



Battered & Breaded Fish







BATTERED BLUE COD FILLETS

Fantastic Taste with Broad Appeal • Trans-Fat Free • User-Friendly Product

Wild caught in New Zealand, this crunchy and flavourful product offers a wide appeal. Mild tasting, these battered portions will satisfy even the pickiest of palates. The consistent portion sizing ensures 100% yield and no waste, in addition to requiring no labour. Whether deep-fried or baked for a healthier application,

Toppits Battered Blue Cod is sure to be a hit

Product Features

- Dual batter can be baked or deep fried adding versatility for different needs.
- 100% yield results in no waste and no mess.
- Cost effective, as portion sizes are consistent and no labour is required.
- Trans fat free, low in saturated fat and now with reduced sodium.
- 36% less salt than our regular Battered Blue Cod Fillet Portions.
- From an MSC-certified sustainable fishery. www.msc.org
- Ocean Wise recommended.

Nutrition Facts Valeur nutritive Per 2 pieces (168 g) pour 2 morceaux (168 g) Calories 360 Sabury Value Fat / Lipides 18 g Saturated / saturés 2.5 g + Trans / trans 0.4 g Carbohydrate / Glucides 25 g Fibre / Fibres 1 g Sugars / Sucres 1 g 19 Protein / Protéines 25 g Cholesterol / Cholesterol 70 mg Sodium 480 mg 21 9 Potassium 300 mg 6 9 Sodium 480 mg 7 9 Potassium 300 mg 6 9 Sodium 7 Proteines 25 g Carbohydrate / Glucides 25 g Fibre / Fibres 1 g Sodium 5 g Sodium 6 g 7 9 *5% or fibres is a little, 15% or more is a lot *5% or more is a lot

C12554

Ingredients

Water, Toasted wheat crumbs with spice extractive, Canola oil, Modified corn starch, Wheat flour, Yellow corn flour, Modified palm oil, Wheat starch, Rice flour, Defatted soy flour, Tapioca dextrin, Dextrose, Salt, Sugar, Baking powder, Spice extractives, Spices, Guar gum, Modified milk ingredients, Torula yeast, Colour.

Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°F).



Convection Oven

Bake at 215° C (420° F) for 25 to 30 minutes.



Deep Frying

Deep Fry at 182°C (360°F) for 7 to 8 minutes, or until golden brown.

ltem	Description	Brand	Origin	Pack	SCC
C12554	Battered Blue Cod Fillet Portions Soz (85 g)	Toppits	Canada	2 x 5 lb (47-53 pcs/case)	10068689125541







CRISPY GOLDEN FISH BITES

Crunchy Flavourful Coating • Cut from Whole Muscle Fillets • Wild Caught

Toppits is proud to offer a variety of Crispy Golden Fish Bites made with Haddock or Cod. Our Fish Bites are made from wild caught, skinless fillets and are certified sustainable from the Marine Stewardship Council, and are Ocean Wise recommended. Each bite size piece is consistent in size and is flash frozen to retain freshness. Coated in a unique flavourful breading or batter that is crispy with a delicious and mild fish bite. Serve as an appetizer or main course with a side of your favourite dipping sauce!

Product Features

- Available in Haddock or Cod varieties.
- · Crunchy and crispy coating.
- Coated in a unique flavourful batter/breading.
- Tender flaky fish.
- Hand cut from whole muscle fillet.s
- · Consistent sizing.

- Wild caught.
- Made in Canada.
- From an MSC-certified sustainable fishery. www.msc.org
- Ocean Wise recommended.

Ingredients

Water, Canola oil, Wheat flour, Toasted wheat crumbs with spice extractives, Modified corn starch, Salt, Sugars (corn maltodextrin, sugar), Modified palm oil, Baking powder, Whey powder (milk), Torula yeast, Garlic powder, Beer (malted barley, hops, yeast), Yellow corn flour, Guar gum, Extractives of paprika, Artificial flavour, Extractives of turmeric, Extractives of annatto.

Nutrition Fact Valeur nutritiv Per 4 pieces (112 g) pour 4 morceaux (112	e
Calories 230	% Daily Value* % valeur quotidienne*
Fat / Lipides 12 g	16 %
Saturated / saturés 1 g + Trans / trans 0.2 g	6 %
Carbohydrate / Glucide	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 14 g	9
Cholesterol / Cholesté	rol 35 mg
Sodium 370 mg	16 %
Potassium 225 mg	5 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %
*5% or less is a little, 15% or m *5% ou moins c'est peu, 15% ou	

Nutrition Facts

Calories 280

Valeur nutritive Per about 4 pieces (125 g) pour environ 4 morceaux (125 g)

HADB15188

CODN15193

Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°F)



Conventional Oven

Preheat oven to 218°C (425°F). Place frozen fish on a pre-heated baking rack and bake for 22-25 minutes or until golden brown, turning over halfway through cooking.



