



Graded Alaskan Pollock fillets that have a homemade natural appearance.



Key Product Features

- Pollock fillets
- Uniform cook times
- Unique homestyle batter

Key Product Benefits

- Aggressive price point
- Ease of preparation and service
- Stays crispy longer and absorbs very little oil

Menu Suggestions

Serve as an alternative to Battered Haddock fillets. Best for family restaurants, business and industry and contract catering ie. schools. Fillets are an excellent buffet item. They are especially ideal for fish and chips in "price sensitive" situations.

Cooking Instructions

Deep fry from frozen for 4 minutes at 180°C / 360°F.

Nutritional Facts

Per 100 g	
Amount	
Calories	190.0
Fat	9.3 g
Saturated	0.8 g
+trans	0.4 g
Polyunsaturated	3.3 g
Omega-6	2.2 g
Omega-3	1.1 g
Monounsaturated	6.6 g
Cholesterol	28.0 mg
Sodium	400.0 mg
Carbohydrate	16.3 g
Dietary Fibre	0.8 g
Sugars	2.2 g
Protein	10.2 g
Vitamin A	0.0 RE
Vitamin C	0.0 mg
Calcium	22.0 mg
Iron	0.7 mg

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Ingredient Listing

Pollock fillets 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 24199 7	Case (cm) (LxWxH)	37.3 x 27.8 x 11.1
Case Pack Size:	2 x 2 kg = 4 kg	Case Cube (cm)	11,510
Average Pc Weight:	95 -135 g / 3.4 - 4.8 oz	Pallet Ti / Hi	10 / 9
Average Pc Count:	35		



build your menu with confidence