



**TOPPITS**<sup>®</sup>

**Fish Fillets  
Steaks & Portions**





## BLUE COD

**Mild-Tasting White Fish • Extremely Cost Effective • Very Healthy Alternative**

Blue cod is wild caught in New Zealand. It is a white fin-fish, and produces good fillets that are low in fat, which allows for a mild taste and numerous applications. Toppits Blue Cod Fillets are very versatile and can be baked, broiled, fried, grilled, battered, steamed/boiled, or sautéed.

Our Blue Cod is the perfect way to introduce your customers to fish.



### Product Features

- Cost effective and a great substitute for higher priced white fish such as Atlantic Cod, Pacific Cod and Patagonian Silver Hake.
- Mild flavour creates a versatile white fish and makes it great for new fish consumers.
- Healthy option as it's low in fat, saturated fatty acids and sodium.
- From an MSC certified sustainable fishery - [www.msc.org](http://www.msc.org).
- Ocean Wise recommended.

Nutrition Facts	
Valeur nutritive	
Per 100 g pour 100 g	
<b>Calories 80</b>	% Daily Value*
<b>Fat / Lipides 1 g</b>	1 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 0 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 19 g</b>	
<b>Cholesterol / Cholestérol 70 mg</b>	
Sodium 105 mg	5 %
Potassium 150 mg	3 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

CODBI46Q10 & CODBI68Q10

Item	Description	Brand	Origin	Size	Pack	SCC
CODBI46Q10	Blue Cod Fillets IQF 	Toppits	China	4-6 oz	1 x 10 lb	10068689123653
CODBI68Q10	Blue Cod Fillets IQF 	Toppits	China	6-8 oz	1 x 10 lb	10068689122670





## HADDOCK

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


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.

### Product Features

- 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.
- From an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)
- Ocean Wise recommended.

Nutrition Facts	
Valeur nutritive	
Per 1/2 filet (98 g)	
pour 1/2 filet (98 g)	
<b>Calories 70</b>	% Daily Value*
<b>Fat / Lipides 0.4 g</b>	1 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
<b>Carbohydrate / Glucides 0 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 16 g</b>	
<b>Cholesterol / Cholestérol 55 mg</b>	
<b>Sodium 210 mg</b>	9 %
<b>Potassium 300 mg</b>	6 %
<b>Calcium 10 mg</b>	1 %
<b>Iron / Fer 0.2 mg</b>	1 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

HAD68Q15

Item	Description	Brand	Origin	Size	Pack	SCC
HAD68Q15	Haddock Fillets IQF 	Toppits	China	6-8 oz	1 x 15 lb	10068689107271





## WILD PACIFIC SALMON

Low in Sodium • Cost Effective • Consistent Sizing

Toppits Wild Pacific Salmon is Ocean Wise Recommended. Mild in taste, these consistent portions are ideal for new fish consumers. This healthy offering can be baked, broiled, grilled, poached, or smoked, making this a versatile “centre of the plate” option and an excellent addition to any menu.


### Product Features

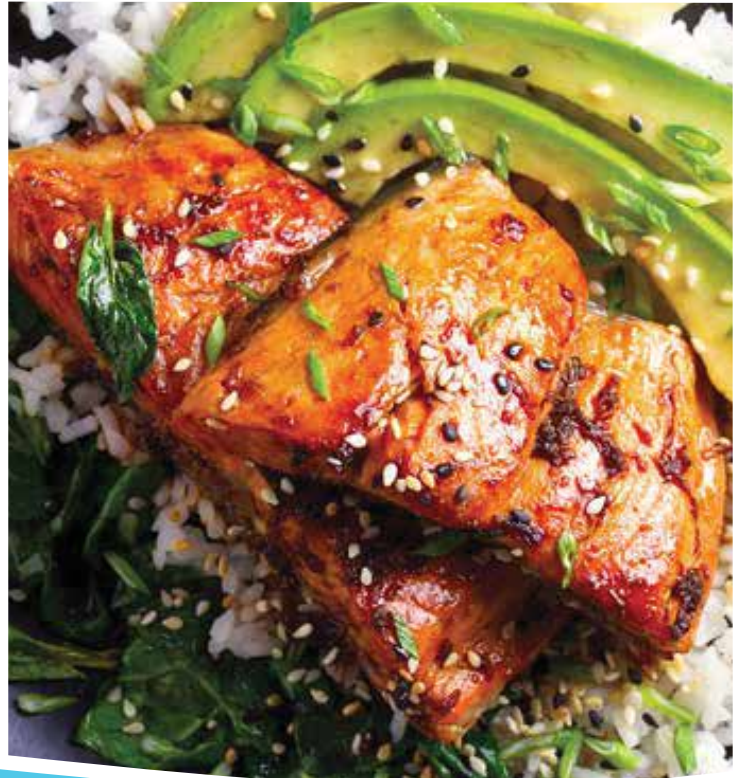
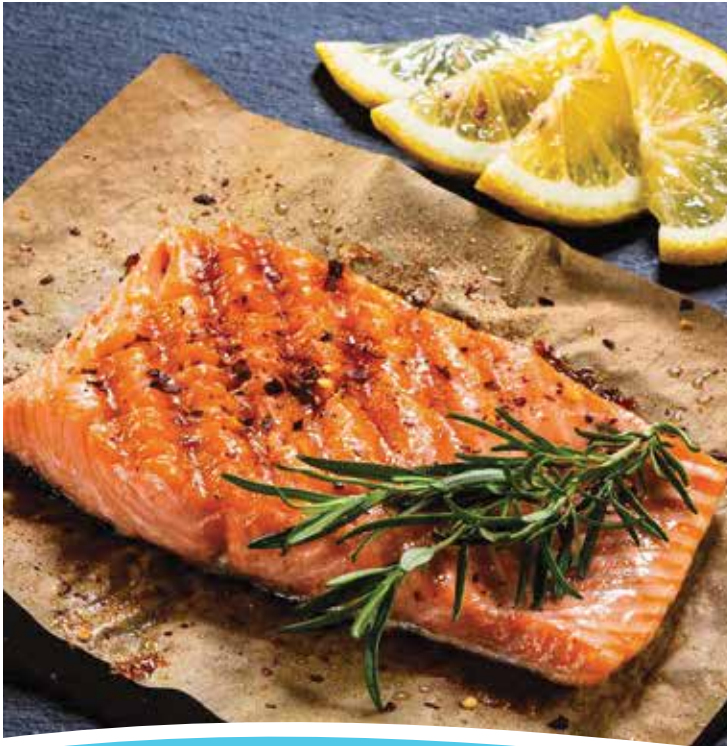
- Mild salmon taste makes it a great introductory fish for those who are new to eating fish.
- Low in saturated fatty acids, low in sodium, excellent source of protein and a source of iron making it a healthy option for any menu.
- Vacuum packed to retain freshness.
- Ocean Wise recommended.

