



PRODUCT LINES

GET **SCHOOLED**

SOUTHSTREAM DOES
SEAFOOD RIGHT

Wild Caught. What Organic would love to be.®

Corporate Headquarters

100 Jefferson Blvd Unit 305
Warwick, RI 02888

Phones and Fax

800.600.2300, 401.737.2300
Fax: 401.737.2350

Testimonials

[Check](#) what our Customers
& suppliers say about us



Website southstream.com
©2026 SouthStream Seafoods, Inc.

Delivering quality. Sustaining trust.

ABOUT SOUTHSTREAM

Southstream Seafoods, founded in 1989, has built a global reputation as a leading frozen seafood importer — with a reliable supply of raw materials sourced from the North Atlantic and Pacific oceans. Our customers' loyalty is earned through customized production for their menus, processing lines, and retail cases — honored through quantity and price programs built to last.

Excellence in Every Catch. Reliability in Every Order.

STRATEGIC ADVANTAGES THAT SET US APART

01

Global Supplier Relationships

Long-standing relationships with major catcher-processors worldwide. Customers are never subject to seasonal shortages.

02

Customized Production

Production capabilities that streamline portion control for menus, processing lines, and retail cases.

03

Industry-Leading Accuracy

Technological efficiencies that deliver one of the highest order accuracy rates in the industry.

04

National Distribution Network

Convenient national locations that make smaller-quantity delivery possible at a competitive price.



36

YEARS ON THE WATER

5

SUPPLIER BRANDS



3

MSC CERTIFIED



2

OCEAN SUPPLY LINES

SINCE 1989

Your Success. Our Commitment.

To be the leading international supplier of quality seafood products and services — and to assure the success of our customers through total customer satisfaction.

We believe our worldwide suppliers are an extension of our capabilities, and we strive to develop strategic partnerships that meet our customers' evolving needs. Through superior products and service, we will continue to grow our market share while maintaining the financial stability that makes us a partner you can count on.

Southstream Seafoods is committed to the welfare of our employees and their families — fostering an environment of growth, shared achievement, and lasting opportunity.



To be the leading international supplier of quality seafood products and services — and to assure the success of our customers through **total customer satisfaction.**

- Strategic global partnerships that meet our customers' evolving needs
- Financial stability that makes us a partner you can count on
- Committed to the welfare of our employees and their families

WHERE WE OPERATE

NATIONAL DISTRIBUTION CENTERS

 **Boston**
MA • DISTRIBUTION CENTER

 **Chicago**
IL • DISTRIBUTION CENTER

 **Los Angeles**
CA • DISTRIBUTION CENTER

 **Miami**
FL • DISTRIBUTION CENTER

 **New Jersey**
NJ • DISTRIBUTION CENTER

 **Seattle**
WA • DISTRIBUTION CENTER

CORPORATE HEADQUARTERS

 **Warwick, RI**

Corporate offices and primary operations hub, serving the national and international market.

ADDITIONAL SALES OFFICES

 **Florida**

 **Illinois**

 **Washington**

 **Pennsylvania**

Regional sales teams delivering personalized service and local market expertise across the country.

Our brands & product specs.



Frozen-at-Sea Cape Hake Fillets

PACK	2/10# • 2/11# shatterpack cases
FILLETS	2-4, 4-6, 6-9, and 9+ oz.
MSC CERTIFIED	



Cape Haddie — Frozen-at-Sea Cape Hake Fillets, deep-skinned

PACK	2/15# cases
FILLETS	1-2, 4-6, and 6-8 oz.
MSC CERTIFIED	



Hand-cut Alaskan Pacific Cod — Premium Fillets, Loins, Tails, and Center Cuts (bias cuts)

PACK	1/10# IQF cases
FILLETS	4-6 oz. to 16-32 oz.
LOINS, TAILS & CENTER CUTS	3-8 oz.



Hand-cut Atlantic Cod — Premium Fillets, Loins, Tails, and Center Cuts (bias cuts)

PACK	1/10# IQF • 4/10# shatterpack
FILLETS	4-6 oz. to 16-32 oz.
LOINS, TAILS & CENTER CUTS	3-8 oz.



