



We select these top quality fillets from the cold waters of the North Atlantic and Pacific. They are chosen for their distinctive taste. All natural ; no preservatives or additives. They are individually vacuum packed and quick frozen. High quality Steaks along with exact sizing will enable a variety of menu applications for white tablecloth restaurants, buffet table, cafeteria and for the chef's dinner special. Consistent pricing assures stable menu costing on a year round basis.



# Fish Fillets

## Alaskan Pollock

Nutrition Facts / Valeur nutritive	
Per fillet portion (100 g) / par portion de filet (100 g)	
Amount / Teneur	% Daily Value / % valeur quotidienne
<b>Calories / Calories 80</b>	
<b>Fat / Lipides 1 g</b>	<b>2 %</b>
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 0.4 g	
Omega-6 / omega-6 0 g	
Omega-3 / omega-3 0.4 g	
Monounsaturated / monoinsaturés 0.1 g	
<b>Cholesterol / Cholestérol 70 mg</b>	
<b>Sodium / Sodium 100 mg</b>	<b>4 %</b>
<b>Carbohydrate / Glucides 0 g</b>	<b>0 %</b>
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
<b>Protein / Protéines 17 g</b>	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	2 %

## Halibut

Nutrition Facts / Valeur nutritive	
Serving Size one half cup (125 g) / Portion une demi tasse (125 g)	
Amount / Teneur	% Daily Value / % valeur quotidienne
<b>Calories / Calories 140</b>	
<b>Fat / Lipides 3 g</b>	<b>5 %</b>
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 40 mg</b>	
<b>Sodium / Sodium 70 mg</b>	<b>3 %</b>
<b>Carbohydrate / Glucides 0 g</b>	<b>0 %</b>
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
<b>Protein / Protéines 26 g</b>	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	8 %

## Product Details

Product Code	Description	Case	Pack	UPC / SCC
3031	Halibut Fillets (portions) 6 oz	10lb (4.54 kg)	1x10lb	0-62763-03031-1 100-62763-03031-8
2041	Pollock (Alaskan) IQF 2-4 oz	10lb (4.54 kg)	1x10lb	0-62763-02041-1 100-62763-02041-8