



PREMIUM
seafoods group

pacific cod



PACIFIC COD

(*Gadus macrocephalus*)



Cod is one of the most universally used and versatile fish species in the seafood industry.

Wild Caught



Our Pacific Cod is very closely related to the Atlantic Cod, with very little, if any, difference other than being slightly smaller. Pacific Cod is desirable

for its mild delicate flavor and tender yet firm texture. The cooked meat is white, lean and flaky with low fat content and is a good source of low fat protein, phosphorus, niacin, and vitamin B12.

Our Pacific Cod comes from a fishery that is Marine Stewardship Council (MSC) certified for being a well managed and sustainable fishery. All our cod is caught in the eastern Bering Sea by harvesters who use a preferred Hook and Line low impact fishing method. As soon as the fish are caught, they are Frozen at Sea (FAS) to insure maximum freshness and quality of product. We only source directly from harvesters to guarantee quality.

All our Pacific Cod is processed at our Canadian facility in Cape Breton. Our facility follows stringent HACCP based Quality Control protocols. It is CFIA, USFDA and EU certified. We've developed a superior Portion Control Program to deliver consistent quality portions to ensure a great eating experience while maintaining your control on costs. We have full traceability of our product from the time it is caught to customer delivery.



PRODUCT SPECIFICATIONS

FORM	SIZING	PACK
SEAFRESH		
Fillets	4-6, 6-8, 8+oz J-cut pin bone out	1x10lbs styro
FROZEN		
Shatterpack		
Fillets	4- 8, 8-12, 12-16, 16-20oz J-cut pin bone out	4x10lbs
Cello		
	6 indiv pkgs in a 5lb box - boned/skinless pcs 1-3ct of 4oz+ pcs/pkg	10x5lbs
Blocks		4x16.5lbs
	boned/skinless pcs (Cut to order)	
IQF Squares		
	Rectangle cut portion sizes Cut from fillet block material 2, 3, 4, or 5oz	1x10lbs
AVAILABILITY	Frozen & Refresh Year Round	
METHOD OF CATCH	Hook & Line	
STOCK	Aleutian Island/Bering Sea Stock	
CATCH AREA	FAO 67	

NUTRITION FACTS

Serving Size: 3.5 oz/100g

Amount Per Serving		
Calories 82	Calories from Fat 6.0	% Daily Value*
Water 81.22g		
Total Fat 0.67g		1%
Saturated Fat 0.1g		1%
Cholesterol 43mg		14%
Protein 17.81g		36%
Iron 0.38mg		2%
Sodium 54mg		2%
Omega-3 0.185g		

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

Bering Sea and Aleutian Islands Pacific cod is Marine Stewardship Council certified MML-C-1302



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