



## Haddock

Low in Fat, Low in Sodium  
Extremely Mild White Fish  
Excellent Substitute for Cod or Halibut

# Haddock

Straight from the cold waters of the north Atlantic, Toppits Haddock fillets and loins are a mild tasting fish that offers a broad appeal. Commonly used as the main ingredient in fish and chips, haddock can be baked, broiled, fried, poached, sautéed or smoked. Low in both fat and sodium, Toppits Haddock is deep-skinned and free of pin bones eliminating the need for skilled labour. With a large range of sizes, the application possibilities are endless.



## Features & Benefits

- Mild flavour that melts in your mouth offering a wider appeal to customers
- Deep-skinned and free of pin bones means a cleaner fish and no need for further skilled labour
- Low in fat and low in sodium, while being a source of iron as well
- From an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)
- Ocean Wise Approved Sustainable



Item	Description	Brand	Origin	Pack	SCC
HAD68A42	FAS Haddock Fillets SP, 6-8 oz (Skinless/Boneless) MSC OW	Glacialis	Russia	3/14 lb	10068689138725
HADP14333	Haddock Portions IQF, Chem-Free, 2.67 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	10068689143330
HAD4Q10	Haddock Fillets IQF, 4 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	20068689107292
HAD5Q10	Haddock Fillets IQF, 5 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	20068689110155
HAD6Q10	Haddock Fillets IQF, 6 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	20068689110308
HAD7Q10	Haddock Fillets IQF, 7 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	20068689121977
HAD68Q15	Haddock Fillets IQF, 6-8 oz (Skinless/Boneless) MSC OW	Toppits	China	1/15 lb	10068689107271
HAD812Q15	Haddock Fillets IQF, 8-12 oz (Skinless/Boneless) MSC OW	Toppits	China	1/15 lb	10068689107288
HADLOIN3Q10	Haddock Loins IQF, 3 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	10068689110325
HADLOIN4Q10	Haddock Loins IQF, 4 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	10068689110332
HADLOIN5Q10	Haddock Loins IQF, 5 oz (Skinless/Boneless) MSC OW	Toppits	China	1/10 lb	10068689110349

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