



PREMIUM
seafoods group

haddock



Canada

HADDOCK

(*Melanogrammus aeglefinus*)



Haddock is a popular white fish, similar in many ways to cod, with a firm flesh and succulent texture.



Canadian Haddock

Wild Caught



Norwegian Haddock



The flavour is delicate and slightly sweet with a finer flake than cod. Fillets can be sautéed or breaded and pan-fried. They are also suitable for soups, stews and chowders and can also be poached.



Our Canadian haddock comes from the Canadian portion of Georges Banks which is now a sustainable Marine Stewardship Council (MSC) certified

fishery. We ensure a quality product by sourcing it directly from Canadian harvesters. Fresh product is available between June and February and frozen year round.



Our Norwegian haddock comes from

the sustainable Marine Stewardship Council (MSC) certified fisheries in the Norwegian Sea and Barents Sea. Our Norwegian Haddock is processed by our strategic partner in China into a superior Portion Control Program to deliver consistent quality portions that ensures a great eating experience while maintaining your control on costs. Our overseas processing partner follows stringent HACCP based Quality Control protocols and is CFIA, USFDA and EU approved, as well as being MSC and BRC certified. We have full traceability of our product from the time it is caught to the moment it is delivered to our customer.

PRODUCT SPECIFICATIONS

FORM	SIZING	PACK
FRESH/SEAFRESH		
Fillets	8-12 J-cut pin bone out	1x10lbs styro
FROZEN		
Shatterpack		
Fillets	4, 5, 6, 7, 8, 8-12, 12+oz J-cut pin bone out	4x10lbs
IQF		
Loins	2, 3, 4, 5oz	1X10lbs
Tails	2, 2.5, 3, 3.5, 4oz	1x10lbs
Fillets	4, 5, 6, 7, 8oz	1x10lbs
Cello		
6 indiv pkgs in a 5lb box - boned/skinless pcs		
1-3ct of 4oz+ pcs/pkg		10x5lbs
3-5ct of 2-4oz pcs/pkg		10x5lbs
5-10ct of 1-2oz pcs/pkg		10x5lbs
Blocks		4x16.5lbs
Cut to order from 16.5lb block boned/skinless pcs.		
IQF Squares		
Rectangle cut portion sizes		
Cut from fillet block material		
2, 3, 4, or 5oz		1x10lbs
AVAILABILITY		
Fresh June-January (Canadian)		
Frozen & Refresh Year Round (Norwegian)		
METHOD OF CATCH		
Hook & Line (Norwegian);		
Otter Trawl (Norwegian & Canadian)		
STOCKS		
Georges Bank Stock (Canadian)		
Northeast Arctic Stock (Norwegian)		
CATCH AREA		
FAO 21 (Canadian) FAO 27 (Norwegian)		

NUTRITION FACTS

Serving Size: 3.5 oz/100g

Amount Per Serving		
Calories 87		Calories from Fat 6.5
		% Daily Value*
Water 79.92g		
Total Fat 0.72g		1%
Saturated Fat 0.1g		1%
Cholesterol 57mg		19%
Protein 18.91g		38%
Iron 1.05mg		6%
Sodium 68mg		3%
Omega-3 0.187g		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Canada Scotia-Fundy Haddock is Marine Stewardship Council certified MML-C-1302

Norway North East Arctic offshore haddock is Marine Stewardship Council certified MML-C-1302

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