

# TOPPITS®

QUALITY SINCE 1899



## English Style Battered Fish

Haddock • Cod • Pollock

*Wild Caught • Coated in a crunchy batter • Cut from whole muscle fillets*



# English Style Battered Fish

Add some English classics to your menu with Toppits English Style Battered Fish. Coated with a thin, crispy batter, our tender fish fillets have a mild taste and a tender flaky bite. Versatile and easy to prepare, they require no skilled labour, simply cook and serve. We recommend serving Toppits English Style Battered Fish with traditional chips and tangy tartar sauce for the ultimate English experience.



## Product Features

- Individually cut from whole muscle fillets
- Available in Haddock, Cod and Pollock varieties
- Wild Caught
- Coated in a crunchy batter
- Flaky fish, with a sweet mild taste
- Can be baked or fried
- Consistent portion sizes
- Made in Canada
- Ocean Wise Recommended
- From an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)



Nutrition Facts Valeur nutritive	
Per 1 piece (84 g) pour 1 morceau (84 g)	
<b>Calories 180</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 9 g</b>	<b>12 %</b>
Saturated / saturés 1 g + Trans / trans 0.2 g	6 %
<b>Carbohydrate / Glucides 13 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 11 g</b>	
<b>Cholesterol / Cholestérol 25 mg</b>	
<b>Sodium 260 mg</b>	<b>11 %</b>
Potassium 175 mg	4 %
Calcium 10 mg	1 %
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 piece (84 g) pour 1 morceau (84 g)	
<b>Calories 170</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 9 g</b>	<b>12 %</b>
Saturated / saturés 1 g + Trans / trans 0.2 g	6 %
<b>Carbohydrate / Glucides 13 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 10 g</b>	
<b>Cholesterol / Cholestérol 20 mg</b>	
<b>Sodium 260 mg</b>	<b>11 %</b>
Potassium 150 mg	3 %
Calcium 10 mg	1 %
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 piece (84 g) pour 1 morceau (84 g)	
<b>Calories 180</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 9 g</b>	<b>12 %</b>
Saturated / saturés 1 g + Trans / trans 0.2 g	6 %
<b>Carbohydrate / Glucides 13 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 11 g</b>	
<b>Cholesterol / Cholestérol 35 mg</b>	
<b>Sodium 270 mg</b>	<b>12 %</b>
Potassium 200 mg	4 %
Calcium 40 mg	3 %
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 piece (112 g) pour 1 morceau (112 g)	
<b>Calories 240</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 12 g</b>	<b>16 %</b>
Saturated / saturés 1 g + Trans / trans 0.2 g	6 %
<b>Carbohydrate / Glucides 17 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 15 g</b>	
<b>Cholesterol / Cholestérol 50 mg</b>	
<b>Sodium 360 mg</b>	<b>16 %</b>
Potassium 250 mg	5 %
Calcium 50 mg	4 %
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	

HADBE15190

CODBE15189

POLEBE15191

POLEBE15192



### CONVENTIONAL OVEN

Preheat oven to 428°F (220°C). Place on a non-stick baking sheet and bake for 20-22 min, turning over half way through cooking



### DEEP FRYING

Preheat oil to 365°F (180°C). Deep fry from frozen for 4-5 min or until golden brown.



### SAFE HANDLING INSTRUCTIONS

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

Haddock: *Melanogrammus aeglefinus* | Wild Caught  
Catch Method: Bottom trawl caught | FAO 27  
Cod: *Gadus macrocephalus* | Wild Caught  
Catch Method: Bottom demersal otter | FAO 67  
Pollock: *Gadus chalcogramma* | Wild Caught  
Catch Method: Bottom trawl caught | FAO 27

Item	Description	Brand	Origin	Pack	SCC
HADBE15190	English Style Battered Haddock Fillet, 3 oz	Toppits	Canada	2/5 lb	10068689151908
CODBE15189	English Style Battered Cod Fillet, 3 oz	Toppits	Canada	2/5 lb	10068689151892
POLBE15191	English Style Battered Pollock Fillet, 3 oz	Toppits	Canada	2/5 lb	10068689151915
POLBE15192	English Style Battered Pollock Fillet, 4 oz	Toppits	Canada	2/5 lb	10068689151922