

10 Lb (4.54 kg) Pub Style Battered Haddock Fillets, Approx. 4 oz, MSC

Pub Style Battered Haddock Fillets offer your menu deliciously authentic pub fare without the pub. These wild caught, natural cut fillets are dipped in a classic, robustly seasoned English style batter. Each fries or bakes to crunchy, irresistible perfection, with excellent plate consistency and the right amount of pub style appeal.

Product Last Saved Date: 13 February 2026



Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g/About 1 Fillet)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 10 g **13%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

Cholesterol 40 mg **13%**

Sodium 390 mg **17%**

Total Carbohydrates 13 g **5%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 13 g

Vitamin D 0.3 mcg **2%**

Calcium 10 mg **0%**

Iron 0.7 mg **4%**

Potassium 220 mg **4%**

* 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
10021821	00079149218218	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6969 INH	7.6969 INH	8.3937 INH	0.5869 FTQ	15x5	547 Days	-10 FAH / 0 FAH

Ingredients :

HADDOCK, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), NATURAL FLAVORS, AUTOLYZED YEAST EXTRACT, DRIED GARLIC, WHEY, SPICES, DEXTROSE, ANNATTO EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR), TURMERIC EXTRACT (COLOR). CONTAINS: HADDOCK (FISH), WHEAT, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - C	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 5-7 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 20-22 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 25 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Serving Suggestions:

Perfect for authentic fish and chips, as pub style sandwich or basket served with onion rings or thick cut fries. Pairs well with tartar sauce or your own complementary sauce recipes.

Species / Scientific Name:

Haddock - *Melanogrammus aeglefinus*

Claims & Child Nutrition:

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

