

DEEP SKINNED



CAPE HADDIE

CAPE HAKE

Exclusive U.S. Importer

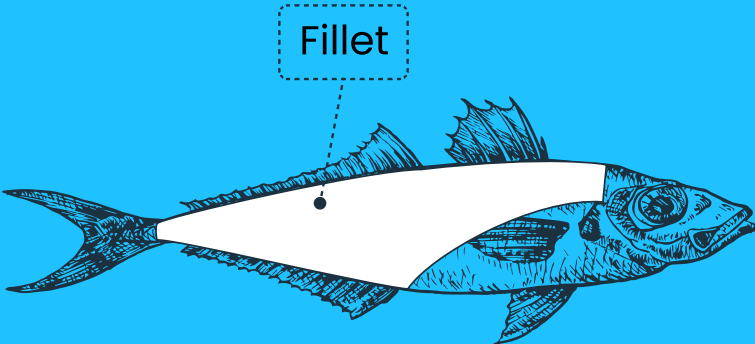
GUARANTEED 100% NET WEIGHT



Deep Fried

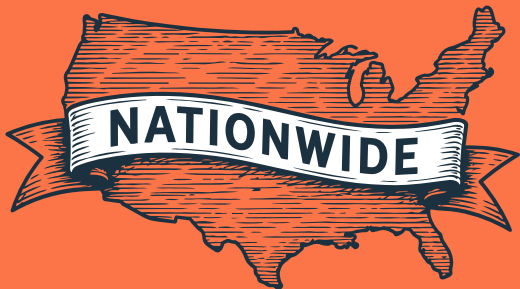
Baked

QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

Calories	74
Protein	16.5g
Total Fat	0.9g



NATIONWIDE STORING AND DELIVERY

South African Cape Hake

Cape Haddie — the signature Cape Hake from Sea Harvest — represents the highest standard of wild-caught, MSC-certified South African Hake. Sustainably harvested from the ice cold, crystal clear waters of the southern Atlantic Ocean. Naturally high in Omega-3 fatty acids, chemical-free, and frozen at sea within hours of harvest — locking in moisture and flavor without additives or preservatives.

Specifications

SCIENTIFIC NAME

Merluccius Capensis / Paradoxus

AVAILABILITY

Wild Caught, Deep-Water Hake, Frozen at Sea

Year Round

WHOLE FISH FACTS

0.5–2 kg

Average Fish Size

20–60 cm

Average Fish Length

Catch Area FAO 47

South Africa, sustainably caught

Nutrition Facts

Per 100g serving

FATS

Saturated Fat	0.2g
Polyunsaturated	0.3g
Monounsaturated	0.1g

MINERALS

Cholesterol	50mg
Sodium	60mg
Potassium	380mg
Calcium	15mg
Omega 3	0.2g

VITAMINS

Vitamin A	10mcg	Vitamin B12	1.2mcg
Vitamin D	1mcg		

74

CALORIES
343 kJ

16.5g

PROTEIN

0.9g

TOTAL FAT
1% DV

0g

CARBS
0% DV

Cooking Methods

Cape Hake's delicate texture and mild sweetness make it remarkably versatile. Consistently clean, white fillets that perform flawlessly in fish & chips, white-fish entrées, and upscale dining applications. Cape Hake is an ideal choice for:

- Deep Fried
- Oven Baked
- Pan Fried
- Grilled
- Steamed
- Sauced



Cape Hake Fillets

Cape Hake fillets, the hallmark of Sea Harvest, epitomize the finest quality of wild-caught, MSC-certified South African Hake. Sourced sustainably from the frigid, pristine waters of the southern Atlantic Ocean, this fish offers a delicate, mild taste and a firm, flaky texture that chefs rely on for diverse culinary creations.

Cape Hake, a true gem of the ocean, is packed with Omega-3 fatty acids and offers a rich, buttery flavor that seafood enthusiasts crave. Its nutritional profile is impeccable, ensuring it's wholesome, traceable, and free from harmful chemicals. Each fillet is flash-frozen at sea right after being caught, preserving its exceptional freshness and delightful texture.



Key Product Attributes

- MSC Certified Fishery
- Sweet Tasting, Firm White Fish
- 24 Month Shelf Life
- Wild Caught, Deep-Water Hake
- Deep Skinned, Deboned
- Premium Quality
- Chemical-Free
- Mild Flavour — Perfect For Children
- Available All Year

Sustainable Commitment

Sea Harvest is globally recognized for its leadership in responsible fishing and community impact. Certified by the Marine Stewardship Council (MSC) · B-BBEE Level 1 contributor, supporting South African communities · Ongoing investment in traceability, resource management, and environmental innovation. Together, Sea Harvest and Southstream Seafoods ensure that each fillet of Cape Haddie reflects a shared commitment to sustainable sourcing and long-term ocean stewardship.

Available Packaging & Sizes

Shatterpack

Available Sizes:

2–4 oz

4–6 oz

6–8 oz

Pack Size:

2 x 15kg Shatterpack