

High Liner, 4.54 kg / 10 lb, Beer Battered Cape Hake Portions, approx. 114 g / 4 oz

Carefully portioned from premium wild caught Hake, each portion is dipped in batter made with real beer. The result is a delicately crunchy, malty beer flavored crust with moist and tender flaky fish perfectly preserved inside. These oven or fryer ready Hake portions easily cook from frozen to golden perfection in minutes. They're simple to prepare, fit a range of applications, and please both beer lovers and non-beer lovers alike with every bite.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 portion (114 g)

Amount Per Serving	
Calories	**210**
	% Daily Value*
Total Fat 10 g	**13%**
Saturated Fat 1 g	**5%**
Trans Fat 0 g	
Cholesterol 50 mg	**%**
Sodium 430 mg	**19%**
Total Carbohydrates 15 g	**%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes Added Sugars	**%**
Protein 15 g	
Vitamin D	%
Calcium 40 mg	3%
Iron 0.75 mg	4%
Potassium 200 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
12300392	10061763003926	

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

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

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.017 MTQ	15x8	540 Days	

Ingredients :

Cape hake, Flour (wheat, corn), Canola oil, Beer, Water, Modified corn starch, Salt, Flavour, Baking soda, Sodium aluminum phosphate (leavening acid), Spices, Sugar (sugar, dextrose). Contains: Cape hake (fish), Wheat, Barley.

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 frozen fish in preheated 350°F (180°C) oil for about 5 ½ – 6 min. DO NOT OVERLOAD FRYER. CONVECTION OVEN: Place in a single layer of frozen fish on a shallow baking pan in a preheated 425°F (220°C) oven for about 15 min. NOTE: Since appliances vary, these instructions are guidelines only. Fully cooked fish is opaque and flakes easily with a fork. Cook to a minimum internal temperature of 158°F (70°C).

Species / Scientific Name:

Serving Suggestions:

Perfect served with golden fries, a crisp green salad, and a side of creamy tartar sauce or your own complimentary dipping sauce.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:





