



Premium natural haddock fillets are trimmed by hand and coated in our unique "gourmet" batter.

Key Product Features

- Homemade appearance
- Consistent sizing
- Quick cooking time

Key Product Benefits

- Appetizing and appealing
- Excellent portion control
- Fast service

Menu Suggestions

Fillets are ideal as a dinner entree, such as a gourmet fish and chips. They are also ideal for luncheon specials. Serve with Rice Pilaf, Garlic Mashed Potatoes or roasted vegetables.

Cooking Instructions

Deep fry from frozen 4 minutes at 360°.

Nutritional Facts

Per 100 g	
Amount	
Calories	215.0
Fat	8.0 g
Saturated	0.7 g
+trans	0.3 g
Polyunsaturated	2.4 g
Omega-6	1.5 g
Omega-3	0.8 g
Monounsaturated	4.3 g
Cholesterol	31.4 mg
Sodium	380.0 mg
Carbohydrate	22.2 g
Dietary Fibre	0.9 g
Sugars	1.5 g
Protein	13.4 g
Vitamin A	0.0 RE
Vitamin C	0.0 mg
Calcium	27.8 mg
Iron	1.7 mg

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Ingredient Listing

Haddock fillets in a batter of: water, toasted wheat crumbs, 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

Specifications

SCC: 100 69299 22104 3
 Case Pack Size 2 x 2 kg = 4 kg
 Average Pc Weight 85-142 g / 3-5 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