



High Liner Foodservice, 4.54 kg / 10 lb, GUINNESS® Beer Battered Cod Tenders, approx. 48 g / 2 oz

High Liner Foodservice Guinness™ Battered Cod Fillets are as unique as their star ingredient: The world's number one stout. Carefully dipped in batter made with legendary real Guinness™, each fillet goes from oven or fryer to plate in minutes. This creates a distinctively robust flavoured crunchy, moist flaky fish bite with the consistency and plate appeal you demand. The result is a dining experience even non-beer lovers will crave.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container
Serving Size Per about 3 pieces (145 g)

Amount Per Serving
Calories **260**

	% Daily Value*
Total Fat 13 g	17%
Saturated Fat 2 g	11%
Trans Fat 0.1 g	
Cholesterol 45 mg	%
Sodium 620 mg	27%
Total Carbohydrates 19 g	%
Dietary Fiber 1 g	4%
Total Sugars 2 g	
Includes Added Sugars	%

Protein 18 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 1.75 mg	10%
Potassium 400 mg	9%

* 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
10026795	10061763267953	

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

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

Shipping Information						
Length	Width	Height	Volume	TLXHI	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	18.78 CMT	0.0146 MTQ	15x6	540 Days	

Ingredients :

Cod, Flour (wheat, corn), Soybean oil, Modified corn starch, Water, Beer, Salt, Sugars (sugar, barley malt extract, maltodextrin, dextrose), Seasonings (onion, yeast extract, spices, garlic), Flavour, Modified cellulose, Paprika, Baking soda, Acacia gum, Sodium aluminum phosphate (leavening acid). Contains: Cod (fish), Wheat, Barley.

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:

COOK FROM FROZEN. When baking in the oven, place tenders in a single layer on a lightly oiled shallow baking sheet. Cook to a minimum internal temperature of 158°F (70°C). DEEP FRY: Immerse fillets in preheated 350°F (180°C) oil for 3-4 min. FORCED AIR CONVECTION OVEN: Preheat oven to 400°F (200°C) and bake for 8-10 min. CONVENTIONAL OVEN: Preheat oven to 425°F (220°C) and bake for 12-14 min.

Serving Suggestions:

These uniquely Guinness™ Battered Cod Tenders can enhance a number of applications, from centre-of-the plate, to Fish and Chips, appetizers, and wraps. Excellent served simply with a creamy tartar dipping sauce and lemon wedge.

Species / Scientific Name:

Claims & Child Nutrition:

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

