

High Liner Foodservice Signature, 4.54 kg / 10 lb, Pub Style Battered Cod Fillets, 79 g - 116 g / 3 oz - 4 oz

High Liner Foodservice Signature Pub Style Battered Cod Fillets offer your menu deliciously authentic pub fare without the pub. Each wild caught, natural cut fillet is dipped in a classic seasoned English style batter, and cooks from frozen to crunchy-to-flaky-fish perfection with excellent consistency and just the right amount of pub appeal. These scrumptiously crisp fillets are amazingly simple to prepare, and deliver the superb plate coverage you demand, with a robustly flavoured bite that's sure to please your most ardent seafood fanatics.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (97 g)

Amount Per Serving

Calories **180**

	% Daily Value*
Total Fat 10 g	**13%**
Saturated Fat 0.5 g	**3%**
Trans Fat 0 g	
Cholesterol 30 mg	**%**
Sodium 330 mg	**14%**
Total Carbohydrates 13 g	**%**
Dietary Fiber 0 g	**0%**
Total Sugars 1 g	
Includes Added Sugars	**%**
Protein 11 g	

Vitamin D	%
Calcium 10 mg	1%
Iron 0.75 mg	4%
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
1581	10061763015813	

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

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

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
40.194 CMT	19.894 CMT	21.888 CMT	0.0175 MTQ	15x8	540 Days	

Ingredients :

Cod, Water, Canola oil, Toasted wheat crumbs, Flour (wheat, corn), Modified corn starch, Sugars (sugar, dextrose), Salt, Modified milk ingredients, Baking powder, Seasonings (garlic, yeast extract, spices), Paprika, Annatto, Natural flavour (butter). Contains: Cod (fish), Wheat, Milk.

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 fillets in preheated 350°F (180°C) oil for about 6-8 min or until done. Increase cooking time for larger amounts. FORCED AIR CONVECTION OVEN: Place single layer of frozen fillets on shallow baking pan in preheated 400°F (200°C) oven for about 16-20 min or until done. Turn halfway. 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 Pub Style Battered Cod Fillets are a natural for fish and chips, as a pub-inspired sandwich or to add depth to fish baskets. They pair well with hand-cut fries, malt vinegar or any complimentary sauce you have in mind.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:





