

CONSISTENT WEIGHTS. RELIABLE PORTIONS.



SOUTHSTREAM
SEAFOODS

 **Thorfish**

POLLOCK

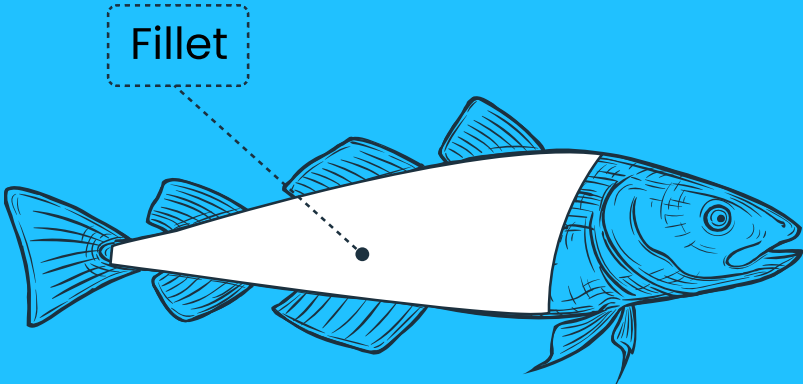
Fillets

Wild-caught from Northeast Atlantic

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

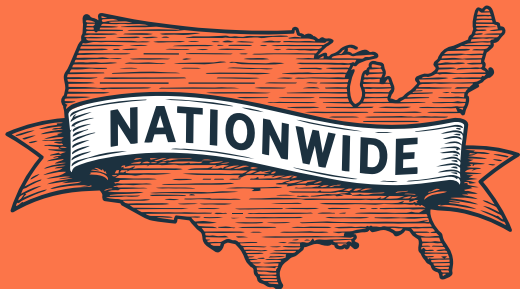


QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

Calories	92
Protein	19.44g
Total Fat	0.98g



NATIONWIDE STORING AND DELIVERY

Wild Caught Pollock (Saithe)

Pollock, AKA Saithe, is a white-meat fish with a mild sweet flavor. It is not only a great value but a versatile alternative to other white-meat fish such as Mahi, Cod and Haddock. Pollock's flaky texture takes particularly well to breading. For moist, tender Pollock with the natural sweet, mild flavor intact, opt for steaming. Use the broiler for crisp Pollock fillets and enjoy a texture reminiscent of grilled fish. Fresh herbs, such as cilantro and parsley, layered over the fillets before steaming give them a light flavor. Fresh lemon or lime juice also complements the flavor.

Specifications

SCIENTIFIC NAME

Pollachius Virens

AVAILABILITY

Frozen-at- Sea, MSC certified

Year Round

WHOLE FISH FACTS

½ Lbs. – 2 Lbs.

Average Fish Size

12–20 inches

Average Fish Length

Catch Area – FAO 27

FAO Major Fishing Area 27 (Northeast Atlantic)

- Norway
- Iceland
- Northeast Atlantic coastal waters

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

Pollock (Saithe) 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 — 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

Pollock Fillets

Thorfish Pollock (Saithe) — Only the finest fillets. We offer two unique vessels, each providing their own pack sizes.

Our skinless, boneless fillets are frozen at sea to ensure maximum freshness. Choose from convenient 3/20# and 3/15# pack sizes.

Sourced from FAO Major Fishing Area 27 (Northeast Atlantic), these fillets are available year-round and are MSC certified, guaranteeing sustainable fishing practices. Enjoy the rich flavor and versatility of Pollock in your meals!



Available Packaging

Shatterpack

Available Sizes:

5-8 oz	8-16 oz
16-32 oz	32+ oz

Pack Size:	3/20#	Pack Size:	3/15#
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