (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Potassium (mg)	Carbohydrate (g)	Fibre (g)	Fibre % DV	Sugars (g)	Protein (g)	Calcium % DV	Iron % DV	Phosphorus % DV
Big Captain Burger® Breaded Pink Salmon, 4 oz	per 1 burger (113 g)	8971	200	8	12	1	5	0	3	2	1	6	25	550	23	263	16	0	0	2	16	4	8	
Sea Cuisine™ Asian Glazed Pink Salmon Portions, 3-4 oz	per 1 portion (102 g)	8974	120	4.5	4.5	0.5	3	0	2	0.4	1.5	2	35	230	10	306	2	0	0	1	17	1	2	
Sea Cuisine™ Pink Salmon Fillets in Creamy Dill Sauce, 5 oz	per about 1 fillet (139 g)	8970	180	9	12	2	10	0.1	3	0.7	2	3	55	360	16	400	2	0	0	1	23	2	3	
Atlantic Salmon Fillet Portions, Boneless, Skinless, 4 oz	per 1 portion (113 g)	1050125	240	15	23	3.5	17	0	4.5	1	2.5	4.5	60	65	3	410	0	0	0	0	23	0	2	25
Wild Pacific Pink or Chum Salmon Loins, 3 oz	per 1 loin (85 g)	8959	100	3.5	5	0.5	3	0	2	0.2	1.5	1	35	100	4	300	0	0	0	0	17	1	2	20
Wild Pacific Pink or Chum Salmon Loins, 4 oz	per 1 loin (113 g)	8960	130	4.5	6	1	5	0	2.5	0.2	1.5	1.5	50	135	6	400	0	0	0	0	22	1	2	24
Wild Pacific Pink Salmon Cubes, 7-12 g	per 10 cubes (100 g)	8958	120	4	6	1	5	0	0.8	0.1	0.6	1.5	45	180	8	350	0	0	0	0	19	0	2	30
Wild Pacific Pink or Chum Salmon Portions, 4-5 oz	per about portion (127 g)	2516	150	5	7	1	5	0	3	0.3	2	1.5	55	150	7	450	0	0	0	0	25	1	3	28
Wild Pacific Pink or Chum Salmon Portions, 3 oz	per portion (85 g)	1047	100	3.5	5	0.5	3	0	1.5	0.1	1	1	35	100	4	300	0	0	0	0	17	0	2	20
Wild Pacific Pink or Chum Salmon Portions, 4 oz	per portion (113 g)	1048	130	4.5	7	1	5	0	2	0.2	1.5	1.5	50	135	6	390	0	0	0	0	22	0	2	30
Wild Pacific Pink or Chum Salmon Portions, 5 oz	per portion (142 g)	1049	160	6	9	1	6	0	2.5	0.2	1.5	2	60	170	7	490	0	0	0	0	28	0	4	35

Big Captain Burger® Breaded Pink Salmon

- IQF breaded portions
- Ease in handling and preparation
- Economical healthy alternative to a beef burger
- Cold plate/retherm compatible

Product Code: 8971 Portion Size: 4 oz Pack: 10 lb

Cooking: DF/FA/OR/CP/RT

Allergens: Fish, milk, wheat, soy, gluten



Sea Cuisine™ Asian Glazed Pink Salmon Portions

- Premium Salmon topped with an on-trend, Asian-inspired, teriyaki-style glaze
- Cold plate and bulk system rethermable
- Meets healthcare portion cost requirements

Product Code: 8974 Portion Size: 3-4 oz Pack: 10 lb

Cooking: OR/FA/CP/RT

Allergens: Fish, soy, wheat, sulphites, gluten



Sea Cuisine™ Wild Pacific Salmon Fillets in a Creamy Dill Sauce

- Gluten-free
- Perfectly portioned, topped in a light and creamy non-hydrogenated dill sauce
- Easy to prepare in the oven or in retherm applications, all saving valuable labour time
- Perfect for healthcare and contract feeding; meets the daily serving requirements

Product Code: 8970 Portion Size: 5 oz Pack: 10 lb

Cooking: OR/FA/CP/RT

Allergens: Fish, soy, milk



Atlantic Salmon Portions, Boneless, Skinless

- Best Aquaculture Practices Certified***
- Farm-raised for premium consistent taste, fat content and colour
- Individually vacuum-sealed to help maintain optimum quality while frozen; provides more safety when thawing
- Deep skinned for better appearance and taste

Product Code: 1050125 Portion Size: 4 oz Pack: 10 lb

Cooking: May be prepared as desired.