Premium Frozen-at-Sea Atlantic Cod, Haddock, and Pollock (Saithe) — sourced from Iceland via two dedicated freezer trawlers

PACK	2/20# • 3/15# shatterpack
FILLETS	6-8, 8-10, 10-12, 12-16, 16-32, and 32+ oz.
MSC CERTIFIED	

One supplier **your menu can count on.**

Year-round availability, locked pricing, and tier-one sourcing relationships across the North Atlantic, Pacific, Iceland, and southern African waters.

37
YEARS ON
THE WATER

5
BRANDS

3
MSC
CERTIFIED

PROFESSIONAL • RELIABLE

Delivering quality. Sustaining trust.

Founded in 1989, Southstream Seafoods has earned a global reputation as a leading frozen seafood importer with a reliable supply of raw materials from both the North Atlantic and Pacific oceans.

Our established relationships with the largest and most reputable suppliers throughout the world allow us to ensure that your programs will never be subject to seasonal shortages. We honor quantity and price programs for extended periods of time, enabling our distribution business to deliver quality goods consistently to our customers.

WHY CHOOSE US

- 01 Two-Ocean Sourcing**
North Atlantic & Pacific supply lines insulate your menu from regional disruption.
- 02 Locked Pricing**
Honored quantity & price programs over extended terms — predictable food cost.
- 03 No Seasonal Gaps**
Tier-one supplier relationships keep year-round availability across every brand.

Build a program that **doesn't run out.**
Talk to your Southstream rep today.

CONTACTS
sales@southstream.com
800.600.2300, 401.737.2300

ONLINE
www.southstream.com

CHEF'S PREFERRED



CAPE HAKE

Cook from Frozen

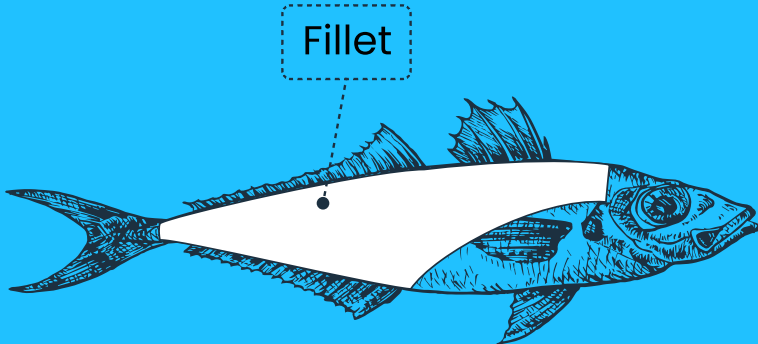
GUARANTEED 100% NET WEIGHT



Cooked

Raw

QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

Calories	74
Protein	16.5g
Total Fat	0.9g



NATIONWIDE STORING AND DELIVERY

Wild Caught Cape Hake

Cape Hake (Merluccius Capensis / Merluccius Paradoxus) is caught in the pristine icy depths of the Atlantic Ocean in South Africa. 100% natural, low in fat and a good source of protein and Omega 3. MSC-certified and quick frozen at the ultimate peak of freshness, with no preservatives, no added colourants and no antibiotics.

Specifications

SCIENTIFIC NAME
Merluccius Capensis / Paradoxus

AVAILABILITY
Wild Caught
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		MINERALS	
Saturated Fat	0.2g	Cholesterol	50mg
Polyunsaturated	0.3g	Sodium	60mg
Monounsaturated	0.1g	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 features firm, white, moist flesh with a mild and delicate flavour. This versatile fish is perfect for a wide range of cooking methods and is ideal for both everyday family meals and restaurant dining. Popular in fish and chips, battered portions, fish fingers and sauced meals. Cape Hake is an ideal choice for:

● Grilled

● Baked

● Steamed

● Pan/Deep Fried

● Flame Grilled

● Sauced



Product Range



I&J South African Cape Hake Fillets

MSC certified, chemical-free deep water Hake from South Africa. Available as fillet, loin, or portion. Mild, firm fish with higher fat than Cod or Haddock, rich in Omega 3. Skinless, deboned, 100% natural, frozen at sea.

