

RELIABLE WEIGHTS. CONSISTENT PORTIONS.



PACIFIC COD

Gently hand cut.
Never factory sliced.

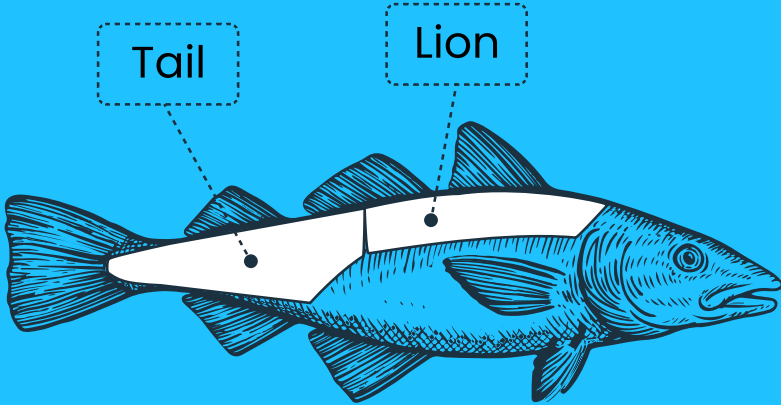
GUARANTEED 100% NET WEIGHT



Fried

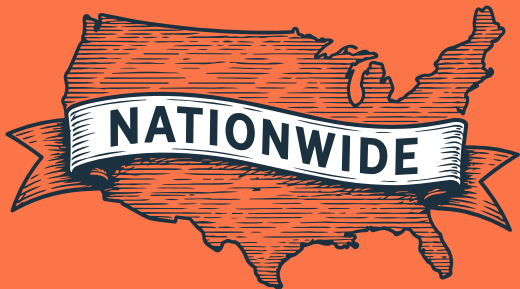
Baked

QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

Calories	82
Protein	17.9g
Total Fat	0.63g



NATIONWIDE STORING AND DELIVERY

Premium Wild-Caught Pacific Cod

With its mild and clean taste Pacific Cod's subtle flavor is a crowd-pleaser that appeals to a wide range of palates, including those who are not accustomed to strong-tasting seafood. The flavor has a hint of natural sweetness, complemented by a briny taste from the sea. Our premium portions are individually quick frozen to lock in peak freshness and flavor.

Specifications

SCIENTIFIC NAME
Gadus Macrocephalus

AVAILABILITY
Cut from Frozen-at-Sea fish
Year Round

WHOLE FISH FACTS

4-11 lbs.

Average Fish Size

25-35 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
- Northern California Current region

Nutrition Facts

Per 100g serving			
FATS		MINERALS	
Saturated Fat	0.081g	Cholesterol	37mg (12%)
Polyunsaturated	0.244g	Sodium	71mg (3%)
Monounsaturated	0.082g	Potassium	403mg (9%)
		Calcium	7mg (1%)
		Iron	0.26mg (1%)
VITAMINS			
Vitamin A	8mcg (1%)	Vitamin C	2.9mg (3%)

82 CALORIES 343 kJ	17.9g PROTEIN	0.63g TOTAL FAT 1% DV	0g CARBS 0% DV
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Cooking Methods

Pacific Cod has a delicate white flesh that flakes easily and is suitable for most cooking methods. This versatile fish adapts beautifully to various culinary techniques and flavor profiles. It's the ideal choice for great fish and chips.

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



Available Cuts

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



Pacific Cod Loins

Premium center-cut portions offering maximum yield and consistent quality. Perfect for high-end restaurant applications.

Available Sizes:

3 oz

4 oz

5 oz

6 oz

7 oz

8 oz

Pack Size:

1/10# IQF



Pacific Cod Tails

Tender tail portions offering excellent value without compromising on quality. Ideal for casual dining and high-volume operations.

Available Sizes:

3 oz

4 oz

5 oz

Pack Size:

1/10# IQF

