



# WILD-CAUGHT ALASKA POLLOCK

FILLETS, LOINS & PRE-CUTS

SUSTAINABLE  
**WILD**  
CAUGHT

**VARIETY**  
OF SIZES

A NATURAL  
SOURCE OF  
**OMEGA-3**



2-4 oz  
Wild Alaska  
Pollock Fillet



4-6 oz Wild Alaska Pollock Fillet

# HOOKED ON WILD ALASKA POLLOCK

Our Wild Alaska Pollock is one of the most abundant species available, and it's certified sustainable. Caught in Alaska's icy waters and flash-frozen soon after harvest, it's pre-portioned, trimmed, and ready to use, saving both time and money. Wild Alaska Pollock is great for chowder, club sandwiches, piccata, and more.

And because it cooks up easily from frozen, you can add it to your menu in no time.

## QUALITY SEAFOOD, SIMPLIFIED

### BONELESS AND SKINLESS

Delicate white fillets, mild flavor

### PORTION CONTROL

Ready-to-use, hand-trimmed fillets available in a variety of sizes

### NUTRITIOUS POWERHOUSE

A natural source of Omega-3s and Vitamin B12

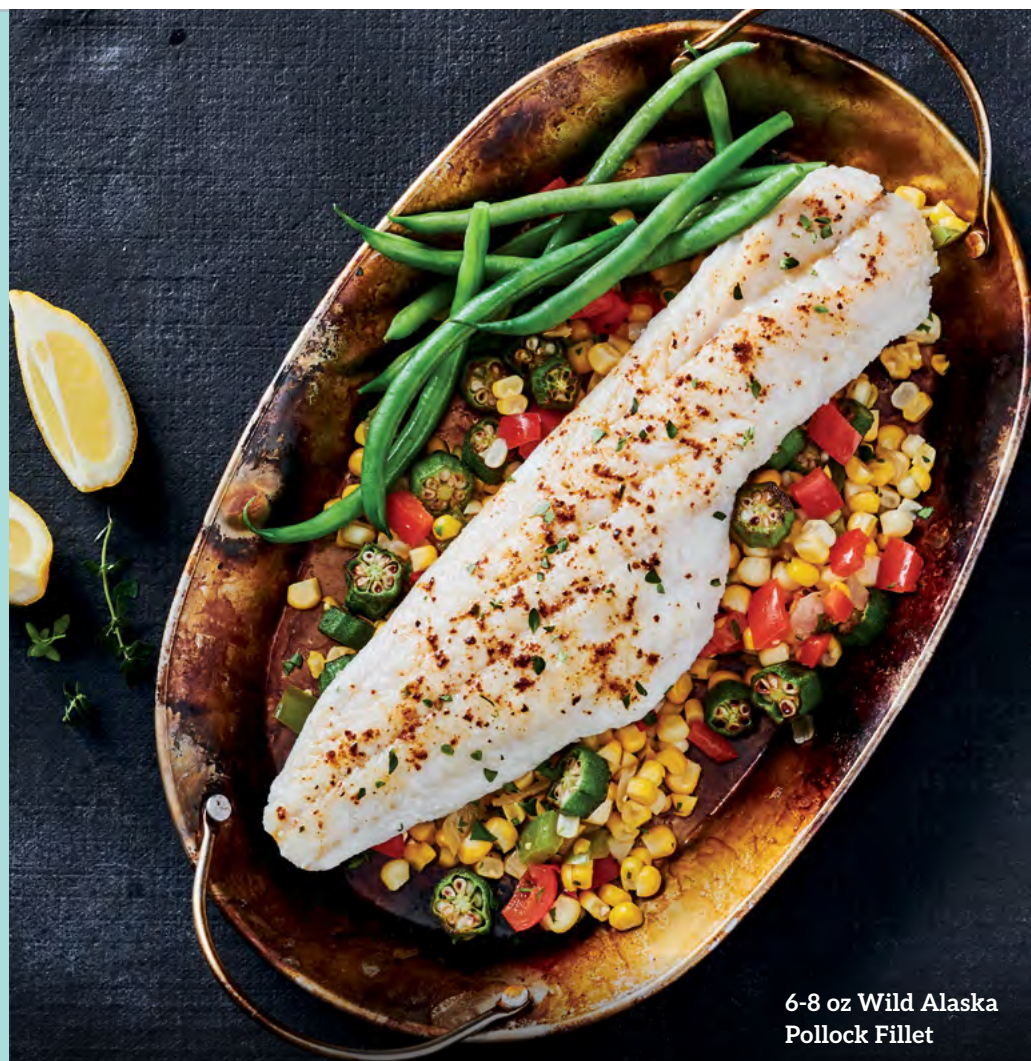
### VERSATILE SEAFOOD OPTION

Fillets can be used in a wide range of recipes



#### GET INSPIRED!

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



6-8 oz Wild Alaska  
Pollock Fillet

# 4 REASONS TO ADD WILD ALASKA POLLOCK TO YOUR MENU

## 1 COD'S DELICIOUS COUSIN

Wild Alaska Pollock is a member of the cod family, with a similar flavor, texture, and appearance to this classic fish.

## 2 THE MOST SUSTAINABLE WILD FISH

Wild Alaska Pollock is the most abundant certified-sustainable wild fish in the world, according to the United Nations State of World Fisheries and Aquaculture 2016 report.



## 3 LOWER CARBON FOOTPRINT

Wild Alaska Pollock has a lower carbon footprint than beef, chicken, pork, and most other land-based proteins, according to The Genuine Alaska Pollock Producers.