Available Sizes:

- 2–4 oz
- 4–6 oz
- 6–9 oz
- 9+ oz

Pack Size: Shatterpack (2/10#)



I&J Cape Hake Formed Portions

Cape Hake is carefully laid into trays, land frozen, and packed individually into boxes. The protein creates a strong bond, making these portions versatile for any cooking method. It's an excellent alternative to Cod, Haddock, Sole, and Orange Roughy.

Available Sizes:

- 3 oz
- 4 oz
- 5 oz
- 6 oz

Pack Size: IQF Portions (1/10#)



I&J Cape Hake Natural Loins

The thickest and meatiest part of larger Hake Fillets, hand cut, and land frozen for your customers. Very consistent natural shapes with great eye appeal — perfect for fish & chips and two or three piece meal customers.

Available Sizes:

- 2 oz
- 3 oz
- 4 oz

Pack Size: IQF Natural Loins (1/10#)



I&J Cape Hake Folded Loins

MSC-certified, chemical-free, and land frozen fillets are hand laid and packed in two 10-pound boxes. The protein binds the loins for a permanent bond, perfect for any cooking method. A premium alternative to Cod, Haddock, Sole, and Orange Roughy.

Available Sizes:

- 3 oz
- 4 oz
- 5 oz
- 6 oz

Pack Size: Indiv. Wrapped (1/10#)

DEEP SKINNED



CAPE HADDIE

CAPE HAKE

Exclusive U.S. Importer

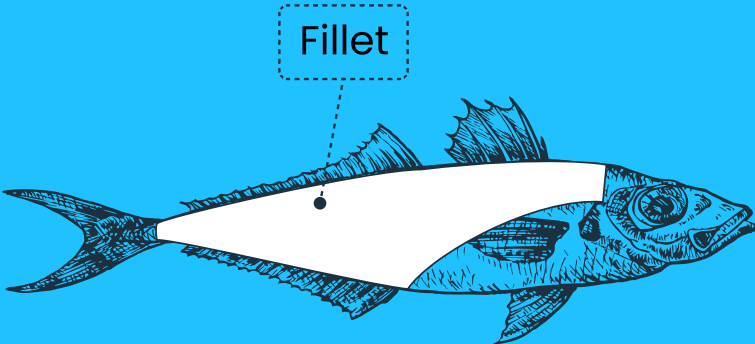
GUARANTEED 100% NET WEIGHT



Deep Fried

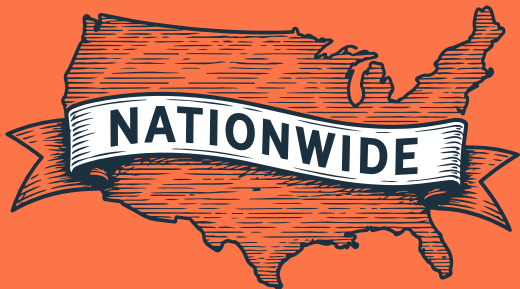
Baked

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 15# Shatterpack

RELIABLE WEIGHTS. CONSISTENT PORTIONS.



PACIFIC COD

Gently hand cut.
Never factory sliced.

GUARANTEED 100% NET WEIGHT



Fried

Baked

QUALITY PORTIONING IN MIND

The diagram shows a side profile of a Pacific Cod fish. A dashed box labeled 'Tail' points to the tail section. Another dashed box labeled 'Lion' points to the main body section of the fish.

NUTRITIONAL VALUE	
Calories	82
Protein	17.9g
Total Fat	0.63g

NATIONWIDE

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. 25-35 inches
Average Fish Size 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



RELIABLE WEIGHTS. CONSISTENT PORTIONS.



