



Gluten-Free Fish

Haddock · Cod · Sole

Gluten-Free Breaded Coating · Wild Caught · Cut from Whole Muscle Fillets



Gluten-Free Fish

Introducing a full product line of Toppits Gluten-Free Fish that is available in Haddock, Cod and Sole varieties. These fillets are the perfect catch for customers that are looking for a delicious and healthy seafood option. Made with a crunchy gluten-free coating, they are perfect for those sensitive to gluten or celiac disease. Our fish is wild caught and vetted by MSC and Ocean Wise, ensuring that you are getting the freshest and most sustainably sourced fish possible. With its tender, flaky flesh and a delicious breaded coating, these fillets will melt in your mouth and make a great center-of-the-plate protein ingredient.



Product Features

- Available in Haddock, Cod and Sole varieties
- Coated in a delicious, crunchy gluten-free breaded coating
- Consistent sizes
- Cut from whole muscle fillets
- Tender, flaky fish with a sweet bite
- Wild Caught

- Made in Canada
- Certified by the GFCP
- Ocean Wise Recommended
- From an MSC certified sustainable fishery. www.msc.org



CONVECTION OVEN

Place on parchment lined baking sheet and cook from frozen. Flip half way through cooking

Haddock/Cod/Sole:

Preheat oven to 400°F (204°C).
Cook for 14-16 min.
Cook to an internal temperature of 158°F (70°C)



CONVENTIONAL OVEN

Place on parchment lined baking sheet and cook from frozen. Flip half way through cooking

Haddock/Cod/Sole:

Preheat oven to 425°F (220°C).
Cook for 20-25 min.
Cook to an internal temperature of 158°F (70°C)

Nutrition Facts Valeur nutritive	
Per approx. 1 piece (113 g) pour environ 1 morceau (113 g)	
Calories 260	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 14 g	19 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 21 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 35 mg	
Sodium 420 mg	18 %
Potassium 200 mg	6 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

TV13865

Nutrition Facts Valeur nutritive	
Per approx. 1 piece (108 g) pour environ 1 morceau (108 g)	
Calories 240	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 13 g	17 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 20 mg	
Sodium 320 mg	18 %
Potassium 175 mg	5 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

TV13867

Nutrition Facts Valeur nutritive	
Per approx. 1 piece (102 g) pour environ 1 morceau (102 g)	
Calories 260	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 15 g	20 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 25 mg	
Sodium 410 mg	18 %
Potassium 200 mg	3 %
Calcium 20 mg	2 %
Iron / Fer 0.3 mg	2 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

TV13866

Item	Description	Brand	Origin	Pack	SCC
NEW! TV13865	Gluten-Free Haddock, Lightly Seasoned, 4 oz	Toppits	Canada	2/5 lb	10068689138657
NEW! TV13867	Gluten-Free Black Pepper Cod, 3.8 oz	Toppits	Canada	2/5 lb	10068689138671
TV13866	Gluten-Free Lemon Pepper Sole, 3.6 oz	Toppits	Canada	2/5 lb	10068689142470

Haddock: *Melanogrammus aeglefinus* | Wild Caught | Catch Method: Bottom trawl caught | FAO 27
Cod: *Gadus macrocephalus* | Wild Caught | Catch Method: Bottom trawl caught | FAO 67
Sole: *Limanda aspera/Hippoglossoides elassodon* | Wild Caught | Catch Method: Bottom trawl caught | FAO 67

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