

# PUBHOUSE® ORIGINAL BATTERED ROCKFISH FILLETS



Serving suggestion  
Enlarged to show detail  
Must be cooked

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



## PUBHOUSE® ORIGINAL BATTERED ROCKFISH 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.

## SPECIES INFORMATION

With over 50 varieties to its name, Wild Alaska 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 preparations.

## 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

## PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
418860	PubHouse Battered 1-2 oz Rockfish	1/10 LB.	94	0 00 28029 18860 8

10LB CASE DIMENSIONS: (L X W X D) 15" L X 9.94" W X 6.25" D  
GROSS WEIGHT: 11.2 LB. CUBE: .54 TI HI: 12 X 7



Serving suggestion

## COOKING & HANDLING INSTRUCTIONS

Keep frozen until ready to use. Cook to an internal temperature of 165°F. Cooking times vary with equipment and load; adjust as needed.

METHOD	TEMP.	MINUTES
Deep Fry	350° F	3.5–4.5
Heat oil to 350° F. Add frozen product, shaking basket occasionally to prevent adhesion.		
Conventional Oven	425° F	16–18
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	10–12
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.		

## Nutrition Facts

about 46 servings per container  
Serving size 2 pieces (99 g/3.5 oz)

Amount per serving  
**Calories 200**

	% Daily Value*
<b>Total Fat</b> 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 380mg	17%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
<b>Protein</b> 12g	
Vitamin D 2.4mcg	10%
Calcium 20mg	2%
Iron 0.7mg	4%
<b>Potassium</b> 260mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### INGREDIENTS:

ROCKFISH, WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHEAT FLOUR, MODIFIED WHEAT STARCH, CONTAINS 2% OR LESS OF: SUGAR, YELLOW CORN FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), WHEY, GARLIC POWDER, YEAST EXTRACT (CONTAINS BARLEY), NATURAL FLAVORS, DEXTROSE, MALTODEXTRIN, EXTRACTIVES OF PAPRIKA AND TURMERIC (COLOR), SPICES (INCLUDING BLACK AND WHITE PEPPER), GUAR GUM. CONTAINS FISH (ROCKFISH), WHEAT, MILK



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