

10 Lb (4.54 kg) 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: 12 February 2026

Nutrition Facts

40 Servings per container

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

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 1 mcg 6%

Calcium 10 mg 0%

Iron 1 mg 6%

Potassium 278 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
10021783	00079149217839	WILD

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.869 INH	8.394 INH	0.587 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' INI='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 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 158°F MINIMUM.

Serving Suggestions:

Pub Style Battered Cod Fillets are a no-brainer for fish and chips, baskets, as a pub-inspired sandwich, or portioned atop an entrée salad. They pair extremely well with malt vinegar or any complementary 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:

