



High Liner Foodservice, 4.54 kg / 10 lb, Big Captain Burgers, Breaded Pollock Fillets, approx. 116 g / 4 oz

This High Liner Foodservice Big Captain Burger® features premium wild caught Alaska Pollock coated in a specially-seasoned, light, crunchy crumb coating. It creates the ideal combination of moist, flaky fish with an irresistible crispy crunch and made-from-scratch appearance. Big Captain Burgers come individually quick frozen for freshness and prep convenience, easily bake or deep fry to perfection, and are Cold Plate/Retherm compatible. An excellent healthy alternative to beef burgers you'll definitely want on your menu.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per 1 burger (116 g)

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 9 g	12%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 50 mg	%
Sodium 520 mg	23%
Total Carbohydrates 16 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 15 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.75 mg	4%
Potassium 300 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
7025	10061763070256	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	

Ingredients :

Pollock, Toasted wheat crumbs, Water, Canola oil, Corn flour, Modified corn starch, Salt, Seasonings (spices, garlic, onion). Contains: Pollock (fish), Wheat.

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:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. DEEP FRY: IMMERSE 1-4 FROZEN BURGERS IN PREHEATED 350° F/180° C OIL FOR ABOUT 4 TO 5 MIN OR UNTIL DONE. DO NOT OVERLOAD FRYER. DRAIN ON PAPER TOWEL AND SERVE. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN BURGERS ON SHALLOW BAKING PAN IN PREHEATED 425 °F/220 °C OVEN FOR ABOUT 12 MIN OR UNTIL DONE. TURN AFTER 6 MIN. OVEN: PLACE SINGLE LAYER OF FROZEN BURGERS ON SHALLOW BAKING PAN IN PREHEATED 450 °F/230°C OVEN FOR ABOUT 16 MIN OR UNTIL DONE.

Serving Suggestions:

How to build the perfect Big Captain Burger® from the bottom up. Start with a warmed bottom bun. Next (in this order): shredded lettuce, a slice of cheese, Captain Burger Fillet, tartar sauce, and warmed top bun.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

