



Beer Battered Taco Cut Portions

Cod · Haddock · Pollock

Coated in a Delicious Beer Batter
Wild Caught



Beer Battered Taco Cut Portions

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 certified sustainable from the Marine Stewardship Council, and is 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
- Ocean Wise Recommended
- From an MSC certified sustainable fishery

www.msc.org



Cooking Instructions

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

Conventional Oven: Preheat oven to 425°F (218°C).

Place frozen fish on a pre-heated baking rack and bake for 16-18 minutes or until golden brown, turning over halfway through cooking.

Note: Cook to an internal temperature of 158°F (70°C).



Nutrition Facts		Valeur nutritive	
Per 3 pieces (143 g) pour 3 morceaux (143 g)			
Calories 220		% Daily Value*	
		% valeur quotidienne*	
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 3 pieces (143 g) pour 3 morceaux (143 g)			
Calories 230		% Daily Value*	
		% valeur quotidienne*	
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

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

301 Chrislea Road
Vaughan, ON L4L 8N4
Tel: 905-850-8900
Fax: 905-850-8910
marketing@toppits.com



Follow @toppitsfoods



www.toppits.com