



TOPPITS®

## Battered & Breaded Fish





## BATTERED BLUE COD FILLETS

### Fantastic Taste with Broad Appeal • User-Friendly Product

Wild caught in the waters around New Zealand, this crunchy and flavourful product offers a wide appeal. Mild tasting, these battered portions will satisfy even the pickiest of palates. The consistent portion sizing ensures 100% yield and no waste, in addition to requiring no labour. Whether deep-fried or baked for a healthier application, Toppits Battered Blue Cod is sure to be a hit

#### Product Features

- Dual batter can be baked or deep fried adding versatility for different needs
- 100% yield results in no waste and no mess
- Cost effective, as portion sizes are consistent and no labour is required
- Seafood certified to MSC's environmental standard for fishing. [msc.org](http://msc.org)
- Ocean Wise recommended

#### Ingredients

Blue cod, Water, Toasted wheat crumbs with spice extractive, Canola oil, Modified corn starch, Wheat flour, Yellow corn flour, Modified palm oil, Wheat starch, Rice flour, Defatted soy flour, Tapioca dextrin, Dextrose, Salt, Sugar, Baking powder, Spice extractives, Spices, Guar gum, Modified milk ingredients, Torula yeast, Colour.

Nutrition Facts	
Valeur nutritive	
Per 2 pieces (168 g) pour 2 morceaux (168 g)	
<b>Calories 360</b>	% Daily Value*
Fat / Lipides 18 g	24 %
Saturated / saturés 2.5 g	15 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 25 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 25 g	
Cholesterol / Cholestérol 70 mg	
Sodium 480 mg	21 %
Potassium 300 mg	6 %
Calcium 20 mg	2 %
Iron / Fer 1.25 mg	7 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

C12554

#### Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°F).



#### Convection Oven

Bake at 215°C (420°F) for 25 to 30 minutes.



#### Deep Frying

Deep Fry at 182°C (360°F) for 7 to 8 minutes, or until golden brown.

Item	Description	Brand	Origin	Pack	SCC
C12554	Battered Blue Cod Fillet Portions  3 oz (85 g)	Toppits	Canada	2 x 5 lb (47-53 pcs/case)	10068689125541





## CRISPY GOLDEN FISH BITES

**Crunchy Flavourful Coating • Cut from Whole Muscle Fillets • Wild Caught**

Toppits is proud to offer Crispy Golden Fish Bites made with Cod. Our Fish Bites are made from wild caught, skinless fillets and are MSC certified and Ocean Wise recommended. Each bite size piece is consistent in size and is flash frozen to retain freshness. Coated in a unique flavourful breading or batter that is crispy with a delicious and mild fish bite. Serve as an appetizer or main course with a side of your favourite dipping sauce!

### Product Features

- Crunchy and crispy coating
- Coated in a unique flavourful batter/breading
- Tender flaky fish
- Hand cut from whole muscle fillets
- Consistent sizing
- Wild caught
- Made in Canada
- Seafood certified to MSC's environmental standard for fishing. [msc.org](http://msc.org)
- Ocean Wise recommended

### Ingredients

Cod, Toasted wheat crumbs, Water, Canola Oil, Modified corn starch, Yellow corn flour, Wheat flour, Corn starch, Salt, Sugar, Baking powder, Garlic powder, Onion powder, Guar gum, Spices.

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per about 4 pieces (112 g)	% Daily Value*
pour environ 4 morceaux (112 g)	% valeur quotidienne*
<b>Calories 230</b>	
Fat / Lipides 8 g	11 %
Saturated / saturés 0.5 g	4 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 20 mg	
Sodium 300 mg	13 %
Potassium 175 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 2 mg	11 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

CODN15193

### Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°F)



#### Conventional Oven

Preheat oven to 218°C (425°F). Place frozen fish on a pre-heated baking rack and bake for 22-25 minutes or until golden brown, turning over halfway through cooking.



#### Deep Frying

Preheat oil to 177°C (350°F). Deep fry from frozen for 4-5 minutes or until golden brown.

Item	Description	Brand	Origin	Pack	SCC
CODN15193	Breaded Cod Bites, 1 oz	Toppits	Canada	2 x 5 lb	10068689151939





## CRUNCHY BREADED SOLE FILLETS

### Wild Caught • Savoury Breaded Coating

Hand cut from wild caught whole fillets, Toppits Crunchy Breaded Sole is a versatile menu ingredient that can be used in many menu applications. Coated with a savoury breaded coating, these fillets require minimal processing and preparation - simply bake or deep fry. MSC certified and Ocean Wise Recommended, Toppits Crunchy Breaded Sole Fillets are a great addition to every menu.

#### Product Features

- Crunchy Breaded Coating
- Mild tasting with a flaky bite
- Wild Caught
- Made in Canada
- Seafood certified to MSC's environmental standard for fishing. [msc.org](http://msc.org)
- Ocean Wise recommended

#### Ingredients

Sole, Toasted wheat crumb with spice extractives, Water, Toasted wheat crumbs, Canola Oil, ModifiedT corn starch, Yellow Corn Flour, Wheat flour, Corn Starch, Salt, Sugars (sugar), baking powder, Garlic Powder, Onion Powder, Guar Gum, Spices.