Deep Frying

Preheat oil to 177°C (350°F). Deep fry from frozen for 4-5 minutes or until golden brown.

ltem	Description	Brand	Origin	Pack	scc
HADB15188	Beer Battered Haddock Bites, 1 oz 🐚 🚾 🏏	Toppits	Canada	2 x 5 lb	10068689151885
CODN15193	Breaded Cod Bites, 1 oz	Toppits	Canada	2 x 5 lb	10068689151939







CRUNCHY BREADED SOLE FILLETS

Wild Caught • Savoury Breaded Coating

Hand cut from wild caught whole fillets, Toppits™ Crunchy Breaded Sole is a versatile menu ingredient that can be used in many menu applications. Coated with a savoury breaded coating, these fillets require minimal processing and preparation - simply bake or deep fry. MSC certified and Ocean Wise Recommended, Toppits™ Crunchy Breaded Sole Fillets are a great addition to every menu

Product Features

- · Crunchy Breaded Coating.
- Mild Tasting With a Flaky Bite.
- · Wild Caught.
- · Made in Canada.

Ingredients

Toasted wheat crumb with spice extractives, Water, Toasted wheat crumbs, Canola Oil, ModifiedT corn starch, Yellow Corn Flour, Wheat flour, Corn Starch, Salt, Sugars (sugar), baking powder, Garlic Powder, Onion Powder, Guar Gum, Spices.

- From an MSC-certified sustainable fishery. www.msc.org
- Ocean Wise recommended.



Nutrition Facts Valeur nutritive Per 1 piece (112 g) pour 1 morceau (112 g)	
Calories 230	% Daily Value* eur quotidienne*
Fat / Lipides 10 g	13 %
Saturated / saturés 1 g + Trans / trans 0.2 g	6 %
Carbohydrate / Glucides 2	5 g
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 3	30 mg
Sodium 580 mg	25 %
Potassium 125 mg	3 %
Calcium 30 mg	2 %
Iron / Fer 2.25 mg	13 %
*5% or less is a little, 15% or more is *5% ou moins c'est peu, 15% ou plus	

SOLF15194

SOLF15195

Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°F)



Convectional Oven

Preheat oven to 218°C (425°F). Place frozen fish on a pre-heated baking rack and bake for 20-24 minutes or until golden brown, turning over halfway through cooking.



Deep Frying

Preheat oil to 177°C (350°F). Deep fry from frozen for 4-5 minutes or until golden brown.

ltem	Description	Brand	Origin	Pack	scc
SOLF15194	Crunchy Breaded Sole Fillet, 3 oz 🐞 🗠	Toppits	Canada	2 x 5 lb	10068689151946
SOLF15195	Crunchy Breaded Sole Fillet, 4 oz 🐞 🚾	Toppits	Canada	2 x 5 lb	10068689151953







BREW 'N' BATTERED COD FILLETS

Source of protein • No skilled labour required • Coated in a delicious beer batter • Wild caught

Experience traditional pub-style fish and chips with Toppits Brew 'n' Battered Cod. Coated with a delicious beer batter, this consistent product is sure to turn heads with its amazing plate presentation. Easy to use, simply place the frozen product into a deep-fryer or oven and cook until golden brown. With no mess, no waste and no skilled labour required, this product couldn't be more efficient. Your customers will love the home-style look and taste of this classic.

Product Features

- Coated in a unique beer-flavoured batter.
- Cook from frozen, no skilled labour required.
- 100% yield, no product waste or mess.
- Easy to use, simply deep fry or bake from frozen.

Ingredients

Water, Canola oil, Wheat flour, Toasted wheat crumbs with spice extractives, Modified corn starch, Salt, Sugars (corn maltodextrin, sugar), Modified palm oil, Baking powder, Whey powder (milk), Torula yeast, Garlic powder, Beer (malted barley, hops, yeast), Yellow corn flour, Guar gum, Extractives of paprika, Artificial flavour, Extractives of turmeric, Extractives of annatto.

- · Made in Canada.
- From an MSC certified sustainable fishery, www.msc.org
- Ocean Wise recommended.