FROSTMARK

ATLANTIC COD

Fillets

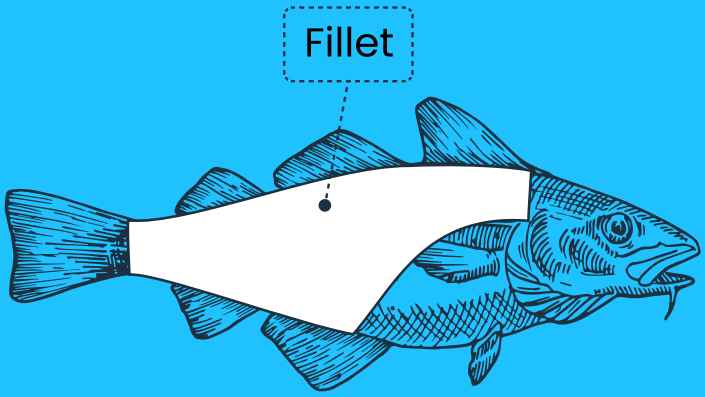
GUARANTEED 100% NET WEIGHT



Cooked

Raw

QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

Calories	82
Protein	17.81g
Total Fat	0.67g



NATIONWIDE STORING AND DELIVERY

Wild Caught Atlantic Cod

Atlantic Cod is one of the most popular and recognized fish in the Western world, with its white, moist meat, large flake and mild flavor. This versatile fish is low in fat and high in protein. Cod is an ideal choice for baking, pan frying, deep frying, poaching or broiling. Popular applications include fish and chips, casseroles and chowders.

Specifications

SCIENTIFIC NAME

Gadus Morhua

AVAILABILITY

Hand 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 21, 27

North Atlantic sustainably caught

Nutrition Facts

Per 100g serving			
FATS		MINERALS	
Saturated Fat	0.131g	Cholesterol	43mg (14%)
Polyunsaturated	0.231g	Sodium	54mg (2%)
Monounsaturated	0.094g	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
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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

Our Atlantic cod fillets are Individually Quick Frozen (IQF) to guarantee peak freshness and effortless portion control. Each fillet is meticulously packed with advanced shatterpack technology and sealed in cello wraps, ensuring their quality and flavor are preserved for your convenience. Enjoy the rich taste of the ocean with every bite, knowing that our careful packaging keeps your fillets as fresh as the day they were caught. Perfect for quick weeknight dinners or gourmet meals, these cod fillets are versatile and easy to prepare.



Available Packaging

Shatterpack

Available Sizes:

8/12 oz

12/16 oz

16/32 oz

Pack Size:

4/10#

Cellos

Available Sizes:

1-3 ct. per wrap

Pack Size:

10/5#

IQF

Available Sizes:

6/8 oz

8/10 oz

10/12 oz

12/16 oz

16/32 oz

Pack Size:

1/10#



RELIABLE WEIGHTS. CONSISTENT PORTIONS.



FROSTMARK

ATLANTIC COD

Portions

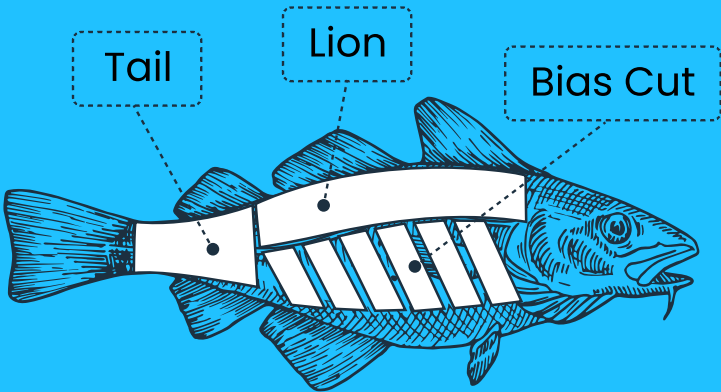
GUARANTEED 100% NET WEIGHT



Fried

Baked

QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

Calories	82
Protein	17.81g
Total Fat	0.67g



NATIONWIDE STORING AND DELIVERY

Wild Caught Atlantic Cod

Atlantic Cod is one of the most popular and recognized fish in the Western world, with its white, moist meat, large flake and mild flavor. This versatile fish is low in fat and high in protein. Cod is an ideal choice for baking, pan frying, deep frying, poaching or broiling. Popular applications include fish and chips, casseroles and chowders.

