



TOPPITS[®]

**Battered &
Breaded Fish**





BATTERED BLUE COD FILLETS

Fantastic Taste with Broad Appeal • User-Friendly Product

Wild caught in the waters around 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.
- From an MSC-certified sustainable fishery. www.msc.org
- Ocean Wise recommended.

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.

Nutrition Facts	
Valeur nutritive	
Per 2 pieces (168 g) pour 2 morceaux (168 g)	
Calories 360	% Daily Value*
Fat / Lipides 18 g	24 %
Saturated / saturés 2.5 g	15 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 25 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	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 beaucoup	

C12554

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.

Item	Description	Brand	Origin	Pack	SCC
C12554	Battered Blue Cod Fillet Portions  3 oz (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 MSC certified and 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 fillets.
- 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 Facts	
Valeur nutritive	
Per 4 pieces (112 g) pour 4 morceaux (112 g)	
Calories 230	% Daily Value*
Fat / Lipides 12 g	16 %
Saturated / saturés 1 g	2 %
+ Trans / trans 0.2 g	6 %
Carbohydrate / Glucides 17 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 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 more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

HADB15188

Nutrition Facts	
Valeur nutritive	
Per about 4 pieces (125 g) pour environ 4 morceaux (125 g)	
Calories 280	% Daily Value*
Fat / Lipides 14 g	19 %
Saturated / saturés 1 g	7 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 24 g	4 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 25 mg	
Sodium 550 mg	24 %
Potassium 200 mg	6 %
Calcium 20 mg	2 %
Iron / Fer 1.75 mg	10 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

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.

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

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.

Nutrition Facts	
Valeur nutritive	
Per 1 piece (85 g) pour 1 morceau (85 g)	
Calories 170	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 20 mg	
Sodium 440 mg	19 %
Potassium 100 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 1.75 mg	10 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

SOLF15194

Nutrition Facts	
Valeur nutritive	
Per 1 piece (112 g) pour 1 morceau (112 g)	
Calories 230	% Daily Value*
Fat / Lipides 10 g	13 %
Saturated / saturés 1 g	6 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 25 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 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 a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

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.

Item	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.
- 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 Facts		Valeur nutritive	
Per 2 pieces (168 g)		pour 2 morceaux (168 g)	
Calories 340	% Daily Value*	Calories 340	% valeur quotidienne*
Fat / Lipides 17 g	23 %	Fat / Lipides 17 g	23 %
Saturated / saturés 1.5 g		Saturated / saturés 1.5 g	
+ Trans / trans 0.4 g	10 %	+ Trans / trans 0.4 g	10 %
Carbohydrate / Glucides 21 g		Carbohydrate / Glucides 21 g	
Fibre / Fibres 1 g	4 %	Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %	Sugars / Sucres 1 g	1 %
Protein / Protéines 21 g		Protein / Protéines 21 g	
Cholesterol / Cholestérol 35 mg		Cholesterol / Cholestérol 35 mg	
Sodium 560 mg	24 %	Sodium 560 mg	24 %
Potassium 300 mg	6 %	Potassium 300 mg	6 %
Calcium 30 mg	2 %	Calcium 30 mg	2 %
Iron / Fer 1.5 mg	8 %	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 beaucoup	

CODB15183

Nutrition Facts		Valeur nutritive	
Per 1 piece (113 g)		pour 1 morceau (113 g)	
Calories 220	% Daily Value*	Calories 220	% valeur quotidienne*
Fat / Lipides 12 g	16 %	Fat / Lipides 12 g	16 %
Saturated / saturés 1 g		Saturated / saturés 1 g	
+ Trans / trans 0 g	5 %	+ Trans / trans 0 g	5 %
Carbohydrate / Glucides 16 g		Carbohydrate / Glucides 16 g	
Fibre / Fibres 1 g	4 %	Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %	Sugars / Sucres 0 g	0 %
Protein / Protéines 13 g		Protein / Protéines 13 g	
Cholesterol / Cholestérol 35 mg		Cholesterol / Cholestérol 35 mg	
Sodium 370 mg	16 %	Sodium 370 mg	16 %
Potassium 200 mg	4 %	Potassium 200 mg	4 %
Calcium 20 mg	2 %	Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %	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	

