



# High Liner Foodservice Signature, 4.54 kg / 10 lb, Captain's Pub Cut - Big Battered Haddock, approx. 221 g / 8 oz

High Liner Foodservice Signature Captain's Pub Cut™ Big Battered Haddock Fillets are made to please your hungriest patrons. Each generous portion is coated in a light, crispy beer batter for the ideal combination of big-flavoured crunch, and mildly sweet, moist, flaky fish. These wild caught fillets are simple to prepare, and easily deep fry or bake to a perfect golden crispness with exceptional hearty appetite-pleasing plate coverage and presentation. A superb choice that could become a huge hit on your menu.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container

Serving Size

Per 100 g

Amount Per Serving

Calories

190

% Daily Value\*

Total Fat 10 g

13%

Saturated Fat 1 g

6%

Trans Fat 0 g

Cholesterol 35 mg

%

Sodium 400 mg

17%

Total Carbohydrates 13 g

%

Dietary Fiber 0 g

0%

Total Sugars 1 g

Includes Added Sugars

%

Protein 12 g

Vitamin D

%

Calcium 20 mg

2%

Iron 1 mg

6%

Potassium 200 mg

4%

\* 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
5453	10061763054539	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.017 MTQ	15x5	540 Days	

Ingredients :

Haddock, Water, Vegetable oil (canola, soya), Flour (wheat, corn, soy), Modified corn starch, Toasted wheat crumbs, Wheat starch, Soy protein, Salt, Sugars (sugar, barley malt extract, maltodextrin, dextrin), Baking powder, Modified palm oil, Modified milk ingredients, Seasonings (torula yeast, citric acid, spices), Modified cellulose, Artificial beer flavour, Guar flour, Dried egg yolk, Dried egg-white. Contains: Haddock (fish), Soy, Wheat, Barley, Milk, Eggs.

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. DEEP FRY 350 °F (180 °C) 7 min or until done NOTE: Since appliances vary, these instructions are guidelines only. Cook until a minimum internal temperature of 158°F (70°C) is reached.

Species / Scientific Name:

Serving Suggestions:

These Captain's Pub Cut™ Big Battered Fillets are perfect for large appetite-pleasing fish and chips, as well as eye-popping entrées, or a hearty fish sandwich. Serve with hand-cut fries and a salad or coleslaw.

Claims & Child Nutrition:

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

