



High Liner Foodservice, 11.34 kg / 25 lb, Quick Frozen,
Individually Vacuum Packed Pacific Halibut Fletches, 454 g -
1.36 kg / 1 - 3 lb

High Liner Foodservice Pacific Halibut Fletches are generously portioned and boneless for the ultimate in preparation versatility. Wild caught in the frigid North Pacific, these Fletches come individually quick frozen to freshly lock in what Halibut is so prized for: sweet, succulent flavour, snow-white colour, and firm, chunky flakes for a deliciously meaty appeal. Each of these unique characteristics are perfectly preserved whether baked, pan-seared, poached, or grilled, cooking to desired perfection with truly mouth-watering plate coverage and appeal that will certainly tempt the most discriminating of seafood lovers.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size

Per 100 g

Amount Per Serving

Calories

80

% Daily Value*

Total Fat 1.5 g

2%

Saturated Fat 0.3 g

2%

Trans Fat 0 g

Cholesterol 45 mg

%

Sodium 105 mg

5%

Total Carbohydrates 0 g

%

Dietary Fiber 0 g

0%

Total Sugars 0 g

Includes Added Sugars

%

Protein 18 g

Vitamin D

%

Calcium 10 mg

1%

Iron 0.2 mg

1%

Potassium 400 mg

9%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications :

Code	GTIN	Type Of Catch
12300002	10061763100021	

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
14.378 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
61.4 CMT	34.6 CMT	15.8 CMT	0.0336 MTQ	5x9	540 Days	

Ingredients :

Pacific halibut, Water, Sodium phosphate (to retain moisture). Contains: Pacific halibut (fish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS, COOK FROM FROZEN. Cook until a minimum internal temperature of 158°F (70°C) is reached. To thaw, place in refrigerator overnight. Do not thaw in warm water or at room temperature.

Species / Scientific Name:

Serving Suggestions:

Poach halibut in an aromatic broth with lemongrass and ginger. Goes great with roasted vegetables or smashed cauliflower.

Claims & Child Nutrition:

BAP Certified:
MSC Certified: Yes
Has CN Statement: No
CN Statement:

