

10 Lb (4.54 kg) Beer Battered Cape Hake Portions 4 oz, MSC

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: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 1 Fillet)

Amount Per Serving	
Calories	**220**
	% Daily Value*
Total Fat 10 g	**13%**
Saturated Fat 1.5 g	**8%**
Trans Fat 0 g	
Cholesterol 50 mg	**17%**
Sodium 420 mg	**18%**
Total Carbohydrates 15 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 40 mg	4%
Iron 0.9 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
12300279	10035493002795	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.721 LBR	10 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.587 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

CAPE HAKE, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), BEER (WATER, BARLEY MALT, RICE, HOPS), YELLOW CORN FLOUR, CONTAINS LESS THAN 2% OF THE FOLLOWING: WATER, MODIFIED CORN STARCH, WHITE CORN FLOUR, SALT, NATURAL FLAVORS, LEAVENING (SODIUM ALUMINUM PYROPHOSPHATE, SODIUM BICARBONATE) SPICES, SUGAR, DEXTROSE. CONTAINS: CAPE HAKE (FISH), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: FRYER: Preheat fryer to 350°F and fry for 5.5 - 6 minutes. CONVECTION OVEN: Preheat oven to 425°F and bake for 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Species / Scientific Name:

Cape Hake - Merluccius capensis, Merluccius paradoxus

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:


PERISHABLE
KEEP FROZEN