Specifications

SCIENTIFIC NAME

Gadus Morhua

AVAILABILITY

Hand 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 21, 27

North Atlantic sustainably caught

Nutrition Facts

Per 100g serving			
FATS		MINERALS	
Saturated Fat	0.131g	Cholesterol	43mg (14%)
Polyunsaturated	0.231g	Sodium	54mg (2%)
Monounsaturated	0.094g	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
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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



Available Cuts



Atlantic Cod Loins

Premium center-cut loins offer maximum yield and consistent quality, ideal for upscale restaurants and retail.

Available Sizes:

2 oz

3 oz

4 oz

5 oz

6 oz

7 oz

8 oz

Pack Size:

1/10# IQF



Atlantic Cod Tails

Tender tail portions provide great value and quality, perfect for casual dining and high-volume settings.

Available Sizes:

3 oz

4 oz

5 oz

Pack Size:

1/10# IQF



Atlantic Cod Loins – Butterflied

Elegant butterflied loins with an open-cut presentation — ideal for specialty menus and premium food-service platings.

Available Sizes:

4 oz

Pack Size:

1/10# IQF



Atlantic Cod Bias Cuts

Unique angled features with a striking plate presence — crafted for upscale casual dining and innovative culinary displays.

Available Sizes:

3 oz

4 oz

Pack Size:

1/10# IQF

RELIABLE WEIGHTS. CONSISTENT PORTIONS.



FROSTMARK

HADDOCK

Wild-caught from North Atlantic Waters

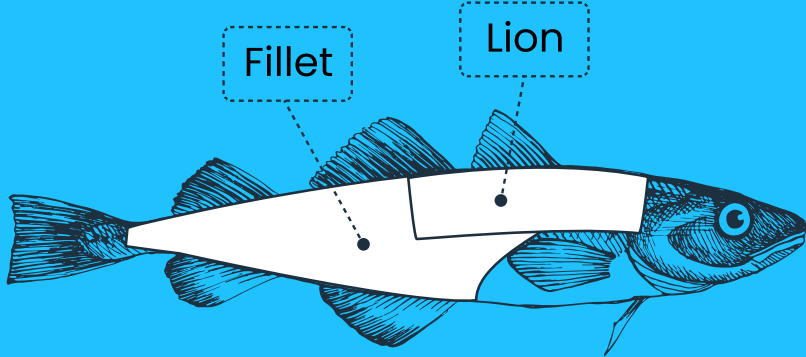
GUARANTEED 100% NET WEIGHT



Fried

Raw

QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

Calories	90
Protein	20g
Total Fat	0.7g



NATIONWIDE STORING AND DELIVERY

Wild Caught Haddock

Known for its fine lean white flakes, wild-caught haddock is perfect for grilling, frying, baking, and broiling. This versatile fish is the ideal choice for delicious Fish and Chips. Haddock's sweet flavor comes from its diet of shrimp, making it a favorite among seafood lovers. Available year-round, you can find it both skinless and skin-on, ensuring freshness in every bite.

Specifications

SCIENTIFIC NAME
Melanogrammus Aeglefinus

AVAILABILITY
Available year round skinless and skin-on

Year Round

WHOLE FISH FACTS

2-7 lbs. 14-30 inches

Average Fish Size Average Fish Length

Catch Area North Atlantic

Wild caught, sustainably sourced

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
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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 and pairs wonderfully with a wide range of seasonings and sauces. 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



Available Cuts



Haddock Skinless Fillets IQF

Fine lean white flakes with a mild, sweet taste. Skinless fillets are perfect for frying, baking, and broiling. The ideal choice for Fish and Chips.

Available Sizes:

4-6 oz

6-8 oz

8-10 oz

10-12 oz

12-16 oz

Pack Size:

1/10# IQF



Haddock Skin-on Fillets IQF

Skin-on fillets are perfect for retaining moisture and enhancing flavor while cooking. They're especially great for grilling and pan-frying, giving you that delicious crispy skin finish.

