



# POLLOCK



<b>Scientific Name:</b>	<i>Theragra chalcogramma</i>
<b>ORIGIN:</b>	China
<b>WILD/FARMED:</b>	Wild Caught
<b>HARVEST METHOD:</b>	Trawled
<b>FORM/PACK SIZE:</b>	IQF Skinless Boneless; 1-10lb
<b>AVAILABILITY:</b>	Year Round
<b>FRESH/FROZEN:</b>	Frozen
<b>ALTERNATIVE TO:</b>	Cod, Haddock, Cape Capensis, Whiting
<b>SUSTAINABILITY RATING:</b>	Best Choice – MSC Certified

### KEY NOTES:

Pollock meat is versatile, mild flavored and medium texture with excellent plate coverage. ICYBAY Pollock can be baked, broiled, sautéed, steamed or breaded, providing a wide range of menu applications. Each case of ICYBAY Pollock is guaranteed 100% net weight.

SLADE GORTON CODE	Size	UPC	GTIN
PC# 13809	2-4 Oz Fillet	073129138091	00073129138091
PC# 13836	4-6 Oz Fillet	073129138367	00073129138367
PC# 13839	6-8 Oz Fillet	073129138398	00073129138398
PC# 13026	4 Oz Loin	073129130262	00073129130262

<b>Nutrition Facts</b>	
Serving Size 4 oz (113g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 60</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 14g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



## Product Details

### Packaging Information

Pack/Size (lbs)	Gross Weight (lbs)	Net Weight (lbs)	Case Cube (cu ft)	Configuration L x W x H (in)	Configuration TI x HI Pallet	Cases/Pallet
10	11	10	0.331	14.37 x 10.43 x 3.82	11x12	131

### Product Performance

Product Size	Pieces/Pound	Approximate Pieces/Case	Recommended Servings/Case	Shelf Life	Storage Temperature
2-4 Oz	4-8	40-80	40	18 months	0°F to -20°F
4 Oz	4	40	40	18 months	0°F to -20°F
4-6 Oz	3-4	27-40	40	18 months	0°F to -20°F
6-8 Oz	2-3	20-27	40	18 months	0°F to -20°F

## Features and Benefits

ICYBAY's Pollock fillets are guaranteed to be 100% net weight.

Our Pollock is wild caught and comes from a responsibly managed fishery in the pristine cold waters of Alaska.

Produced and cut to the highest standards. ICYBAY Pollock fillet provides reliable performance in any menu application.

Given the higher oil content than Cod, Pollock should be cooked lightly longer than its cousin.

Cooked ICYBAY Pollock fillets have lean moist meat, firm with a nice flake and white color.

Skinless boneless. All fat lines are removed resulting in a 100% usable product.

Pollock fillets are conveniently packed in 10 lb. master cases.

## Market Segments:

Assisted Living  
B&I  
College & Universities  
Country Clubs  
Cruise lines/Leisure  
Family Dining  
Fine Dining  
Hospitals  
Hotels/Resorts/Casino  
Nursing/Retirement Home  
Recreation Facility/ Sports Complex

**PC # 13828**

**ICYBAY POLLOCK**

4-6 OZ FILLETS

IQF SKINLESS BONELESS

INGREDIENTS: Pollock, Sodium Tripolyphosphate

CONTAINS: Pollock

Pack 4/10 lbs.

Product of China

Wild Caught

NET WT 40 LB (18.14 kg)

SG PO#

Pack Date:

