

Toppits® 



# Atlantic Cod

*Want A Recipe?*



- Chem-Free
- Mild, Clean Flavour
- Low in Sodium, Low in Fat

# Atlantic Cod

Mild in flavour, Toppits Atlantic Cod is a delicious fish that is an excellent showcase for herbal accents like tarragon, dill and cilantro. Chemical-free, Toppits Atlantic Cod is less firm than Haddock and sweeter than Pacific Cod. Atlantic Cod is also perfect for healthy applications as it is both low in fat and sodium, as well as an excellent source of protein. Available in Centre-Cut Portions, Fillets, Loins or Tails, operators can be as creative as possible. Whether it's baked, broiled, fried, sautéed or steamed, Toppits Atlantic Cod is an excellent option for any operator!



## Features & Benefits

- Lean meat has a mild, clean flavour with large, tender flakes
- Extremely versatile fish that cooks quickly which makes it ideal for quick-service operators
- Low in fat, low in sodium, free of saturated fatty acids, and an excellent source of protein

### Flavour



### Texture



### Cooking Methods:

✓ Bake	Poach
✓ Broil	✓ Sauté
✓ Fry	Smoke
Grill	✓ Steam/Boil

Item	Description	Brand	Origin	Pack	UPC	SCC
CODAP3Q10	Atlantic Cod Centre-Cut Portions 3 oz IQF	Toppits	Atlantic	1/10 lb	068689130357	20068689130351
CODAP4Q10	Atlantic Cod Centre-Cut Portions 4 oz IQF	Toppits	Atlantic	1/10 lb	068689130364	20068689130368
CODA68Q15	Atlantic Cod Fillets 6-8 oz IQF	Toppits	Atlantic	1/15 lb	068689130371	20068689130375
CODALN3Q10	Atlantic Cod Loins 3 oz IQF	Toppits	Atlantic	1/10 lb	068689130319	20068689130313
CODALN4Q10	Atlantic Cod Loins 4 oz IQF	Toppits	Atlantic	1/10 lb	068689130326	20068689130320
CODATL3Q10	Atlantic Cod Tails 3 oz IQF	Toppits	Atlantic	1/10 lb	068689130333	20068689130337
CODATL4Q10	Atlantic Cod Tails 4 oz IQF	Toppits	Atlantic	1/10 lb	068689130340	20068689130344

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