Nutrition Facts	
Valeur nutritive	
Per 1 piece (112 g) pour 1 morceau (112 g)	
<b>Calories 230</b>	% Daily Value*
Fat / Lipides 10 g	13 %
Saturated / saturés 1 g	6 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 25 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 30 mg	
Sodium 580 mg	25 %
Potassium 125 mg	3 %
Calcium 30 mg	2 %
Iron / Fer 2.25 mg	13 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

#### Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°F)



##### Convectional Oven

Preheat oven to 218°C (425°F). Place frozen fish on a pre-heated baking rack and bake for 20-24 minutes or until golden brown, turning over halfway through cooking.



##### Deep Frying

Preheat oil to 177°C (350°F). Deep fry from frozen for 4-5 minutes or until golden brown.

Item	Description	Brand	Origin	Pack	SCC
SOLF15195	Crunchy Breaded Sole Fillet, 4 oz	Toppits	Canada	2 x 5 lb	10068689151953





## BREW 'N' BATTERED COD FILLETS

Source of protein • No skilled labour required • Coated in a delicious beer batter • Wild caught

Experience traditional pub-style fish and chips with Toppits Brew 'n' Battered Cod. Coated with a delicious beer batter, this consistent product is sure to turn heads with its amazing plate presentation. Easy to use, simply place the frozen product into a deep-fryer or oven and cook until golden brown. With no mess, no waste and no skilled labour required, this product couldn't be more efficient. Your customers will love the home-style look and taste of this classic.

### Product Features

- Coated in a unique beer-flavoured batter
- Cook from frozen, no skilled labour required
- 100% yield, no product waste or mess
- Easy to use, simply deep fry or bake from frozen

- Made in Canada
- Seafood certified to MSC's environmental standard for fishing. [msc.org](http://msc.org)
- Ocean Wise recommended

### Ingredients

Cod, Water, Canola oil, Wheat flour, Toasted wheat crumbs with spice extractives, Modified corn starch, Salt, Sugars (corn maltodextrin, sugar), Modified palm oil, Baking powder, Whey powder (milk), Torula yeast, Garlic powder, Beer (malted barley, hops, yeast), Yellow corn flour, Guar gum, Extractives of paprika, Artificial flavour, Extractives of turmeric, Extractives of annatto.

Nutrition Facts	
Valeur nutritive	
Per 1 piece (113 g)	% valeur quotidienne*
pour 1 morceau (113 g)	
<b>Calories 220</b>	% Daily Value*
Fat / Lipides 12 g	16 %
Saturates / Saturés 1 g	5 %
Trans / Trans 0 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 35 mg	
Sodium 370 mg	16 %
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

TV13916

### Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°F)



#### Convection Oven

Preheat oven to 200°C (400°F). Place fish on a baking sheet and bake for 16-18 min, turning once.



#### Conventional Oven

Preheat oven to 218°C (425°F). Place fish on a baking sheet and bake for 18-20 min, turning once halfway.



#### Deep Frying

Preheat oil to 177°C (350°F). Deep fry from frozen for 6-8 min or until golden brown.

Item	Description	Brand	Origin	Pack	SCC
TV13916	Brew 'n' Battered Cod Fillets, 4 oz	Toppits	Canada	2 x 5 lb	10068689139166



## BREW 'N' BATTERED HADDOCK FILLETS

Source of protein • No skilled labour required • Coated in a delicious beer batter • Wild caught

Our Brew'n'Battered Haddock Fillets are our most popular beer battered fillets, always found in pub-style restaurants and health-care homes as their weekly fish-n-chip dish. The haddock is wild caught and MSC certified. Flash frozen to preserve their freshness, every cut maintains a consistent size. Coated in a unique and flavourful beer batter, these haddock fillets cook to perfection, with a delectable golden and crispy finish. Elevate your beer battered fish dishes with the unparalleled taste of Toppits' Brew'n'Battered, serving as the ideal centerpiece for your culinary adventures.

### Product Features

- Coated in a unique beer-flavoured batter
- Cook from frozen, no skilled labour required
- 100% yield, no product waste or mess
- Easy to use, simply deep fry or bake from frozen

- Made in Canada
- Seafood certified to MSC's environmental standard for fishing. [msc.org](http://msc.org)
- Ocean Wise recommended

### Ingredients

Haddock, Water, Canola oil, Wheat flour, Toasted wheat crumbs with spice extractives, Modified corn starch, Salt, Sugars (corn maltodextrin, sugar), Modified palm oil, Baking powder, Whey powder (milk), Torula yeast, Garlic powder, Beer (malted barley, hops, yeast), Yellow corn flour, Guar gum, Extractives of paprika, Artificial flavour, Extractives of turmeric, Extractives of annatto.