Allergens: Fish



Wild Pacific Pink Salmon Loins

- Consistent quality
- Sleeve vacuum-packed for optimum freshness and convenience
- Premium cut; rectangular portion from the thickest part of the fillet

Product Code: 8959 Portion Size: 3 oz Pack: 10 lb

Product Code: 8960 Portion Size: 4 oz Pack: 10 lb

Cooking: May be prepared as desired.

Allergens: Fish



Wild Pacific Pink Salmon Cubes, Raw

- Source of Omega-3 polyunsaturates
- Low in saturated fat; no trans fat
- Excellent source of protein

Product Code: 8958 Portion Size: 6-12 g Pack: 16 lb

Cooking: May be prepared as desired.

Allergens: Fish



Wild Pacific Pink Salmon Portions

- Pink Salmon has no trans fat and is low in saturated fat
- A source of Omega-3 polyunsaturates
- An excellent source of protein

Product Code: 2516 Portion Size: 4-5 oz Pack: 2x10 lb

Cooking: May be prepared as desired.

Allergens: Fish



Wild Pacific Salmon Portions

- Pink Salmon has no trans fat and is low in saturated fat
- A source of Omega-3 polyunsaturates
- An excellent source of protein

Product Code: 1047 Portion Size: 3 oz Pack: 2x5 lb

Product Code: 1048 Portion Size: 4 oz Pack: 2x5 lb

Product Code: 1049 Portion Size: 5 oz Pack: 2x5 lb

Cooking: May be prepared as desired.

Allergens: Fish







5267 SOLE FILLETS 4 OZ

Sole		Product Code	Calories	Fat (g)	Fat % DV	Saturated Fat (g)	Saturated Fat % DV	Trans Fat (g)	Polyunsaturated Fat (g)	Omega-6 (g)	Omega-3 (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Potassium (mg)	Carbohydrate (g)	Fibre (g)	Fibre % DV	Sugars (g)	Protein (g)	Calcium % DV	Iron % DV	Phosphorus % DV
Healthy Tonight™ Breaded Sole Fillets, 4 oz	per about 1 fillet (119 g)	1827	200	10	13	1	5	0	2.5	1.5	0.9	6	35	350	15	125	16	1	4	0	11	2	4	
Oven Ready Breaded Sole Fillets, 4 oz	per 1 fillet (115 g)	1036457	250	11	17	1	5	0	3	2	0.8	6	30	530	22	231	23	1	3	1	14	2	10	
Crispy Breaded Sole Fillets, 4 oz	per 1 fillet (115 g)	1036626	180	1	2	0.3	2	0	0.2	0	0.1	0.1	30	420	18	241	26	1	4	1	15	2	10	
Breaded Sole Fingers, 1-2 oz	per about 3 fingers (144 g)	1086090	350	15	24	1.5	6	0	4	2.5	1.5	9	30	580	24	260	39	1	5	1	15	2	15	
Breaded Sole Fillets, 4 oz	per about 1 fillet (113 g)	5798	240	10	13	1	5	0	3	2	1	6	30	440	19	250	23	0	0	1	14	2	10	
Sea Cuisine™ Breaded Sole Fillets, 2.5-3.5 oz	per 1 portion (90 g)	1036640	180	8	12	0.5	3	0	2	1.5	0.6	4.5	20	370	15	85	19	1	4	2	9	2	6	
Sole Fillets, 2 oz	per 100 g serving	5282	60	2	3	0.4	2	0	0.3	0	0.2	0.5	40	140	6	150	0	0	0	0	12	2	1	24
Sole Fillets, 3 oz	per 100 g serving	5266	60	2	3	0.4	2	0	0.3	0	0.2	0.5	40	140	6	150	0	0	0	0	12	2	1	24
Sole Fillets, 4 oz	per 100 g serving	5267	60	2	3	0.4	2	0	0.3	0	0.2	0.5	40	140	6	150	0	0	0	0	12	2	1	24

Healthy Tonight™ Breaded Sole Fillets

- MSC certified**
- Ocean Wise recommended*
- No MSG
- Less than 220 calories when prepared in the oven
- Low portion cost

Product Code: 1827 Portion Size: 4 oz Pack: 10 lb

Cooking: FA/OR/DF/CP/RT

Allergens: Fish, wheat, gluten

**Breaded Sole Fingers**

- MSC certified**
- Ocean Wise recommended*
- White fish with delicate flavour
- Excellent plate coverage