Available Sizes:

6-8 oz

8-10 oz

10-12 oz

12-16 oz

Pack Size:

1/10# IQF



Haddock IQF Loins

Premium IQF loins offer consistent portion sizes and maximum yield, ideal for restaurants and retail applications.

Available Sizes:

3 oz

4 oz

5 oz

6 oz

Pack Size:

1/10# IQF

RELIABLE WEIGHTS. CONSISTENT PORTIONS.



FROSTMARK

PACIFIC POLLOCK

Wild-caught from Alaskan Waters

GUARANTEED 100% NET WEIGHT



QUALITY PORTIONING IN MIND

Fillet Lion

A diagram of a Pacific Pollock fish, oriented horizontally. A dashed line runs from the head to the tail, dividing the fish into two main sections. The front section is labeled 'Fillet' and the back section is labeled 'Lion'. The fish is shown in a simple, stylized manner with blue outlines and white fill.

NUTRITIONAL VALUE	
Calories	92
Protein	19.44g
Total Fat	0.98g

The logo for Nationwide, featuring a stylized map of the United States in orange with the word 'NATIONWIDE' in white capital letters across the center.

NATIONWIDE STORING AND DELIVERY

Wild Caught Pollock

Alaska Pollock (*Gadus chalcogrammus*) is a member of the Cod family, wild-caught from the pristine waters of the North Pacific. With mild, clean white flesh and a fine, delicate flake, it delivers broad menu appeal and consistent performance across any cooking application. Low in fat, high in protein, and available year round — a reliable workhorse protein built for foodservice volume.

Specifications

SCIENTIFIC NAME
Gadus Chalcogrammus

AVAILABILITY
Cut from Frozen-at-Sea fish
Year Round

WHOLE FISH FACTS

½ Lbs. – 2 Lbs.
Average Fish Size

12-20 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

Nutrition Facts

Per 100g serving			
FATS		MINERALS	
Saturated Fat	0.135g	Cholesterol	71mg
Polyunsaturated	0.244g	Sodium	86mg
Monounsaturated	0.082g	Potassium	456mg (10%)
		Calcium	77mg (8%)
		Iron	1mg (7%)
VITAMINS			
Vitamin A		14.0mcg (2%)	

92 CALORIES 343 kJ	19.44g PROTEIN	0.98g TOTAL FAT 1% DV	0g CARBS 0% DV
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Cooking Methods

Alaska Pollock 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 — and 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



Available Cuts

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



Pollock Loins

Enjoy premium center-cut loins that ensure maximum yield and consistent quality from a plentiful wild-caught species. Hand cut and IQF frozen for reliable portion control, they are perfect for high-volume foodservice and upscale casual dining.

Available Sizes:

3 oz

4 oz

5 oz

Pack Size: 1/10# IQF



Pollock Fillets

Tender, mild fillets with a fine flake and clean flavor that performs across every cooking method. IQF frozen to lock in peak freshness, these fillets are built for consistency — perfect for fish and chips, sandwiches, and high-volume entrées.

Available Sizes:

2-4 oz

4-6 oz

6-8 oz

Pack Size: 1/10# or 4/10# IQF



FROZEN AT SEA WITHIN HOURS OF CATCH



SOUTHSTREAM
SEAFOODS

Thorfish

ATLANTIC COD

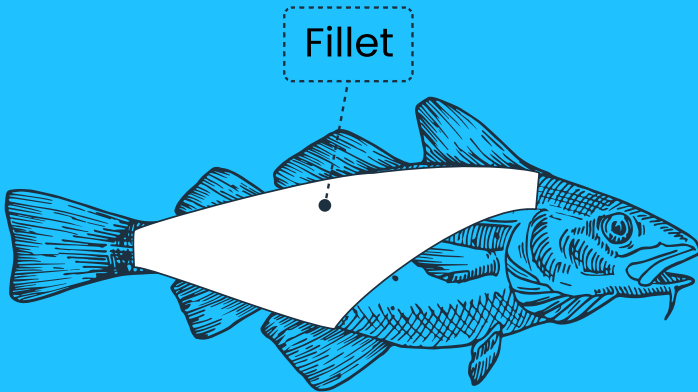
Fillets

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#

Pack Size: 3/15#



CONSISTENT WEIGHTS. RELIABLE PORTIONS.