TV13916

Nutrition Facts		Valeur nutritive	
Per 2 pieces (168 g)		pour 2 morceaux (168 g)	
Calories 340	% Daily Value*	Calories 340	% valeur quotidienne*
Fat / Lipides 17 g	23 %	Fat / Lipides 17 g	23 %
Saturated / saturés 1.5 g		Saturated / saturés 1.5 g	
+ Trans / trans 0.4 g	10 %	+ Trans / trans 0.4 g	10 %
Carbohydrate / Glucides 25 g		Carbohydrate / Glucides 25 g	
Fibre / Fibres 1 g	4 %	Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %	Sugars / Sucres 1 g	1 %
Protein / Protéines 21 g		Protein / Protéines 21 g	
Cholesterol / Cholestérol 35 mg		Cholesterol / Cholestérol 35 mg	
Sodium 560 mg	24 %	Sodium 560 mg	24 %
Potassium 300 mg	6 %	Potassium 300 mg	6 %
Calcium 30 mg	2 %	Calcium 30 mg	2 %
Iron / Fer 1.5 mg	8 %	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 beaucoup	

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.

Item	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 MSC certified. 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	% Daily Value*
Fat / Lipides 18 g	24 %
Saturated / saturés 2.5 g	5 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 25 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	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 %

HADB15184

Nutrition Facts Valeur nutritive	
Per 1 piece (113 g) pour 1 morceau (113 g)	
Calories 220	% Daily Value*
Fat / Lipides 12 g	16 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 15 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 35 mg	
Sodium 370 mg	16 %
Potassium 200 mg	6 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %

TV13270

Nutrition Facts Valeur nutritive	
Per 1/2 piece (120 g) pour 1/2 morceau (120 g)	
Calories 240	% Daily Value*
Fat / Lipides 13 g	17 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 17 g	
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 %

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 MSC certified and 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.

Nutrition Facts		Valeur nutritive	
Per 3 pieces (143 g)		pour 3 morceaux (143 g)	
Calories 220	% Daily Value*		
Fat / Lipides 7 g	9 %		
Saturated / saturés 1 g	5 %		
+ Trans / trans 0 g			
Carbohydrate / Glucides 19 g			
Fibre / Fibres 1 g	4 %		
Sugars / Sucres 1 g	1 %		
Protein / Protéines 20 g			
Cholesterol / Cholestérol 45 mg			
Sodium 430 mg	19 %		
Potassium 400 mg	9 %		
Calcium 30 mg	2 %		
Iron / Fer 1.5 mg	8 %		

CODBT15185

Nutrition Facts		Valeur nutritive	
Per about 3 pieces (143 g)		pour environ 3 morceaux (143 g)	
Calories 290	% Daily Value*		
Fat / Lipides 15 g	20 %		
Saturated / saturés 1.5 g	9 %		
+ Trans / trans 0.3 g			
Carbohydrate / Glucides 21 g			
Fibre / Fibres 1 g	4 %		
Sugars / Sucres 1 g	1 %		
Protein / Protéines 18 g			
Cholesterol / Cholestérol 45 mg			
Sodium 470 mg	20 %		
Potassium 300 mg	9 %		
Calcium 30 mg	2 %		
Iron / Fer 1.25 mg	7 %		

HADBT15321

Nutrition Facts		Valeur nutritive	
Per 3 pieces (143 g)		pour 3 morceaux (143 g)	
Calories 230	% Daily Value*		
Fat / Lipides 7 g	9 %		
Saturated / saturés 1 g	5 %		
+ Trans / trans 0 g			
Carbohydrate / Glucides 19 g			
Fibre / Fibres 1 g	4 %		
Sugars / Sucres 1 g	1 %		
Protein / Protéines 22 g			
Cholesterol / Cholestérol 75 mg			
Sodium 460 mg	20 %		
Potassium 350 mg	7 %		
Calcium 75 mg	6 %		
Iron / Fer 2 mg	11 %		

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.



Deep Frying

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

Item	Description	Brand	Origin	Pack	SCC
CODBT15185	Beer Battered Taco Cut Cod, 1.7 oz	Toppits	Canada	2 x 5 lb	10068689151854
HADBT15321	Beer Battered Taco Cut Haddock, 1.7 oz	Toppits	Canada	2 x 5 lb	10068689153216
POLBT15186	Beer Battered Taco Cut Pollock, 1.7 oz	Toppits	Canada	2 x 5 lb	10068689151861





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