Nutrition Facts	
Valeur nutritive	
Per 1 portion (113 g)	
pour 1 portion (113 g)	
<b>Calories 140</b>	% Daily Value*
<b>Fat / Lipides 8 g</b>	11 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 0 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 23 g</b>	
<b>Cholesterol / Cholestérol 60 mg</b>	
Sodium 75 mg	3 %
Potassium 400 mg	9 %
Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %

\*5% or less is a little, 15% or more is a lot.  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

SALL14317-N

Item	Description	Brand	Origin	Size	Pack	SCC
SALL14317-N	Wild Pacific Salmon Loin (Skinless/Boneless) 	Toppits	China	4 oz	1 x 10 lb	10068689143170





## COOKED SALMON PIECES

Simply Thaw and Serve Low in Sodium Great Plate Presentation

A perfect complement to any dish, Toppits Cooked Salmon Pieces help make the ordinary, extraordinary. Pre-cooked and chunked, simply defrost salmon and add to pastas, salads, or anything else you can think up. An excellent source of protein, low in sodium and low in saturated fatty acids, these pieces are ideal for any healthy menu. With a beautiful salmon colour, Toppits Cooked Salmon Pieces complement any plate presentation. So convenient, this product is a must-have!

### Product Features

- Precooked and cut so you can simply thaw and serve. This convenience saves you time and the need for more labour.
- Excellent source of protein, low in sodium and low in saturated fatty acids, these pieces can be used in healthy applications.
- No cutting required and therefore no wasted product - 100% yield
- Ocean Wise recommended.

Nutrition Facts	
Valeur nutritive	
Per 10 pieces (100 g) pour 10 morceaux (100 g)	
<b>Calories 150</b>	% Daily Value*
<b>Fat / Lipides 5 g</b>	7 %
Saturated / saturés 1 g	
Trans / trans 0 g	5 %
<b>Carbohydrate / Glucides 0 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 25 g</b>	
<b>Cholesterol / Cholestérol 55 mg</b>	
<b>Sodium 90 mg</b>	4 %
<b>Potassium 450 mg</b>	13 %
<b>Calcium 10 mg</b>	1 %
<b>Iron / Fer 0.5 mg</b>	3 %

\*2% or less is a little, 15% or more is a lot.  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

SALPCQ10-N

### Cooking Instructions

Note: Keep frozen until use



#### Defrosting

Remove desired amount of product from packaging, place in covered container and thaw in refrigerator overnight. Remove from package and add to any dish, hot or cold. DO NOT REFREEZE.

Item	Description	Brand	Origin	Size	Pack	SCC
SALPCQ10-N	Pre-Cooked Wild Salmon Pieces	Toppits	China	-	1 x 10 lb	10068689124629





## SOLE

**Mild Taste • Low in Fat, Low in Sodium • Available Year-Round**


With a mild taste and ample versatility, Toppits Sole is a must for every chef. Available year round, these fillets never have to leave your menu and can be prepared in a multitude of ways. Both low in fat and sodium, Sole also complements most healthy applications. Add Toppits Sole to your menu and watch your customers develop a taste for fish.

### Product Features

- Mild tasting fish making it a great introduction to new fish consumers.
- Available year-round ensuring it can remain as a staple on any menu.
- Low in fat, low in sodium.
- Extremely versatile fish lending itself to many different culinary styles.
- From an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)
- Ocean Wise recommended.

Nutrition Facts	
Valeur nutritive	
Per 1 fillet (113 g)	
pour 1 filet (113 g)	
<b>Calories 70</b>	% Daily Value*
<b>Fat / Lipides 1 g</b>	1 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 0 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 16 g</b>	
<b>Cholesterol / Cholestérol 60 mg</b>	
<b>Sodium 180 mg</b>	8 %
Potassium 150 mg	3 %
Calcium 30 mg	2 %
Iron / Fer 0.1 mg	1 %

SOLE4Q10

Item	Description		Brand	Origin	Size	Pack	SCC
SOLE4Q10	Sole Fillet IQF		Toppits	China	4 oz	1/10 lb	10068689106908





**LET'S TALK ABOUT GROWING YOUR BUSINESS!**

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[exportpackers.com/foodservice](http://exportpackers.com/foodservice)

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