

10 Lb (4.54 kg) Fully Cooked Panko Breaded Pollock Square, Approx. 3.5 oz, MSC

Made with only the finest, premium panko breading, our fully cooked Pollock Square is your shortcut to creating the perfect Fish Burger every time. Enjoy the irresistible crunch of deep-fried, crispy coating and tender, flaky fish.

Product Last Saved Date: 28 October 2025



Nutrition Facts

41 Servings per container

Serving Size 3.5 oz (98g / About 1 Piece) (99g)

Amoun	t Per	Serving
Cal	or	ies

210

14% 10%
10%
18%
18%
13%
5%
4%
0%
10%
4%
6%
4%
3

	Product Specifications :					
	Code	GTIN	Type Of Catch			
a)	12300356	10035493003563	WILD			

Brand	GPC Description	
High Liner Foodservice	Fish - Prepared/Processed (Frozen)	

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.98 LBR	10 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.63 INH	9.61 INH	6.3 INH	0.601 FTQ	10x6	547 Days	-10 FAH / 0 FAH

Ingredients:

POLLOCK, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID) VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED FOOD STARCH, SALT, TAPIOCA STARCH, GARLIC POWDER, YEAST, CORN FLOUR, SUGAR, GUAR, YEAST EXTRACT. CONTAINS: POLLOCK (FISH), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - N	Milk - N	Soy - N		
Fish - C	Wheat - C	TreeNuts - N		
Peanuts - N	Crustacean - N	Sesame - N		

Prep & Cooking Suggestions:

HEATING INSTRUCTIONS: HEAT FROM FROZEN TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 425°F and bake for 10-12 minutes, flipping halfway. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16-18 minutes, flipping halfway. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE A GUIDELINE ONLY.

Serving Suggestions:

Create the ultimate Fish Sandwich by pairing with crisp iceberg lettuce, delicate cucumber ribbons, and tender baby spinach for a refreshing and light bite. The addition of scratch-prepped pickled red onions brings a tangy contrast, while a generous topping of zesty lemon dill aioli enhances the flavors with a bright, citrusy kick.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes
Has CN Statement: No

CN Statement: