



Cut from white and flaky Haddock fillet blocks. These are coated in our unique light and crispy batter. The unique fillet cut, which resembles a natural fillet, provides excellent plate coverage.



### Key Product Features

- Unique formed consistent shape
- Quick cooking time
- Packaged in poly bags

### Key Product Benefits

- Excellent portion control
- Fast service
- Ensure freshness and reduce flavour transfers

### Menu Suggestions

Ideal as for "fish & chips" where portion control is critical. Serve with fries, salad or mashed potatoes and vegetables.

### Cooking Instructions

Deep fry from frozen 4 minutes at 360°F

### Nutritional Facts

Per 100 g	
Amount	
Calories	254.0
Fat	11.7 g
Saturated	1.0 g
+trans	0.3 g
Polyunsaturated	3.3 g
Omega-6	2.2 g
Omega-3	1.1 g
Monounsaturated	6.6 g
Cholesterol	29.0 mg
Sodium	460.0 mg
Carbohydrate	24.4 g
Dietary Fibre	1.0 g
Sugars	1.8 g
Protein	12.7 g
Vitamin A	0.0 RE
Vitamin C	0.0 mg
Calcium	27.0 mg
Iron	1.7 mg

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### Ingredient Listing

Haddock, sodium tripolyphosphate in a batter of: water, toasted wheat crumb, corn starch, corn flour, wheat flour, margarine, soya flour, sugar, salt, baking powder, spice, guar gum and flavour. Browned in pure vegetable oil (canola oil).

### Allergen Listing

Wheat, soy, milk

### Health Benefits

Low in saturated fat  
 Source of iron  
 Source of omega 3 polyunsaturates  
 Source of omega 6 polyunsaturates

### Specifications

SCC: 100 69299 22044 2  
 Case Pack Size 2 x 2 kg = 4 kg  
 Average Pc Weight 113 g / 4 oz  
 Average Pc Count 35

Case (cm) (LxWxH) 37.3 x 27.8 x 11.1  
 Case Cube (cm) 11,510  
 Pallet Ti/Hi 10 / 9



build your menu with confidence