

# 10 Lb (4.54 kg) (2 x 5 Lb Bags) Pub Style Battered Cod Fillets

High Liner Foods Pub Style Battered Cod Fillets offer your menu deliciously authentic pub fare without the pub. These wild caught, natural cut fillets are dipped in a classic seasoned English style batter, resulting in an irresistible blend of delicately crisp, moist and tender flaky fish with every bite. Whether deep fried or oven baked, each easily cooks from frozen to golden perfection with the authentic pub appeal patrons crave.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

## Nutrition Facts

20 Servings per container

**Serving Size 4 oz (112g/About 1 1/2 Fillet)**

| Amount Per Serving | |
|---|---|
| **Calories** | **200** |
| | **% Daily Value*** |
| **Total Fat** 10 g | **13%** |
| Saturated Fat 1.5 g | **8%** |
| *Trans* Fat 0 g | |
| **Cholesterol** 20 mg | **7%** |
| **Sodium** 290 mg | **13%** |
| **Total Carbohydrates** 13 g | **5%** |
| Dietary Fiber 0 g | **0%** |
| Total Sugars 0 g | |
| Includes 0 g Added Sugars | **0%** |
| **Protein** 14 g | |
| Vitamin D 0.6 mcg | 2% |
| Calcium 10 mg | 0% |
| Iron 0.7 mg | 4% |
| Potassium 280 mg | 6% |

* 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 |
|---|---|---|
| 10023418 | 10079149234185 | WILD |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|---|---|---|---|---|
| 11.043 LBR | 10 LBR | N/A | Undeclared | |

**Shipping Information**

| Length | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
|---|---|---|---|---|---|---|
| 15.7087 INH | 7.7165 INH | 8.3858 INH | 0.5883 FTQ | 15x5 | 547 Days | -10 FAH / 0 FAH |

## Ingredients :

COD, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL FLAVORS, AUTOLYZED YEAST EXTRACT, DRIED GARLIC, WHEY, SPICES , DEXTROSE, ANNATTO EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR), TURMERIC EXTRACT (COLOR). CONTAINS: COD (FISH), WHEAT, MILK

**Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):**

| | | |
|---|---|---|
| Eggs - INII | Milk - C | Soy - INII |
| Fish - C | Wheat - C | TreeNuts - INII |
| Peanuts - INII | Crustacean - INII | Sesame - INII |

## Prep & Cooking Suggestions:

COOKING INSTRUCTIONS: For food safety and quality, please follow these cooking instructions. KEEP FROZEN until ready to prepare - Do not refreeze. CONVENTIONAL OVEN: 1. Preheat oven to 450°F. 2. Place fillets in a single layer on a shallow baking pan. 3. Bake for about 23 minutes. CONVECTION OVEN: 1. Preheat oven to 425°F. 2. Place fillets in a single layer on a shallow baking pan. 3. Bake for 18 - 20 minutes. DEEP FRY: 1. Fry at 360°F for 5 - 7 minutes. NOTE: Since appliances vary, these cooking instructions are only a guideline. Cook to an internal temperature of 158°F minimum. WARNING: While every effort has been made to remove bones from this product, some bones may remain. Please use caution when consuming.

## Serving Suggestions:

Pub Style Battered Cod Fillets are a no-brainer for fish and chips. They also make an excellent pub-inspired sandwich and add depth to entrée salads. These fillets pair well with malt vinegar or any signature sauce you have in mind.

## Species / Scientific Name:

Pacific Cod - Gadus macrocephalus, Atlantic Cod - Gadus morhua

## Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:






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