

RELIABLE WEIGHTS. CONSISTENT PORTIONS.



FROSTMARK

PACIFIC POLLOCK

Wild-caught from Alaskan Waters

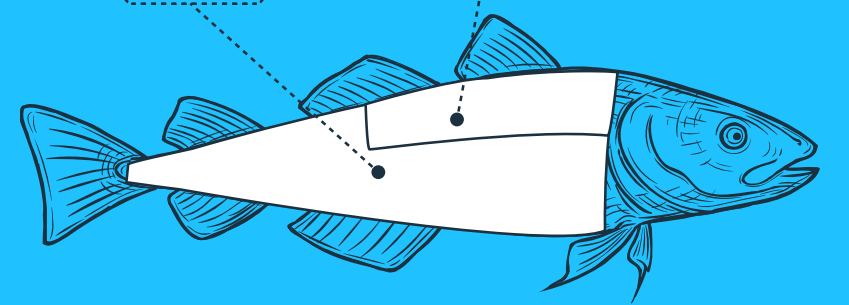
GUARANTEED 100% NET WEIGHT



QUALITY PORTIONING IN MIND

Fillet

Lion



NUTRITIONAL VALUE

Calories	92
Protein	19.44g
Total Fat	0.98g



NATIONWIDE STORING AND DELIVERY

Wild Caught Pollock

Alaska Pollock (*Gadus chalcogrammus*) is a member of the Cod family, wild-caught from the pristine waters of the North Pacific. With mild, clean white flesh and a fine, delicate flake, it delivers broad menu appeal and consistent performance across any cooking application. Low in fat, high in protein, and available year round – a reliable workhorse protein built for foodservice volume.

Specifications

SCIENTIFIC NAME

Gadus Chalcogrammus

AVAILABILITY

Cut from Frozen-at-Sea fish

Year Round

WHOLE FISH FACTS

½ Lbs. – 2 Lbs.

Average Fish Size

12-20 inches

Average Fish Length

Catch Area – FAO 67

North Pacific Ocean Region

- Gulf of Alaska
- Eastern Bering Sea
- Coastal waters of Alaska, Canada, and the USA

Nutrition Facts

Per 100g serving

FATS

Saturated Fat	0.135g
Polyunsaturated	0.244g
Monounsaturated	0.082g

MINERALS

Cholesterol	71mg
Sodium	86mg
Potassium	456mg (10%)
Calcium	77mg (8%)
Iron	1mg (7%)

VITAMINS

Vitamin A	14.0mcg (2%)
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92

CALORIES
343 kJ

19.44g

PROTEIN

0.98g

TOTAL FAT
1% DV

0g

CARBS
0% DV

Cooking Methods

Alaska Pollock has a clean, mild flavor with a fine, tender flake that holds up well across a wide range of cooking methods. Its neutral profile makes it an ideal canvas for bold seasonings, batters, and sauces – and a go-to choice for fish and chips, fish sandwiches, and high-volume entrées. Pollock is an ideal choice for:

- Grilled
- Baked
- Steamed
- Fried
- Broiled
- Sautéed



Available Cuts

Individually Quick Frozen (IQF) • Packed 1/10# • Year Round Availability



Pollock Loins

Enjoy premium center-cut loins that ensure maximum yield and consistent quality from a plentiful wild-caught species. Hand cut and IQF frozen for reliable portion control, they are perfect for high-volume foodservice and upscale casual dining.

Available Sizes:

3 oz

4 oz

5 oz

Pack Size:

1/10# IQF

Pollock Fillets

Tender, mild fillets with a fine flake and clean flavor that performs across every cooking method. IQF frozen to lock in peak freshness, these fillets are built for consistency – perfect for fish and chips, sandwiches, and high-volume entrées.

Available Sizes:

2-4 oz

4-6 oz

6-8 oz

Pack Size:

1/10# or 4/10# IQF



Sustainably Sourced

From North Pacific waters



Premium Packaging

Ready for distribution