



## Cooking & Handling Instructions

Keep frozen until ready to use. Cook to an internal temperature of 145°F. Cooking times vary with equipment and load; adjust as needed.

METHOD	TEMP.	1oz. Minis & 1-2oz.	2-3oz.	Tilapia only 2.5-3.5oz.	Cod only 3-4oz.
		MINUTES			
Deep Fry	350° F	3.5-4.5	5.5-7	3.5-4.5	7.5-9
Heat oil to 350° F. Add frozen product, shaking basket occasionally to prevent adhesion.					
Conventional Oven	425° F	16-18	20-22	16-18	24-26
Preheat to 425° F. Place frozen product on baking sheet. For best results, turn product over halfway through cooking time. Cook until crisp and golden brown.					
Convection Oven	400° F	12-14	18-20	12-14	24-26
Preheat to 400° F. Place frozen product on baking sheet. For best results, turn product over halfway through cooking time. Cook until crisp and golden brown.					

We strive to produce a fully "boneless" product. As with all fish, however, occasional bones may still be present.

PACIFIC COD, FLOUNDER, ALASKA POLLOCK, KETA SALMON  
 INGREDIENTS: FISH, WATER, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF: SPICE, GARLIC, NATURAL FLAVOR, YELLOW CORN FLOUR, SUGAR, SALT, WHEY, YEAST EXTRACT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), GUAR GUM, MALTODEXTRIN, SODIUM PHOSPHATES (TO RETAIN MOISTURE) YELLOW #5, YELLOW #6. PARFRIED IN SOYBEAN AND/OR CANOLA OIL. CONTAINS FISH (SPECIES), WHEAT, MILK.

ROCKFISH, TILAPIA, WAHOO, HALIBUT  
 INGREDIENTS: FISH, WATER, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF: SPICE, GARLIC, NATURAL FLAVOR, YELLOW CORN FLOUR, SUGAR, SALT, WHEY, YEAST EXTRACT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), GUAR GUM, MALTODEXTRIN, YELLOW 5, YELLOW 6. PARFRIED IN SOYBEAN AND/OR CANOLA OIL. CONTAINS FISH (SPECIES), WHEAT, MILK.

### PUBHOUSE® PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
491153	PubHouse Battered 1-2 oz Cod	1/10 LB.	94	0 00 28029 91153 4
491152	PubHouse Battered 2-3 oz Cod	1/10 LB.	65	0 00 28029 91152 7
MILITARY: 2-3 OZ COD ITEM # 400034 GTIN # 0 00 28029 00034 4 NAPA CODE: 8905-01-E59-7390				
435706	PubHouse Battered 3-4 oz Cod	1/10 LB.	46	0 00 28029 35706 6
490229	PubHouse Battered 1-2 oz halibut	1/10 LB.	94	0 00 28029 90229 7
490202	PubHouse Battered 2-3 oz halibut	1/10 LB.	65	0 00 28029 90202 0
455936	PubHouse Battered 1 oz pollock Mini	1/10 LB.	160	0 00 28029 55936 1
491544	PubHouse Battered 1-2 oz pollock	1/10 LB.	94	0 00 28029 91544 0
491543	PubHouse Battered 2-3 oz pollock	1/10 LB.	65	0 00 28029 91543 3
MILITARY: 2-3 OZ POLLOCK ITEM # 400213 GTIN # 0 00 28029 00213 3 NAPA CODE: 8905-01-E59-5085				
418860	PubHouse Battered 1-2 oz rockfish	1/10 LB.	94	0 00 28029 18860 8
491154	PubHouse Battered 1-2 oz salmon	1/10 LB.	94	0 00 28029 91154 1
411095	PubHouse Battered 2.5-3.5 oz tilapia	1/10 LB.	53	0 00 28029 11095 1
468287	PubHouse Battered 1-2 oz wahoo	1/10 LB.	107	0 00 28029 68287 8
10LB CASE DIMENSIONS: 15" L X 9.94" W X 6.25" D GROSS WEIGHT: 11.2 LB. CUBE: .54 TI HI: 12 X 7				

