

FROZEN AT SEA WITHIN HOURS OF CATCH



SOUTHSTREAM
SEAFOODS

 **Thorfish**

ATLANTIC COD

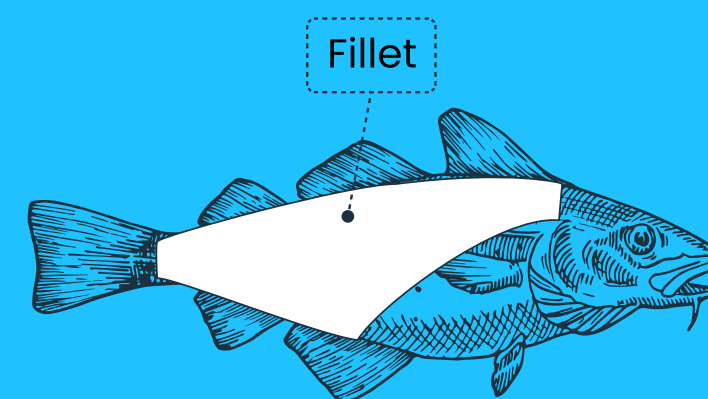
Fillets

Wild-caught from Icelandic Waters

**STRAIGHT FROM PRISTINE ICELANDIC
WATERS TO YOUR TABLE. NO WATER ADDED.**



QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

Calories	82
Protein	17.81g
Total Fat	0.67g



NATIONWIDE STORING AND DELIVERY

Wild Caught Atlantic Cod

Wild Caught Atlantic Cod is a prized catch, known for its flaky texture and mild flavor. Harvested from the open ocean, this fish is perfect for a variety of dishes, from crispy fish tacos to hearty fish stews. With its firm flesh and low fat content, Wild Caught Atlantic Cod is a popular choice for restaurants and home cooks alike.

Specifications

SCIENTIFIC NAME

Gadus Morhua

AVAILABILITY

Cut from Frozen-at-Sea fish, MSC certified

Year Round

WHOLE FISH FACTS

6.5–15 lbs.

Average Fish Size

19–39 inches

Average Fish Length

Fishing Area
FAO 27

Northeast Atlantic

Nutrition Facts

Per 100g serving

FATS

Saturated Fat	0.131g
Polyunsaturated	0.231g
Monounsaturated	0.094g

MINERALS

Cholesterol	43mg (14%)
Sodium	54mg (2%)
Potassium	413mg (9%)
Calcium	16mg (1%)
Iron	0.38mg (2%)

VITAMINS

Vitamin A	12mcg (1%)	Vitamin C	1mg (1%)
Vitamin D	1mcg (6%)		

82

CALORIES
343 kJ

17.81g

PROTEIN

0.67g

TOTAL FAT
1% DV

0g

CARBS
0% DV

Cooking Methods

Atlantic Cod features a tender, snow-white flesh with large, delicate flakes and a mild, slightly sweet flavor. This versatile whitefish is perfect for almost every cooking method and pairs wonderfully with a wide range of seasonings and sauces. Renowned for its classic use in fish and chips, it’s a favorite for both everyday meals and elegant dining. Cod is an ideal choice for:

- Grilled
- Baked
- Steamed
- Pan/Deep Fried
- Broiled
- Sautéed



Atlantic Cod Fillets

Thorfish Atlantic Cod Fillets are frozen at sea within hours of being caught. The Thorfish label is not subject to availability due to adverse weather conditions, and pricing is more consistent than fresh. This fish will never disappoint your customer. Atlantic Cod is one of the most popular and versatile fish on the market. It can be grilled or broiled and it is great for fish and chips. Deboned and skinless.



Available Packaging

Shatterpack

Available Sizes:

6/8oz	8/10oz	10/12 oz
12/16oz	16/32oz	32+oz

Pack Size:	2/20#
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Pack Size:	3/15#
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Sustainably Sourced
From North Pacific waters



Premium Packaging
Ready for distribution