SOUTHSTREAM
SEAFOODS

 Thorfish

HADDOCK

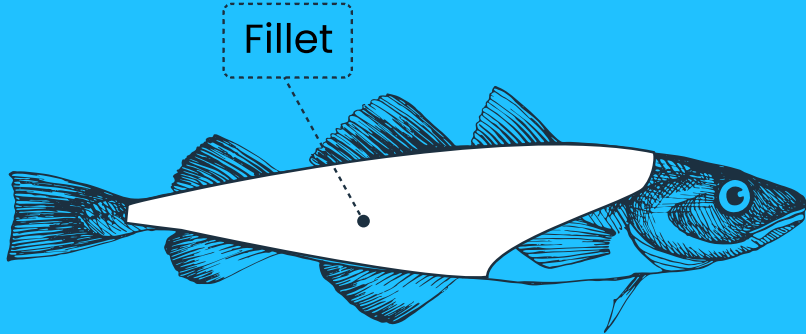
Fillets

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.

Average Fish Size

14-30 inches

Average Fish Length

Catch Area
FAO 27
Northeast Atlantic

Nutrition Facts

Per 100g serving

FATS

Saturated Fat	0.1g
Polyunsaturated	0.231g
Monounsaturated	0.094g

MINERALS

Cholesterol	57mg (19%)
Sodium	130mg (6%)
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#



Sustainably Sourced
From Northeast Atlantic waters



Premium Packaging
Ready for distribution

CONSISTENT WEIGHTS. RELIABLE PORTIONS.



SOUTHSTREAM
SEAFOODS

Thorfish

POLLOCK

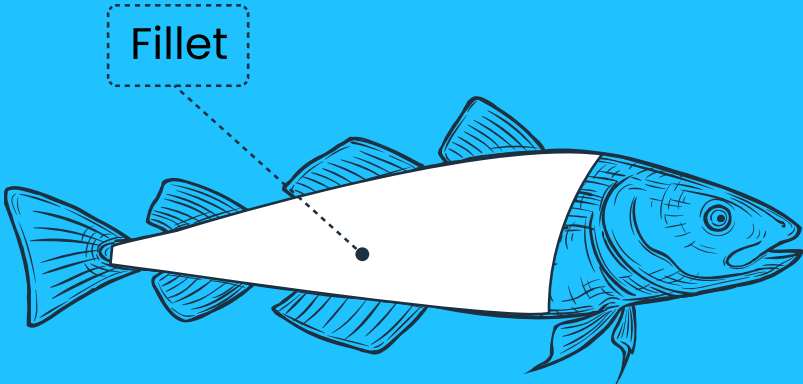
Fillets

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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CONSISTENT WEIGHTS. RELIABLE PORTIONS.



LING FILLETS

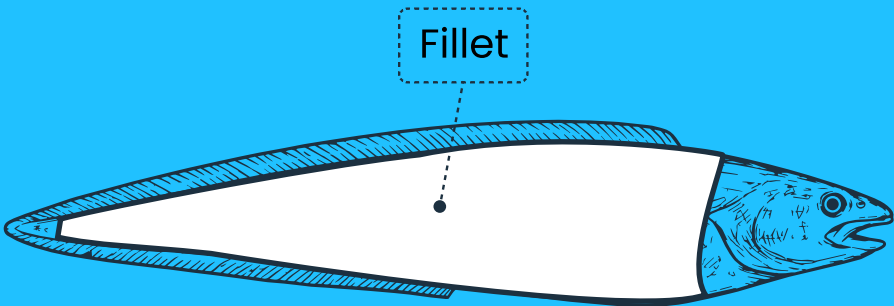
A versatile, bone-free, firm-flesh fish.



