



# WILD-CAUGHT PRE-CUT FILLETS

WILD ALASKA POLLOCK AND COD

SUSTAINABLE  
**WILD  
CAUGHT**

COST  
**EFFECTIVE**

**IQF**

1.5 oz - 2.1 oz  
Wild Alaska Cod  
Pre-cut fillets

# CUSTOMIZABLE ALASKA SEAFOOD SOLUTIONS

Pre-cut Wild Alaska Pollock and Cod fillets provide a versatile, healthy, and convenient seafood solution while promoting sustainability and high-quality standards. Chefs can enhance these fillets with battering or breading, enabling them to create consistently excellent dishes while showcasing their creativity. This flexibility supports a variety of menu options, including classic fish & chips with a golden beer batter, gourmet fish sandwiches with a crispy panko crust, or flavorful fish tacos with a seasoned coating.



0.9 oz - 1.5 oz Wild Alaska Cod Pre-cut fillets



0.9 oz - 1.5 oz Wild Alaska Cod Pre-cut fillets served as delicious tacos

## MIX, MATCH & CREATE

### CLASSIC BEER-BATTERED FISH & CHIPS



1.5 oz - 2.1 oz Wild Alaska Pollock Pre-cut fillets



1.5 oz - 2.1 oz Wild Alaska Pollock Pre-cut fillets served as classic beer battered fish & chips



1.5 oz - 2.1 oz Wild Alaska Cod Pre-cut fillets



1.5 oz - 2.1 oz Wild Alaska Cod Pre-cut fillets served in a parmesan breaded fish & chips

### PARMESAN BREADED FISH & CHIPS



GET INSPIRED!

Recipe ideas & more at [tridentseafoods.com](http://tridentseafoods.com)

# UNIQUE SEAFOOD, EVERY TIME



2.0 oz - 2.7 oz Wild Alaska  
Pre-cut fillets Cod Sandwich

**PORTION PRECISION**  
Consistent sizing, saving time and money

**NATURAL FILLETS, HAND-CUT**  
Back-of-house look and bite

**SIGNATURE STYLE**  
Chefs can customize the fillets with their choice of batter or breading

**VERSATILE MENU OPTIONS**  
Adding flexibility to menus, from fish & chips, to fish tacos, to salads and sandwiches

## WILD ALASKA COD



Wild Alaska Cod (also known as Pacific Cod) is a large, lean whitefish with a sweet flavor, delicate texture and a melt-in-your-mouth flake. It's an excellent source of high-quality protein and perfectly suited for a wide variety of menu applications.

## WILD ALASKA POLLOCK



Wild Alaska Pollock is a cousin to cod, sharing its lean, snow-white meat, delicate texture and mild taste. Not to be confused with the darker, oilier Atlantic variety, it's one of the healthiest and most versatile seafood choices available.

## DID YOU KNOW?

# FISH ON THE MENU

is great for business.  
*Consumers who order fish spend 34% more on their meal.*

Source: ASMI. Menu Alaska 2024

## DID YOU KNOW?

# CONSUMERS VIEW SEAFOOD AS CLIMATE FRIENDLY

Consumers *rank seafood above every protein source* for being viewed as climate-friendly.

Source: ASMI. Menu Alaska 2024



0.9 oz - 1.5 oz Wild Alaska Pollock fillets



**KEEP FROZEN  
UNTIL READY  
TO USE**



**REFRIGERATED  
SHELF LIFE  
ONCE THAWED**



**COOK BEFORE  
CONSUMPTION**

**REFER TO THE  
CASE LABEL FOR  
SAFE HANDLING  
AND COOKING  
INSTRUCTIONS**



**BAKE**



**SAUTÉ**



**DEEP FRY**



**SCAN**  
For complete  
cooking instructions  
[tridentseafoods.com](http://tridentseafoods.com)

**PACK INFORMATION**

| Item  | Description                          | Case Pack | Approx. Qty/Case | GTIN               |
|---|--------------------------------------|-----------|------------------|--------------------|
| <b>Wild Alaska Pollock Pre-cuts: Skinless, Boneless, TW/FZ, Chem Free</b> |                                      |           |                  |                    |
| 144103  | 0.9-1.5 oz Alaska Pollock Pre-cut    | 1/25 Lb   | 333              | 0 00 28029 18060 2 |
| 144104  | 1.5-2.1 oz Alaska Pollock Pre-cut    | 1/25 Lb   | 222              | 0 00 28029 18061 9 |
| <b>Wild Alaska Cod Pre-cuts: Skinless, Boneless, TW/FZ, Chem Free</b>     |                                      |           |                  |                    |
| 423296  | 2.7 oz Alaska Cod Precut Portion IQF | 20 Lb     | 118              | 0 00 28029 23296 7 |
| 144099  | 0.9-1.5 oz Alaska Cod Pre-cut        | 1/25 Lb   | 333              | 0 00 28029 18055 8 |
| 144100  | 1.5-2.1 oz Alaska Cod Pre-cut        | 1/25 Lb   | 222              | 0 00 28029 18056 5 |
| 144101  | 2.0-2.7 oz Alaska Cod Pre-cut        | 1/25 Lb   | 167              | 0 00 28029 18057 2 |
| 144102  | 3.2-4.0 oz Alaska Cod Pre-cut        | 1/25 Lb   | 111              | 0 00 28029 18058 9 |



**(800) 367.6065**  
**sales@tridentseafoods.com**  
**www.tridentseafoods.com**



**GET INSPIRED!**  
Recipe ideas & more at  
[tridentseafoods.com](http://tridentseafoods.com)