



**JANES**  
*Foodservice*



Janes Battered Pollock Fillets



Janes Multigrain Pollock Fillets



Janes Crispy Pollock Fillets

# Delicious Pollock Fillets

Low in saturated fat.

Natural fillets in **unique**,  
light coatings.





## Battered Pollock Fillets

### Health Benefits

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

### Allergen Listing

Wheat, Soy, Milk

### Deep Fry

#### Nutrition Facts

Serving Size 100 g	
Approximately 1 piece	
<b>Calories</b>	190.0
<b>Fat</b>	9.3 g
<b>Sodium</b>	400.0 mg
<b>Protein</b>	10.2 g

### Case Pack Size

2 x 2 kg = 4 kg

### Average Piece Count

35

### Average Piece Weight

95 - 135 g / 3.4 - 4.8 oz



## Multigrain Pollock Fillets

### Health Benefits

0 trans fat  
 Low in saturated fat  
 Source of iron  
 Source of omega-3 polyunsaturates

### Allergen Listing

Wheat, Egg, Milk, Soy

### Oven Bake

#### Nutrition Facts

Serving Size 100 g	
Approximately 1 piece	
<b>Calories</b>	154.0
<b>Fat</b>	3.8 g
<b>Sodium</b>	422.0 mg
<b>Protein</b>	11.8 g

### Case Pack Size

2 x 2 kg = 4 kg

### Average Piece Count

43

### Average Piece Weight

78 - 106 g / 2.75 - 3.75 oz



## Crispy Pollock Fillets

### Health Benefits

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

### Allergen Listing

Wheat, Soy, Milk

### Oven Bake

#### Nutrition Facts

Serving Size 100 g	
Approximately 1 piece	
<b>Calories</b>	212.0
<b>Fat</b>	11.7 g
<b>Sodium</b>	380.0 mg
<b>Protein</b>	11.1 g

### Case Pack Size

2 x 2 kg = 4 kg

### Average Piece Count

40

### Average Piece Weight

85 - 113 g / 3 - 4 oz

As a trusted national brand, Janes brings quality products to every table in your restaurant. Janes Foodservice products are convenient and always look and taste fantastic which means your patrons will return time and again for great taste you both can trust.

Visit our website where we offer menu ideas and preparation suggestions that can help you to offer Janes products in a way that will be unique and improve the brand experience you offer your customers.



# Taste you Trust

1-800-56-JANES  
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