



Crispy Golden Fish Bites

Haddock · Cod · Pollock

Crunchy Coating · Wild Caught · Cut from Whole Muscle Fillets



Crispy Golden Fish Bites

Toppits is proud to offer a variety of Crispy Golden Fish Bites made with Haddock, Cod or Pollock. Our Fish Bites are made from wild caught, skinless fillets and are certified sustainable from the Marine Stewardship Council, 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, mild fish bite. Serve as an appetizer or main course with a side of your favourite dipping sauce!



Product Features

- Available in Haddock, Cod and Pollock varieties
- Coated in a unique beer-flavoured batter
- Consistent sizes
- Cut from whole muscle fillets
- Tender, flaky fish
- Can be used as an appetizer or main course

- Wild caught
- Made in Canada
- Ocean Wise Recommended
- From an MSC certified sustainable fishery. www.msc.org



DEEP FRYING

Preheat oil to 350°F (177°C). Deep fry from frozen for 4-5 min or until golden brown. Cook to an internal temperature of 165°F (74°C)



CONVENTIONAL OVEN

Preheat oven to 425°F (218°C). Place on a non-stick baking sheet and bake for 22-25 min, turning once. Cook from frozen to an internal temperature of 165°F (74°C)

Nutrition Facts Valeur nutritive	
Per 4 pieces (112 g) pour 4 morceaux (112 g)	
Calories 230	% Daily Value*
Fat / Lipides 12 g 16 %	
Saturated / saturés 1 g 6 %	
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 17 g	
Fibre / Fibres 0 g 0 %	
Sugars / Sucres 0 g 0 %	
Protein / Protéines 14 g	
Cholesterol / Cholestérol 55 mg	
Sodium 370 mg	16 %
Potassium 225 mg	5 %
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	

HADB15188

Nutrition Facts Valeur nutritive	
Per 4 pieces (112 g) pour 4 morceaux (112 g)	
Calories 230	% Daily Value*
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

Nutrition Facts Valeur nutritive	
Per 4 pieces (120 g) pour 4 morceaux (120 g)	
Calories 210	% Daily Value*
Fat / Lipides 10 g 13 %	
Saturated / saturés 2 g 10 %	
+ Trans / trans 0 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 1 g 4 %	
Sugars / Sucres 3 g 3 %	
Protein / Protéines 10 g	
Cholesterol / Cholestérol 20 mg	
Sodium 620 mg	27 %
Potassium 0 mg	0 %
Calcium 50 mg	4 %
Iron / Fer 0.4 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	

TV14247

Item	Description	Brand	Origin	Pack	SCC
HADB15188	Beer Battered Haddock Bites, 1oz, Battered	Toppits	Canada	2/5 lb	10068689151885
CODN15193	Crunchy Breaded Cod Bites, 1oz, Breaded	Toppits	Canada	2/5 lb	10068689151939
TV14247	Crispy Golden Pollock Bites, 1oz, Battered	Toppits	Malaysia	2/5 lb	10068689142470

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: Midwater trawl | FAO 67