

High Liner Foodservice Signature, 4.54 kg / 10 lb, Captain's Pub Cut Big Battered Haddock, approx 221 g / 8 oz

High Liner Foodservice Signature Captain's Pub Cut™ Big Battered Haddock Fillets are made to please your hungriest patrons. Each generous portion is coated in a light, crispy beer batter for the ideal combination of big-flavoured crunch, and mildly sweet, moist, flaky fish. These wild caught premium fillets are simple to prepare, and easily deep fry or bake to a perfect golden crispness with exceptional hearty appetite-pleasing plate coverage and presentation. A superb choice that could become a huge hit on your menu.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size	**Per 100 g**
Amount Per Serving	
Calories	**190**
	% Daily Value*
Total Fat 10 g	**13%**
Saturated Fat 1 g	**6%**
Trans Fat 0 g	
Cholesterol 35 mg	**%**
Sodium 400 mg	**17%**
Total Carbohydrates 13 g	**%**
Dietary Fiber 0 g	**0%**
Total Sugars 1 g	
Includes Added Sugars	**%**
Protein 12 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 1 mg	6%
Potassium 200 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
5452	10061763054522	

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
39.794 CMT	26.494 CMT	16.087 CMT	0.017 MTQ	10x11	540 Days	

Ingredients :

Haddock, Water, Vegetable oil (canola, soya), Flour (wheat, corn, soy), Modified corn starch, Toasted wheat crumbs, Wheat starch, Soy protein, Salt, Sugars (sugar, barley malt extract, maltodextrin, dextrin), Baking powder, Modified palm oil, Modified milk ingredients, Seasonings (torula yeast, citric acid, spices), Modified cellulose, Artificial beer flavour, Guar flour, Dried egg yolk, Dried egg-white. Contains: Haddock (fish), Soy, Wheat, Barley, Milk, 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 1-4 FROZEN PORTIONS IN PREHEATED 350°F/180°C OIL FOR ABOUT 7 MIN OR UNTIL DONE. OVEN: PLACE SINGLE LAYER OF FROZEN PORTIONS ON SHALLOW BAKING PAN IN PREHEATED 450°F/230°C OVEN FOR ABOUT 12 MIN PER SIDE OR UNTIL DONE. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN PORTIONS ON SHALLOW BAKING PAN IN PREHEATED 400°F/200°C OVEN FOR ABOUT 8 MIN PER SIDE OR UNTIL DONE. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY. COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F/70°C IS REACHED.

Serving Suggestions:

These Captain's Pub Cut™ Big Battered Fillets are perfect for large appetite-pleasing fish and chips, as well as eye-popping entrées, or a hearty fish sandwich. Serve with hand-cut fries and a salad or coleslaw.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:


5452