Nutrition Fac Valeur nutrit Per 2 pieces (168 g pour 2 morceaux (t ive g) 168 g)
Calories 340	% Daily Value* % valeur quotidienne*
Fat / Lipides 17 g	23 %
Saturated / saturés + Trans / trans 0.4 g	
Carbohydrate / Gluc	ides 21 g
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 2	21 g
Cholesterol / Choles	stérol 35 mg
Sodium 560 mg	24 %
Potassium 300 mg	6 %
Calcium 30 mg	2 %
Iron / Fer 1.5 mg	8 %
*5% or less is a little, 15% or *5% ou moins c'est peu, 159	

Valeur nutritive Per 1 piece (113 g) pour 1 morceau (113 g)
Calories 220 %	% Daily Value ³ valeur quotidienne ³
Fat / Lipides 12 g	16 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Carbohydrate / Glucides	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 13 g	
Cholesterol / Cholestéro	d 35 mg
Sodium 370 mg	16 %
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %
*5% or less is a little, 15% or mon *5% ou moins c'est peu, 15% ou p	

Nutrition Facts Valeur nutritive Per 2 pieces (168 g) pour 2 morceaux (168 g) Calories 340	aily Value*			
Calories 340 % valeur qu				
Fat / Lipides 17 g	23 %			
Saturated / saturés 1.5 g + Trans / trans 0.4 g	10 %			
Carbohydrate / Glucides 25 g				
Fibre / Fibres 1 g	4 %			
Sugars / Sucres 1 g	1 %			
Protein / Protéines 21 g				
Cholesterol / Cholestérol 35 mg	g			
Sodium 560 mg	24 %			
Potassium 300 mg	6 %			
Calcium 30 mg	2 %			
Iron / Fer 1.5 mg	8 %			
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est l	beaucoup			

CODB15183

TV13916

CODTB15333

Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°F)



Convection Oven

Preheat oven to 200°C (400°F). Place fish on a baking sheet and bake for 16-18 min, turning once.



Conventional Oven

Preheat oven to 218°C (425°f). Place fish on a baking sheet and bake for 18-20 min, turning once halfway.



Deep Frying

Preheat oil to 177°C (350°F). Deep fry from frozen for 6-8 min or until golden brown.

ltem	Description	Brand	Origin	Pack	scc
CODB15183	Brew 'n' Battered Cod Fillets, 3 oz 🍽 🗠	Toppits	Canada	2 x 5 lb	10068689151830
TV13916	Brew 'n' Battered Cod Fillets, 4 oz 🍽 🗠	Toppits	Canada	2 x 5 lb	10068689139166
CODTB15333	Brew 'n' Battered Cod Tails, 3 oz	Toppits	Canada	2 x 5 lb	10068689153339







BREW 'N' BATTERED HADDOCK FILLETS

Source of protein • No skilled labour required • Coated in a delicious beer batter • Wild caught

Our Brew'n'Battered Haddock Fillets are our most popular beer battered fillets, always found in pub-style restaurants and health-care homes as their weekly fish-n-chip dish. The haddock is wild caught and Marine Stewardship Council sustainably sourced. Flash frozen to preserve their freshness, every cut maintains a consistent size. Coated in a unique and flavourful beer batter, these haddock fillets cook to perfection, with a delectable golden and crispy finish. Elevate your beer battered fish dishes with the unparalleled taste of Toppits' Brew'n'Battered, serving as the ideal centerpiece for your culinary adventures.

Product Features

- Coated in a unique beer-flavoured batter.
- Cook from frozen, no skilled labour required.
- 100% yield, no product waste or mess.
- Easy to use, simply deep fry or bake from frozen.

Ingredients

Water, Canola oil, Wheat flour, Toasted wheat crumbs with spice extractives, Modified corn starch, Salt, Sugars (corn maltodextrin, sugar), Modified palm oil, Baking powder, Whey powder (milk), Torula yeast, Garlic powder, Beer (malted barley, hops, yeast), Yellow corn flour, Guar gum, Extractives of paprika, Artificial flavour, Extractives of turmeric, Extractives of annatto.

- Made in Canada.
- From an MSC certified sustainable fishery, www.msc.org
- · Ocean Wise recommended.

