

PUBHOUSE® ORIGINAL BATTERED FILLETS



Serving suggestion
Enlarged to show detail
Must be cooked

ORIGINAL-STYLE, CRISPY BATTER
HAND CUT FILLETS
COOKS IN MINUTES



PUBHOUSE® ORIGINAL BATTERED FILLETS

Popular and profitable, PubHouse Original provides a simple and cost-effective way to offer battered fish. With zero prep time, you can quickly deep fry or oven-bake crisp, delicious fillets to add to Fried Fish Platters,

Fish Tacos, Friday Night Fish Fries or Surf & Turf Platters. Or feature the fillets in wraps and sandwiches, on children's menus and appetizer plates.

With our selection of different species and a variety of sizes, there's sure to be a PubHouse Original battered fillet to meet your menu needs.



Serving suggestions
Enlarged to show detail

FEATURES & BENEFITS

CLASSIC PUBHOUSE BATTER

“SCRATCH MADE” LOOK AND TASTE

HAND CUT FROM NATURAL FILLETS

BACK OF THE HOUSE LOOK AND BITE

COOKS FROM FROZEN

ZERO PREP TIME, NO MESS

PORTION CONTROL

CONSISTENT SERVING SIZE; VARIETY OF OPTIONS



SPECIES INFORMATION

WILD ALASKA COD

Wild Alaska Cod is a large, lean** whitefish that's a good source of high quality protein.** With a sweet flavor, delicate texture and a large-melt-in-your-mouth-flake, it's well suited for a wide variety of menu applications.

WILD ALASKA POLLOCK

Wild-caught Alaska Pollock is the most abundant certified-sustainable seafood species in the world. Managed carefully and harvested sustainably, Alaska Pollock is an environmentally responsible seafood choice. A member of the Cod family, its lean,*** snowy-white flesh, delicate texture, and mild taste make it one of the most versatile, delicious, and sustainable seafood choices available.

WILD ALASKA ROCKFISH

With over 50 varieties to its name, Rockfish is a mild and sweet deep-water fish. Among the most colorful of all fish, it ranges along the Pacific coast from Baja to the Bering Sea. And with a moderately firm texture and a fine, white flake, it's beautifully suited to many different preparations.

COOKING & HANDLING INSTRUCTIONS

Keep frozen until ready to use. Cook to an internal temperature of 165°F.
Cooking times vary with equipment and load; adjust as needed.

METHOD	TEMP.	1oz. Minis & 1-2oz.	2-3oz.	Cod only 3-4oz.
		MINUTES		
Deep Fry	350° F	3.5-4.5	5.5-7	5-8
Heat oil to 350° F. Add frozen product, shaking basket occasionally to prevent adhesion.				
Conventional Oven	425° F	16-18	20-23	20-24
Preheat to 425° F. Place frozen product on baking sheet. For best results, turn product over halfway through cooking time. Cook until crisp and golden brown.				
Convection Oven	400° F	10-12	18-23	16-20
Preheat to 400° F. Place frozen product on baking sheet. For best results, turn product over halfway through cooking time. Cook until crisp and golden brown.				

PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
491153	PubHouse Battered 1-2 oz Cod	1/10 LB.	99	0 00 28029 91153 4
491152	PubHouse Battered 2-3 oz Cod	1/10 LB.	61	0 00 28029 91152 7
MILITARY: 2-3 OZ Cod ITEM # 400034 GTIN # 0 00 28029 00034 4 NAPA CODE: 8905-01-E59-7390				
435706	PubHouse Battered 3-4 oz Cod	1/10 LB.	41	0 00 28029 35706 6
455936	PubHouse Battered 1 oz Pollock Mini	1/10 LB.	152	0 00 28029 55936 1
491544	PubHouse Battered 1-2 oz Pollock	1/10 LB.	100	0 00 28029 91544 0
491543	PubHouse Battered 2-3 oz Pollock	1/10 LB.	59	0 00 28029 91543 3
MILITARY: 2-3 OZ Pollock ITEM # 400213 GTIN # 0 00 28029 00213 3 NAPA CODE: 8905-01-E59-5085				
418860	PubHouse Battered 1-2 oz Rockfish	1/10 LB.	91	0 00 28029 18860 8
10LB CASE DIMENSIONS: (L X W X D) 15" L X 9.94" W X 6.25" D GROSS WEIGHT: 11.2 LB. CUBE: .54 TI HI: 12 X 7				