## 4 AND, IT'S HEALTHY!

Wild Alaska Pollock is an extra-lean protein that is naturally low in saturated fat and cholesterol. It is also a natural source of Omega-3 fatty acids and high in vitamin B12.

### DID YOU KNOW?

## WILD + ALASKA IS THE MAGIC COMBINATION FOR DRIVING PURCHASE

7 out of 10 consumers are more likely to order an Alaska Pollock Sandwich vs. a Pollock Sandwich

Source: ASMI. Menu Alaska 2024.



0.9 oz - 1.5 oz  
Wild Alaska Pollock Pre-cuts

## 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.



**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**



**GRILL**



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

### PACK INFORMATION

Item	Description	Case Pack	Approx. Qty/Case	GTIN
<b>Wild Alaska Pollock Fillets: Skinless, Boneless, Single Frozen</b>				
449466	2-4 oz Alaska Pollock Fillet IQF	1/10 LB	53	0 00 28029 49466 2
449512	4-6 oz Alaska Pollock Fillet IQF	1/10 LB	32	0 00 28029 49512 6
410068	6-8 oz Alaska Pollock Fillet IQF	1/10 LB	23	0 00 28029 10068 6
496766	Under 2 oz IQF Alaska Pollock	1/25 LB	225	0 00 28029 96766 1
450391	2-4 oz Alaska Pollock Fillet IQF	1/25 LB	133	0 00 28029 50391 3
449768	4-6 oz Alaska Pollock Fillet IQF	1/25 LB	80	0 00 28029 49768 7
457612	6-8 oz Alaska Pollock Fillet IQF	1/25 LB	57	0 00 28029 57612 2
496767	8+ oz Alaska Pollock Fillet IQF	1/25 LB	50	0 00 28029 96767 8
410158	Alaska Pollock Fillet Blocks	3/16.5 LB	3	0 00 28029 10158 4
<b>Wild Alaska Pollock Precuts: Skinless, Boneless, TW/FZ, Chem Free</b>				
418060	0.9-1.5 oz Alaska Pollock Pre-cut	1/25 LB	333	0 00 28029 18060 2
418061	1.5-2.1 oz Alaska Pollock Pre-cut	1/25 LB	222	0 00 28029 18061 9
<b>Wild Alaska Pollock Fillets: Skinless, Boneless, TW/FZ, Chem Free</b>				
425261	6-8 oz Alaska Pollock Fillets IQF	1/25 LB	57	0 00 28029 25261 3
425260	4-6 oz Alaska Pollock Fillets IQF	1/25 LB	80	0 00 28029 25260 6



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