

High Liner Foodservice, 4.54 kg / 10 lb, Fully Cooked Panko Breaded Pollock Strips, Approx. 33 g / 1.2 oz

Experience the perfect balance of flavor and crunch with our Panko Breaded Pollock Strips, expertly crafted with fresh, high-quality panko breading. Fully cooked for your convenience, these strips bring unbeatable versatility to your menu. Whether you're serving up crispy fish tacos, a classic Fish & Chips, or a variety of other crowd-pleasers, these golden-brown strips provide an irresistible crunch and a flaky, tender fish center.

Product Last Saved Date: 10 March 2026



HIGH LINER
FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 3 strips (99 g)

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 13 g **17%**

Saturated Fat 2 g **10%**

Trans Fat 0 g

Cholesterol 35 mg **%**

Sodium 490 mg **21%**

Total Carbohydrates 19 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 14 g

Vitamin D **%**

Calcium 150 mg **12%**

Iron 1 mg **6%**

Potassium 175 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
12300375	10061763003759	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
40.2 CMT	24.9 CMT	17 CMT	0.017 MTQ	10x6	540 Days	

Ingredients :

Pollock, Toasted wheat crumbs, Water, Soya oil, Modified tapioca starch, Flour (wheat, corn), Salt, Tapioca starch, Seasonings (garlic, yeast extract), Sugar, Sodium phosphate (to retain moisture), Guar flour. Contains: Pollock (fish), Wheat.

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

HEATING INSTRUCTIONS: HEAT FROM FROZEN TO BAKE: Place frozen strips on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 425°F (220°C) and bake for 6-8 minutes, flipping halfway. CONVENTIONAL OVEN: Preheat oven to 425°F (220°C) and bake for 8-10 minutes, flipping halfway. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE A GUIDELINE ONLY.

Serving Suggestions:

Serve golden, panko-breaded Pollock strips with a side of crispy, seasoned French fries for the perfect crunch. Paired with creamy tartar sauce and a zesty lemon wedge, this dish combines timeless flavors with an elevated presentation.

Species / Scientific Name:

Claims & Child Nutrition:

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