



High Liner Foodservice Signature, 4.54 kg / 10 lb, Multigrain Breaded Tilapia Fillets

High Liner Foodservice Signature Multigrain Breaded Tilapia Fillets take this species up a notch. They feature a specially seasoned multigrain crumb coating that deliciously complements the mild, sweet flavour of this quality, farm-raised Tilapia with a light, crunchy bite. These fillets are incredibly simple to prepare, easily bake to golden crispy perfection, and are Cold Plate/Retherm compatible. The excellent plate coverage and presentation of this Tilapia make it a superb option for a vast range of applications.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container	
Serving Size Per about 1 fillet (116 g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 11 g	15%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 35 mg	%
Sodium 530 mg	23%
Total Carbohydrates 19 g	%
Dietary Fiber 2 g	7%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 17 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 1.25 mg	7%
Potassium 250 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	
1456		10061763014564				
Brand				GPC Description		
High Liner Foodservice Signature				Fish - Prepared/Processed (Frozen)		
Gross Weight		Net Weight	Country of Origin		Kosher	Gluten Free
4.856 KGM					Undeclared	No
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.014 MTQ	13x11	540 Days	

Ingredients :						
Tilapia, Toasted wheat crumbs, Canola oil, Water, Flour (corn, wheat, whole wheat, rice), Rolled oats, Modified starch (wheat, corn), Salt, Seasonings (soy sauce powder, citric acid, yeast extract, spices), Sugars (maltodextrin, dextrose), Baking powder, Flavour (lime, lemon), Dried vinegar, Guar flour, Caramel. Contains: Tilapia (fish), Wheat, Oats, Soy.						

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. FORCED AIR CONVECTION OVEN: Place a single layer of frozen fillets on a shallow baking pan in preheated 400°F (200°C) oven for about 14 min or until done. Let stand for 2 min before serving. OVEN: Place a single layer of frozen fillets on a shallow baking pan in preheated 425°F (220°C) oven for about 10 min. Turn fillets and bake for another 9 min or until done. NOTE: Cook until a minimum internal temperature of 158°F (70°C) is reached. COLD PLATE/MEAL DELIVERY SYSTEM COMPATIBLE.

Serving Suggestions:

This versatile Tilapia's richly-flavoured, multigrain breading is delicious with a variety of lighter sides, such as seasoned rice and steamed veggies.

Species / Scientific Name:

Claims & Child Nutrition:

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