Nutrition Facts	
Valeur nutritive	
Per 1 piece (113 g) pour 1 morceau (113 g)	
<b>Calories 220</b>	% Daily Value*
Fat / Lipides 12 g	16 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 15 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 13 g</b>	
Cholesterol / Cholestérol 35 mg	
Sodium 370 mg	16 %
Potassium 200 mg	6 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %

Nutrition Facts	
Valeur nutritive	
Per 1/2 piece (120 g) pour 1/2 morceau (120 g)	
<b>Calories 240</b>	% Daily Value*
Fat / Lipides 13 g	17 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 17 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 14 g</b>	
Cholesterol / Cholestérol 40 mg	
Sodium 390 mg	17 %
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Nutrition Facts	
Valeur nutritive	
Per 1/2 piece (120 g) pour 1/2 morceau (120 g)	
<b>Calories 240</b>	% Daily Value*
Fat / Lipides 13 g	17 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 17 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 14 g</b>	
Cholesterol / Cholestérol 40 mg	
Sodium 390 mg	17 %
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

TV13270

TV13273

### Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°F).



#### Convection Oven

Preheat oven to 204°C (400°F). Place fish on a baking sheet and bake for 16-18 min, turning once.



#### Conventional Oven

Preheat oven to 218°C (425°F). Place fish on a baking sheet and bake for 18-20 min, turning once halfway.



#### Deep Frying

Preheat oil to 177°C (350°F). Deep fry from frozen for 6-8 min or until golden brown.

Item	Description	Brand	Origin	Pack	SCC	
TV13270	Brew'n'Battered Haddock Fillets, 4 oz	 MSC	Toppits	Canada	2 x 5 lb	10068689132709
TV13273	Brew'n'Battered Haddock Fillets, 8.5 oz	 MSC	Toppits	Canada	2 x 5 lb	10068689132730





# BEER BATTERED TACO CUT PORTIONS – COD – HADDOCK – POLLOCK

## Coated in a Delicious Beer Batter • Wild Caught

Toppits is proud to offer a variety of Beer Battered Taco Cut Cod, Haddock and Pollock portions. Each fish species is wild caught and is MSC certified and Ocean Wise recommended. Every taco cut portion is consistent in size and is flash frozen to retain freshness. Coated in a unique, flavourful beer batter that cooks to a golden crispy finish. Enjoy your favourite Toppits Taco Cut Portions as the centerpiece in your taco recipes.

### Product Features

- Available in Cod, Haddock, and Pollock varieties
- Coated in a delicious beer batter
- Each piece will fit into an individual soft or hard shell taco
- Consistent sizing
- Wild caught
- Made in Canada
- Seafood certified to MSC's environmental standard for fishing. msc.org
- Ocean Wise recommended

### Ingredients

Cod/Haddock/Pollock, Water, Canola Oil, Wheat flour, Toasted wheat crumb with spice extractives, Modified corn starch, Salt, Sugars (corn maltodextrin, sugar), Modified palm oil, baking powder, Whey powder (milk), Torula yeast, Garlic Powder, Beer (malted barley, hops, yeast), Yellow Corn Flour, Guar Gum, Artificial flavour, Extractives of paprika, Extractives of turmeric, Extractives of annatto.

Nutrition Facts	
Valeur nutritive	
Per 3 pieces (143 g) pour 3 morceaux (143 g)	
<b>Calories 220</b>	
Calories	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 45 mg	
Sodium 430 mg	19 %
Potassium 400 mg	9 %
Calcium 30 mg	2 %
Iron / Fer 1.5 mg	8 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

CODBT15185

Nutrition Facts	
Valeur nutritive	
Per about 3 pieces (143 g) pour environ 3 morceaux (143 g)	
<b>Calories 290</b>	% Daily Value*
Calories	% Daily Value*
Fat / Lipides 15 g	20 %
Saturated / saturés 1.5 g	9 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 21 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 18 g	
Cholesterol / Cholestérol 45 mg	
Sodium 470 mg	20 %
Potassium 300 mg	9 %
Calcium 30 mg	2 %
Iron / Fer 1.25 mg	7 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

HADBT15321

Nutrition Facts	
Valeur nutritive	
Per 3 pieces (143 g) pour 3 morceaux (143 g)	
<b>Calories 230</b>	% Daily Value*
Calories	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 22 g	
Cholesterol / Cholestérol 75 mg	
Sodium 460 mg	20 %
Potassium 350 mg	7 %
Calcium 75 mg	6 %
Iron / Fer 2 mg	11 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

POLBT15186

### Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°F)



#### Conventional Oven

Preheat oven to 218°C (425°F). Place frozen fish on a pre-heated baking rack and bake for 16-18 minutes or until golden brown, turning over halfway through cooking.



#### Deep Frying

Preheat oil to 177°C (350°F). Deep fry from frozen for 5-7 minutes or until golden brown.

Item	Description	Brand	Origin	Pack	SCC
CODBT15185	Beer Battered Taco Cut Cod, 1.7 oz	Toppits	Canada	2 x 5 lb	10068689151854
HADBT15321	Beer Battered Taco Cut Haddock, 1.7 oz	Toppits	Canada	2 x 5 lb	10068689153216
POLBT15186	Beer Battered Taco Cut Pollock, 1.7 oz	Toppits	Canada	2 x 5 lb	10068689151861





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