Nutrition Facts

PubHouse Cod 2-3 oz. size**	PubHouse Pollock 2-3 oz. size***	PubHouse Rockfish 1-2 oz. size
about 61 servings per container Serving size 1 piece (74 g/2.6 oz)	about 59 servings per container Serving size 1 piece (77 g/2.7 oz)	about 46 servings per container Serving size 2 pieces (99 g/3.5 oz)
Amount per serving	Amount per serving	Amount per serving
Calories 140	Calories 140	Calories 200
% Daily Value*	% Daily Value*	% Daily Value*
Total Fat 6g 8%	Total Fat 6g 8%	Total Fat 9g 12%
Saturated Fat 0.5g 3%	Saturated Fat 0.5g 3%	Saturated Fat 1g 5%
Trans Fat 0g	Trans Fat 0g	Trans Fat 0g
Cholesterol 20mg 7%	Cholesterol 30mg 10%	Cholesterol 30mg 10%
Sodium 340mg 15%	Sodium 340mg 15%	Sodium 380mg 17%
Total Carbohydrate 12g 4%	Total Carbohydrate 12g 4%	Total Carbohydrate 16g 6%
Dietary Fiber 0g 0%	Dietary Fiber 0g 0%	Dietary Fiber 0g 0%
Total Sugars 1g	Total Sugars 1g	Total Sugars 1g
Includes 1g Added Sugars 2%	Includes 1g Added Sugars 2%	Includes 1g Added Sugars 2%
Protein 9g 18%	Protein 9g	Protein 12g
Vitamin D 0.2mcg 2%	Vitamin D 0.1mcg 0%	Vitamin D 2.4mcg 10%
Calcium 20mg 2%	Calcium 10mg 0%	Calcium 20mg 2%
Iron 0.4mg 2%	Iron 0.5mg 2%	Iron 0.7mg 4%
Potassium 170mg 4%	Potassium 170mg 4%	Potassium 260mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**For more information
including recipes
and ingredient
statements, please visit
tridentseafoods.com**

491153: ALASKA COD, WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHEAT FLOUR, MODIFIED WHEAT STARCH, CONTAINS 2% OR LESS OF: SUGAR, YELLOW CORN FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), WHEY, SODIUM TRIPOLYPHOSPHATES (TO RETAIN MOISTURE), GARLIC POWDER, YEAST EXTRACT (CONTAINS BARLEY), NATURAL FLAVORS, DEXTROSE, MALTODEXTRIN, EXTRACTIVES OF PAPRIKA AND TURMERIC (COLOR), SPICES (INCLUDING BLACK AND WHITE PEPPER), GUAR GUM. CONTAINS FISH (ALASKA COD), WHEAT, MILK

491152: ALASKA COD, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHEAT FLOUR, MODIFIED WHEAT STARCH, CONTAINS 2% OR LESS OF: SUGAR, YELLOW CORN FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), WHEY, SODIUM TRIPOLYPHOSPHATES (TO RETAIN MOISTURE), GARLIC POWDER, YEAST EXTRACT (CONTAINS BARLEY), NATURAL FLAVORS, DEXTROSE, MALTODEXTRIN, EXTRACTIVES OF PAPRIKA AND TURMERIC (COLOR), SPICES (INCLUDING BLACK AND WHITE PEPPER), GUAR GUM. CONTAINS FISH (ALASKA COD), WHEAT, MILK

400034/435706: ALASKA COD, WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHEAT FLOUR, MODIFIED WHEAT STARCH, CONTAINS 2% OR LESS OF: SUGAR, YELLOW CORN FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), WHEY, GARLIC POWDER, YEAST EXTRACT (CONTAINS BARLEY), NATURAL FLAVORS, DEXTROSE, MALTODEXTRIN, EXTRACTIVES OF PAPRIKA AND TURMERIC (COLOR), SPICES (INCLUDING BLACK AND WHITE PEPPER), GUAR GUM. CONTAINS FISH (ALASKA COD), WHEAT, MILK

455936/491544/491543/400213: ALASKA POLLOCK, WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHEAT FLOUR, MODIFIED WHEAT STARCH, CONTAINS 2% OR LESS OF: SUGAR, YELLOW CORN FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), WHEY, GARLIC POWDER, YEAST EXTRACT (CONTAINS BARLEY), NATURAL FLAVORS, DEXTROSE, MALTODEXTRIN, EXTRACTIVES OF PAPRIKA AND TURMERIC (COLOR), SPICES (INCLUDING BLACK AND WHITE PEPPER), GUAR GUM. CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK

418860: ROCKFISH, WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHEAT FLOUR, MODIFIED WHEAT STARCH, CONTAINS 2% OR LESS OF: SUGAR, YELLOW CORN FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), WHEY, GARLIC POWDER, YEAST EXTRACT (CONTAINS BARLEY), NATURAL FLAVORS, DEXTROSE, MALTODEXTRIN, EXTRACTIVES OF PAPRIKA AND TURMERIC (COLOR), SPICES (INCLUDING BLACK AND WHITE PEPPER), GUAR GUM. CONTAINS FISH (ROCKFISH), WHEAT, MILK



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