Nutrition Facts Valeur nutritive Per 2 pieces (168 g) pour 2 morceaux (168 g)	
Calories 360 % valeur qu	aily Value*
Fat / Lipides 18 g Saturated / saturés 2.5 g + Trans / trans 0.4 g	24 % 15 %
Carbohydrate / Glucides 25 g Fibre / Fibres 1 g Sugars / Sucres 1 g	4 % 1 %
Protein / Protéines 25 g	
Cholesterol / Cholestérol 70 mg	,
Sodium 480 mg	21 %
Potassium 300 mg	6 %
Calcium 20 mg	2 %
Iron / Fer 1.25 mg	7 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est b	eaucoup

Nutrition Facts Valeur nutritive				
Per 1 piece (113 g pour 1 morceau (
Calories 220	% Daily Value % valeur quotidienne			
Fat / Lipides 12 g Saturated / saturé + Trans / trans 0 g				
Carbohydrate / Glu Fibre / Fibres 1 g Sugars / Sucres 0	4 %			
Protein / Protéines Cholesterol / Chole				
Sodium 370 mg	16 %			
Potassium 200 mg	6 %			
Calcium 20 mg	2 %			
Iron / Fer 1 mg	6 %			
*5% or less is a little, 15%				

Nutrition Facts Valeur nutritive Per 1/2 piece (120 g) pour 1/2 morceau (120 g)	1)
Calories 240	% Daily Value
Fat / Lipides 13 g	17 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Carbohydrate / Glucides 1	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol	40 mg
Sodium 390 mg	17 %
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %
*5% or less is a little, 15% or more i *5% ou moins c'est peu, 15% ou plu	

HADB15184

TV13270

TV13273

Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°C)



Convection Oven

Preheat oven to 204°C (400°F). Place fish on a baking sheet and bake for 16-18 min, turning once.



Conventional Oven

Preheat oven to 218°C (425°F). Place fish on a baking sheet and bake for 18-20 min, turning once halfway.



Deep Frying

Preheat oil to 177°C (350°F). Deep fry from frozen for 6-8 min or until golden brown.

Item	Description	Brand	Origin	Pack	SCC
HADB15184	Brew'n'Battered Haddock Fillets, 3 oz 🍑 🚾	Toppits	Canada	2 x 5 lb	10068689151847
TV13270	Brew'n'Battered Haddock Fillets, 4 oz 🍑 🚾	Toppits	Canada	2 x 5 lb	10068689132709
TV13273	Brew'n'Battered Haddock Fillets, 8.5 oz 🍑 🚾	Toppits	Canada	2 x 5 lb	10068689132730







BEER BATTERED TACO CUT PORTIONS – COD – HADDOCK – POLLOCK

Coated in a Delicious Beer Batter • Wild Caught

Toppits is proud to offer a variety of Beer Battered Taco Cut Cod, Haddock and Pollock portions. Each fish species is wild caught and is certified sustainable from the Marine Stewardship Council, and is Ocean Wise recommended. Every taco cut portion is consistent in size and is flash frozen to retain freshness. Coated in a unique, flavourful beer batter that cooks to a golden crispy finish. Enjoy your favourite Toppits Taco Cut Portions as the centerpiece in your taco recipes.

Product Features

- Available in Cod, Haddock, and Pollock varieties.
- Coated in a delicious beer batter.
- Each piece will fit into an individual soft or hard shell taco.
- · Consistent sizing.

- · Wild caught.
- · Made in Canada.
- From an MSC certified sustainable fishery, www.msc.org
- Ocean Wise recommended.

Ingredients

Water, Canola Oil, Wheat flour, Toasted wheat crumb with spice extractives, Modified corn starch, Salt, Sugars (corn maltodextrin, sugar), Modified palm oil, baking powder, Whey powder (milk), Torula yeast, Garlic Powder, Beer (malted barley, hops, yeast), Yellow Corn Flour, Guar Gum, Artificial flavour, Extractives of paprika, Extractives of turmeric, Extractives of annatto.







CODBT15185

HADBT15321

POLBT15186

Cooking Instructions

Cook from frozen. Ensure product is cooked to an internal temperature of 70°C (158°F)



Conventional Oven

Preheat oven to 218°C (425°F).Place frozen fish on a pre-heated baking rack and bake for 16-18 minutes or until golden brown, turning over halfway through cooking.



Preheat oil to 177°C (350°F). Deep fry from frozen for 5-7 minutes or until golden brown.

ltem	Description	Brand	Origin	Pack	scc
CODBT1518	35 Beer Battered Taco Cut Cod, 1.7 oz	Toppits	Canada	2 x 5 lb	10068689151854
HADBT1532	1 Beer Battered Taco Cut Haddock, 1.7 oz 🏚 🚾	Toppits	Canada	2 x 5 lb	10068689153216
POLBT15186	6 Beer Battered Taco Cut Pollock, 1.7 oz 🔯🚾	Toppits	Canada	2 x 5 lb	10068689151861







LET'S TALK ABOUT GROWING YOUR BUSINESS!

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