

CONSISTENT WEIGHTS. RELIABLE PORTIONS.



SOUTHSTREAM
SEAFOODS

 **Thorfish**

HADDOCK

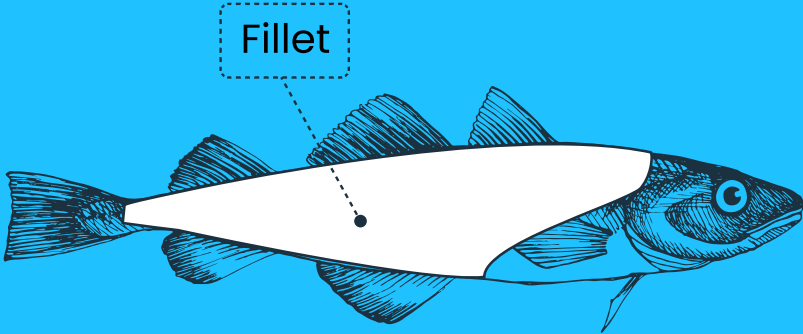
Fillets

Wild-caught from Northeast Atlantic

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

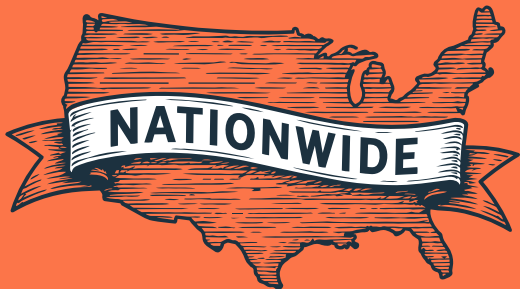


QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

Calories	90
Protein	20g
Total Fat	0.7g



NATIONWIDE STORING AND DELIVERY

Wild Caught Haddock

Haddock is a very popular fish, with clean white flesh, and it can be cooked in the same way as Cod. High quality Haddock will hold together well and display a firmness that makes it good for cooking in a variety of methods: breaded and fried, baked, sautéed, or broiled. Haddock is a versatile fish that is always pleasing. With its sweet nutty taste and large white flakes, it offers an attractive plate presentation. Deboned and skinless.

Specifications

SCIENTIFIC NAME
Melanogrammus Aeglefinus

AVAILABILITY
Frozen-at- Sea, MSC certified

Year Round

WHOLE FISH FACTS
2-7 lbs. **14-30 inches**
Average Fish Size Average Fish Length

Catch Area
FAO 27
Northeast Atlantic

Nutrition Facts

Per 100g serving			
FATS		MINERALS	
Saturated Fat	0.1g	Cholesterol	57mg (19%)
Polyunsaturated	0.231g	Sodium	130mg (6%)
Monounsaturated	0.094g	Potassium	600mg (13%)
		Calcium	14mg (1%)
		Iron	0.2mg (1%)
VITAMINS			
Vitamin A	12mcg (1%)	Vitamin C	1mg (1%)
Vitamin D	1.1mcg (6%)		

90

CALORIES

377 kJ

20g

PROTEIN

0.7g

TOTAL FAT

1% DV

0g

CARBS

0% DV

Cooking Methods

Haddock features fine, lean white flakes with a mild and slightly sweet flavor. This versatile whitefish is perfect for almost every cooking method. Renowned for its classic use in fish and chips, it is a favorite for both everyday meals and elegant dining. Haddock is an ideal choice for:

- Grilled
 - Baked
 - Fried
- Pan/Deep Fried
 - Broiled
 - Sauteed



Haddock Fillets

Introducing our premium Thorfish Haddock fillets, expertly sourced from the pristine waters of the Northeast Atlantic (FAO Major Fishing Area 27). These skinless and boneless fillets are flash-frozen at sea to lock in freshness and flavor. We offer them in two convenient pack sizes: 20-pound and 15-pound options, perfect for any culinary need. Enjoy the versatility and quality of our MSC certified haddock fillets, available all year round.



Available Packaging

Shatterpack

Available Sizes:

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

Pack Size: 2/20#

Pack Size: 3/15#