Product Code: 1086090 Portion Size: 1-2 oz Pack: 10 lb

Cooking: FA/OR/DF

Allergens: Fish, soy, wheat, gluten, milk

**Sea Cuisine™ Breaded Sole Fillets**

- MSC certified**
- Ocean Wise recommended*
- Cold plate and bulk system rethermable
- Portions meet healthcare portion cost requirements and sodium requirements

Product Code: 1036640 Portion Size: 2.5-3 oz Pack: 10 lb

Cooking: OR/FA/CP/RT

Allergens: Fish, wheat, soy, milk, gluten

**Oven Ready Sole Fillets**

- MSC certified**
- Ocean Wise recommended*
- Mild-flavoured fillets
- Lightly breaded premium Sole fillets

Product Code: 1036457 Portion Size: 4 oz Pack: 10 lb

Cooking: OR/FA

Allergens: Fish, milk, soy, wheat, gluten

**Breaded Sole Fillets**

- MSC certified**
- Ocean Wise recommended*
- Par-fried in non-hydrogenated vegetable oil
- IQF portions for ease of costing, perfect portion control

Product Code: 5798 Portion Size: 4 oz Pack: 10 lb

Cooking: DF/FA/OR

Allergens: Milk, fish, soy, wheat, gluten

**Sole Fillets**

- MSC certified**
- Ocean Wise recommended*
- IQF for convenience
- Mild flavoured with delicate texture

Product Code: 5282 Portion Size: 2 oz Pack: 10 lb

Product Code: 5266 Portion Size: 3 oz Pack: 10 lb

Product Code: 5267 Portion Size: 4 oz Pack: 10 lb

Cooking: May be prepared as desired.

Allergens: Fish

**Crispy Breaded Sole Fillets**

- MSC certified**
- Ocean Wise recommended*
- Lightly breaded premium Sole fillets
- Versatile menu option

Product Code: 1036626 Portion Size: 4 oz Pack: 10 lb

Cooking: DF

Allergens: Fish, wheat, milk, soy, gluten





7787 BREADED KRUNCHIE®
OCEAN PERCH FILLETS
2-4 OZ

Other		Portion Size	Product Code	Calories	Fat (g)	Fat % DV	Saturated Fat (g)	Saturated Fat % DV	Trans Fat (g)	Polyunsaturated Fat (g)	Omega-6 (g)	Omega-3 (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Sodium % DV	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Fibre % DV	Sugars (g)	Protein (g)	Calcium % DV	Iron % DV	Phosphorus % DV
Breaded Krunchie® Basa Fillets, 3 oz	per 1 fillet (85 g)	7792	180	9	12	1	5	0	2	1.5	0.7	5	25	440	19	150	17	1	4	1	9	2	6		
Basa Fillets, 4 oz	per 1 fillet (113 g)	1031162	130	7	9	1.5	8	0	1.5	1	0.5	3	60	110	5	350	0	0	0	0	17	1	2	18	
Basa Loins, 4 oz	per 1 loin (113 g)	1166	100	3.5	5	1.5	8	0	1.3				55	55	2	341	0	0	0	0	16	2	2	18	
Multigrain Breaded Tilapia Fillets, 3-5 oz	per 1 fillet (122 g)	1456	220	10	15	1	5	0	3	2	0.7	5	25	350	15	214	17	3	11	2	17	2	8		
Breaded Krunchie® Ocean Perch Fillets, 2-4 oz	per 1 fillet (64 g)	7787	250	10	13	1	5	0	2.5	1.5	1	6	65	580	25	212	25	1	4	1	17	8	11		
Fish Cakes, 2 oz	per 2 cakes (119 g)	2870	210	4.5	7	0.4	2	0	1	0.7	0.3	2	15	480	20	260	33	3	11	3	12	6	15		
Cape Hake Fillets, 3 oz	per 1 fillet (85 g)	5945	80	1	2	0.2	1	0	0.4	0.1	0.2	0.2	57	60	3	212	0	0	0	0	16	4	2	15	
Cape Hake Fillets, 4 oz	per 1 fillet (113 g)	5946	100	1.5	2	0.3	1	0	0.5	0.1	0.3	0.3	75	80	3	283	0	0	0	0	21	4	2	20	
Fish Sticks (made from minced fish fillets), 25 g	per 4 sticks (100 g)	7367	240	11	15	1	5	0	3	2	1	7	35	180	8	225	22	1	4	1	1	4	13		
Tilapia Fillets Standard Skinned IQF, 3-5 oz	per 1 fillet (113 g)	9861	110	2	3	0.5	3	0	0.4	0.2	0.1	0.5	55	60	3	341	0	0	0	0	23	2	4		
Tilapia Fillets, Deep-skinned, 3-5 oz	per 1 fillet (113 g)	1003703	110	2.5	3	0.5	3	0	0.4	0.2	0.1	0.5	55	60	3	340	0	0	0	0	23	2	4	15	
Tilapia Fillets, Vac Pack, Super Deep-skinned, 4 oz	per 1 fillet (113 g)	3944	110	2.5	4	0.1	1	0	0.4	0.2	0.1	0.5	40	75	3	340	0	0	0	0	21	0	2		