Nutrition Facts –	PubHouse Cod 2-3 oz. size 2 pieces (142 g/5 oz)	PubHouse Halibut 2-3 oz. size 2 pieces (142 g/5 oz)	PubHouse Pollock 2-3 oz. size 2 pieces (142 g/5 oz)	PubHouse Rockfish 1-2 oz. size 2 pieces (96 g/3.4 oz)	PubHouse Salmon 1-2 oz. size 2 pieces (96 g/3.4 oz)	PubHouse Tilapia 2.5-3.5 oz. size 1 piece (85 g/3 oz)	PubHouse Wahoo 1-2 oz. size 2 pieces (96 g/3.4 oz)
Serving Size:							
Amount Per Serving							
<b>Calories</b>	230	80	230	80	170	60	160
Calories from Fat	80	24	80	24	60	18	60
% Daily Value*							
<b>Total Fat</b>	9g	14%	9g	14%	9g	14%	7g
Saturated Fat	0.5g	3%	0.5g	3%	1.5g	8%	0.5g
Trans Fat	0g		0g		0g		0g
<b>Cholesterol</b>	30mg	10%	10mg	3%	55mg	18%	20mg
<b>Sodium</b>	600mg	25%	580mg	24%	700mg	29%	360mg
<b>Total Carbohydrate</b>	22g	7%	22g	7%	22g	7%	15g
Dietary Fiber	0g	0%	0g	0%	0g	0%	0g
Sugars	2g		2g		2g		1g
<b>Protein</b>	15g		17g		14g		12g
Vitamin A • Vitamin C	0% • 4%		0% • 0%		2% • 0%		2% • 0%
Calcium • Iron	2% • 2%		2% • 2%		2% • 2%		2% • 2%

\*Percent Daily Values are based on a 2,000 calorie diet.



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# PubHouse® Original Battered Fillets



- >> ORIGINAL-STYLE, CRISPY BATTER
- >> HAND CUT FILLETS
- >> COOKS IN MINUTES



Printed on 50% recycled paper (25% post-consumer waste) with soy ink

## PubHouse® Original Battered Fillets

Popular and profitable; PubHouse Original provides a simple and cost-effective way to offer battered fish. With zero prep time, you can quickly deep fry or oven-bake crisp, delicious fillets to add to Fried Fish Platters, Fish Tacos, Friday Night Fish Fries or Surf & Turf Platters. Or feature the fillets in wraps and sandwiches, on children's menus and appetizer plates.

With our wide selection of different species and a variety of sizes, there's sure to be a PubHouse Original battered fillet to meet your menu needs.

### Features & Benefits

- >> **CLASSIC PUBHOUSE BATTER**  
"Scratch made" look and taste
- >> **HAND CUT FROM NATURAL FILLETS**  
Back of the house look and bite
- >> **COOKS FROM FROZEN**  
Zero prep time, no mess
- >> **PORTION CONTROL**  
Consistent serving size; variety of options



## Species Information

### PACIFIC COD

Wild Pacific Cod is a large, lean whitefish that's an excellent source of high quality protein. With a sweet flavor, delicate texture and a large-melt-in-your-mouth-flake, it's well suited for a wide variety of menu applications.

### ALASKAN HALIBUT

The largest of Pacific flatfish, Alaskan Halibut can easily weigh in at 300 pounds or more. Long-line caught and certified sustainable by the Marine Stewardship Council, Alaskan Halibut offers a clean white flake and succulent mild flavor.

### ALASKA POLLOCK

Alaska Pollock is the most abundant fish species harvested in the North Pacific. Managed carefully and harvested sustainably, Alaska Pollock is an environmentally responsible seafood choice. Cousin to the codfish, its lean, snow-white flesh, delicate texture and mild taste make it one of the most versatile and healthy choices available.

### ALASKAN ROCKFISH

With over 50 varieties to its name, Rockfish is a mild and sweet deep-water fish. Among the most colorful of all fish, it ranges along the Pacific coast from Baja to the Bering Sea. And with a moderately firm texture and a fine, white flake, it's beautifully suited to many different preparation.

### ALASKAN SALMON

Trident's wild Alaskan Salmon are ocean-caught in the pure, icy waters off Alaska's rugged coastline. Managed responsibly and harvested sustainably, Alaskan Salmon feed on the abundant natural diet found in these pristine waters, which help produce their excellent natural flavor, firm texture and attractive color.

### TILAPIA

Tilapia are mild, sweet freshwater whitefish with a firm, flaky texture. Tilapia is the most widely farmed fish in the world. Trident suppliers are held to the strictest environmental standards, ensuring consistent clean flavor and the highest quality.

### WAHOO

Found in tropical and subtropical waters, Wahoo are a mild-flavored member of the mackerel family. Long-line caught, these iridescent blue-green fish typically weigh between 8 and 30 pounds. With pale pink meat that turns white when cooked, Wahoo is flavorful and moist, large-flaked and meaty.