SKINLESS. SUSTAINABLY SOURCED.
MSC CERTIFIED.



QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

Calories	88
Protein	20g
Total Fat	0.8g



NATIONWIDE STORING AND DELIVERY

Wild Caught Ling

Ling is a versatile, firm-fleshed fish that can be cooked in practically every way: bake, barbeque, casserole, curry, poach, smoke, steam, soup/chowder or fry. The Marine Stewardship Council eco-label assures you that our Ling reflects sustainable fishing at its finest. It means that our fish stocks are healthy. We don't damage the eco-system and there is ongoing effective management of Ling fisheries.

Specifications

SCIENTIFIC NAME
Genypterus blacodes

AVAILABILITY
Land or Sea Frozen.
Year Round

WHOLE FISH FACTS

4–10 kg
Average Fish Weight

80–120 cm
Average Fish Length

Catch Area – FAO 81
Southwest Pacific

- Wild Caught in New Zealand
- MSC Certified
- No Glaze or other ingredients added

Nutrition Facts

Per 100g serving			
FACTS			
Energy	370 kJ (88 Cal)	Carbohydrate	Less than 1g
Protein	20g	–sugars	Less than 1g
Fat, total	0.8g	Sodium	140mg
–saturated	0.16g	Source	NZ Food Composition DB
		Sodium	140mg
SOURCED			
Source	NZ Food Composition DB		

88
CALORIES
370kJ

20g
PROTEIN

0.8g
TOTAL FAT
1% DV

<1g
CARBS
0% DV

Cooking Methods

Ling is a versatile, firm-fleshed fish that can be cooked in practically every way. It holds together well and suits a wide variety of preparations. Ling is an ideal choice for:

- Baked
- Barbequed
- Steamed
- Fried
- Casserole
- Poached



Ling Fillets

Ling Fillet Skinless Boneless – 10 kg. Wild caught in New Zealand from the Southwest Pacific FAO 81. Fresh Ling sourced from fresh fish vessels and hand filleted. No glaze or other ingredients added. MSC certified. Shelf life 730 days from production date, stored at -18°C or below.



Available Packaging

Interleaved Fillets

Available Sizes:

50-150g

500g-1kg

1-2kg

Pack Size:

1 x 10 kg

Interleaved Fillets (cont.)

Available Sizes:

2-3kg / 3kg+

Pack Size:

1 x 10 kg

Packaging Details

10 kg carton

Plastic liner bag

Interleave sheeting

NET Weight: 10 kg

No Glaze added

Shelf Life:

730 days at -18°C





Battered & Fried

THE CARMINE INTRIERI METHOD

Southstream team member Carmine Intrieri (NFI Future Leader, Class of 2025) shares his process for fish and chips perfection. Try it out, snap a photo, and tag us. Carmine deserves the attention!

Ingredients

- 4–6 oz. pieces of fish (cod, haddock, etc.)
- 7 oz. all-purpose flour
- 3 oz. rice flour
- 2 tsp baking powder
- 2 tsp Old Bay
- 2 tsp crushed black pepper
- 1 tsp kosher salt
- 1 cup lager beer (Sam Adams, Narragansett, or the like)
- ¼ cup vodka
- 3 quarts vegetable oil

"This is restaurant-quality batter. Carmine has nailed fish and chips, and I would have served this in my pub."

– Richard Healy, Southstream

The Method

Take the fish out and sprinkle a bit of salt over the top and let it sit for 2–3 hours. Put about 3–4 oz of all-purpose flour in a separate bowl and coat the fish in the flour. Let that sit for another 30 minutes (if you have time). Mix all the dry ingredients in one bowl: rice flour, baking powder, Old Bay, crushed black pepper, kosher salt. Then add the vodka and beer and whisk until it looks like pancake batter. Dip the coated fish into the wet batter, let it drip out the best you can, and slowly float into the oil. Let it cook for 5–8 minutes or until the fish floats to the top and looks cooked. That's it.