

High Liner Foodservice Signature, 4.54 kg / 10 lb, Battered Pollock Fillets, approx. 102 - 144 g / 4 - 5 oz

High Liner Foodservice Signature Battered Pollock Fillets feature a specially seasoned, crispy golden batter that perfectly seals in the moist, slightly mild-tasting, wild caught Pollock inside. This produces an irresistible combination of crunchy-flavourful outer crust and moist, flaky fish, with true homestyle appearance and excellent plate coverage. With virtually no prep required, these Battered Pollock Fillets easily deep fry from frozen to mouth-watering perfection in a mere 6 to 7 minutes.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (123 g)

Amount Per Serving	
Calories	**250**
	% Daily Value*
Total Fat 12 g	**16%**
Saturated Fat 1 g	**5%**
Trans Fat 0 g	
Cholesterol 35 mg	**%**
Sodium 500 mg	**22%**
Total Carbohydrates 25 g	**%**
Dietary Fiber 1 g	**4%**
Total Sugars 1 g	
Includes Added Sugars	**%**
Protein 12 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 1.25 mg	7%
Potassium 225 mg	5%

* 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
1086714	00059111867149	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.08 KGM			Undeclared	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
39.5 CMT	26.2 CMT	15.5 CMT	0.016 MTQ	10x11	540 Days	

Ingredients :

Pollock, Water, Flour (wheat, corn, soy), Canola oil, Toasted wheat crumbs, Modified corn starch, Sugar, Baking powder, Seasonings (spices, hydrolyzed corn protein, disodium inosinate, disodium guanylate), Sodium phosphate (to retain moisture), Dried egg-white, Salt, Modified cellulose, Guar flour. Contains: Pollock (fish), Wheat, Soy, Mustard, Eggs.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):		
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. DEEP FRY: IMMERSE FROZEN FILLETS IN PREHEATED 350°F/180°C OIL FOR ABOUT 6-7 MIN OR UNTIL GOLDEN BROWN. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY. COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F/70°C IS REACHED.

Species / Scientific Name:

Serving Suggestions:

These deliciously battered Pollock fillets make the simplest of dishes something special. From centre-of-the plate to sandwiches and, of course, Fish and Chips. They're always excellent served with coleslaw and a side of hand-cut fries.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:


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