Breaded Krunchie® Basa Fillets

- Best Aquaculture Practices Certified***
 - Perform well in retherm applications
 - Light crumb, crunchy bite
 - Par-fried in non-hydrogenated vegetable oil
 - Convenient IQF portions, low portion cost
- Product Code: 7792 Portion Size: 3 oz Pack: 2 x 5 lb
 Cooking: DF/FA/OR/CP/RT
 Allergens: Fish, wheat, gluten, soy



Breaded Krunchie® Ocean Perch Fillets

- Par-fried in non-hydrogenated vegetable oil
 - Perform well in retherm applications
 - Convenient IQF portions, low portion cost
 - Light crumb, crunchy bite
- Product Code: 7787 Portion Size: 2-4 oz Pack: 10 lb
 Cooking: DF/FA/OR/CP/RT
 Allergens: Fish, soy, wheat, gluten



Tilapia Fillets Standard Skinned IQF

- Best Aquaculture Practices Certified***
 - Firm texture, consistent quality and rich taste
 - Farm-raised and deep-skinned for consistent flavour and portion control
 - Competitively priced with other quality white fish
- Product Code: 9861 Portion Size: 3-5 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Basa Fillets

- Best Aquaculture Practices Certified***
 - Economical
 - Mild, fresh taste
 - Versatile, can be cooked in a variety of ways
- Product Code: 1031162 Portion Size: 4 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Fish Cakes

- Par-fried in non-hydrogenated vegetable oil
 - IQF portioned for ease in costing; perfect portion control
 - Light crumb, crunchy bite
- Product Code: 2870 Portion Size: 2 oz Pack: 10 lb
 Cooking: DF/FA/OR
 Allergens: Fish, egg, milk, wheat, soy, gluten



Tilapia Fillets, Deep-skinned

- Best Aquaculture Practices Certified***
 - Firm texture, consistent quality, rich taste
 - Farm-raised and deep-skinned; consistent flavour and portion control
 - Competitively priced with other quality white fish
- Product Code: 1003703 Portion Size: 3-5 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Basa Loins

- Best Aquaculture Practices Certified***
 - Economical
 - Mild, fresh taste
 - Versatile, can be cooked in a variety of ways
- Product Code: 1166 Portion Size: 4 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Cape Hake Once Frozen Fillets

- Uniform portion size for consistency
 - Great value
 - No additives or preservatives
- Product Code: 5945 Portion Size: 3 oz Pack: 10 lb
 Product Code: 5946 Portion Size: 4 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Tilapia Fillets, Vac Pack, Super Deep-skinned

- Best Aquaculture Practices Certified***
 - Farm-raised in fresh water
 - Vacuum-packed to seal in freshness
 - Stable pricing and year-round availability
 - Mild sweet flavour and firm flaky texture
- Product Code: 3944 Portion Size: 4 oz Pack: 10 lb
 Cooking: May be prepared as desired.
 Allergens: Fish



Multigrain Breaded Tilapia Fillets

- Best Aquaculture Practices Certified***
 - Perfect for lighter, healthier menu options
 - Cold plate/retherm compatible
 - Excellent source of protein, high source of fibre
- Product Code: 1456 Portion Size: 3-5 oz Pack: 10 lb
 Cooking: FA/OR/CP/RT
 Allergens: Fish, milk, egg, soy, wheat



Fish Sticks (made from minced fish fillets)

- MSC certified**
 - Light crumb coating gives a crunchy bite to these tasty minced fish fillets
 - A budget-friendly option
 - Cold plate/retherm compatible
- Product Code: 7367 Portion Size: 25 g Pack: 10 lb
 Cooking: DF/FA/OR/CP/RF
 Allergens: Wheat, Soy, Fish







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




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