

10 Lb (4.54 kg) Pub Battered Cod Fillets Approx. 2 oz

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 to crunchy, irresistible perfection, whether deep fried or oven baked, with excellent consistency and just the right amount of pub appeal.

Product Last Saved Date: 20 October 2025



Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g/About 2 Portion

| Amoun | t Per | Serving |
|-------|-------|---------|
| Cal | or | ies |

200

| Calories | 200 |
|---------------------------|----------------|
| | % Daily Value* |
| Total Fat 10 g | 13% |
| Saturated Fat 1.5 g | 8% |
| Trans Fat 0 g | |
| Cholesterol 35 mg | 12% |
| Sodium 330 mg | 14% |
| Total Carbohydrates 13 g | 5% |
| Dietary Fiber 0 g | 0% |
| Total Sugars 0 g | |
| Includes 0 g Added Sugars | 0% |
| Protein 15 g | |
| Vitamin D 1 mcg | 6% |
| Calcium 13 mg | 2% |
| Iron 1 mg | 6% |
| Potassium 275 mg | 6% |

| | Product Specifications : | | | | |
|---|--------------------------|----------------|---------------|--|--|
| | Code | GTIN | Type Of Catch | | |
| n | 10021782 | 00079149217822 | WILD | | |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 11 LBR | 10 LBR | N/A | Undeclared | No |

| Shipping Information | | | | | | |
|----------------------|------------|-----------|------------|-------|------------|----------------------|
| Length | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
| 15.8125 INH | 7.8125 INH | 8.625 INH | 0.6166 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, INIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, DEXTROSE, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPICES, SALT, WHEY, AUTOLYZED YEAST EXTRACT, DEHYDRATED GARLIC, NATURAL FLAVORS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), YELLOW 5, YELLOW 6. CONTAINS: FISH (COD), WHEAT, MILK

| Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'): | | | | |
|--|-----------------|---------------|--|--|
| Eggs - 30 | Milk - C | Soy - 30 | | |
| Fish - C | Wheat - C | TreeNuts - 30 | | |
| Peanuts - 30 | Crustacean - 30 | Sesame - 30 | | |

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 5-7 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-20 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 23 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

nutrition advice.

An easy fit for fish and chips, as a pub-inspired sandwich or to add depth to fresh salads. Pairs 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:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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