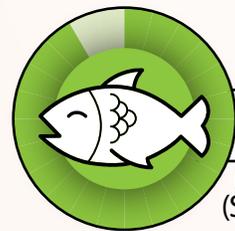




*Wild Caught*  
**PACIFIC COD**

Great Moisture Content, Excellent Flaking Quality, Economical and Consistent



**HIGH Sustainability**  
MSC Certification  
(Some Catch Areas)

**SINBAD** Value Added - Value Quality  
Value Priced - Produced in Asia





# SINBAD PACIFIC COD



SINBAD *Wild Caught* Pacific Cod are premium quality, value priced and processed in Asia. Pacific Cod is a popular fish with a mild flavour, delicate texture and medium oil content. This is an extremely versatile fish that is an excellent alternative to Halibut and responds well to all cooking methods.

## TARGET APPLICATIONS

- Buffets
- Center of Plate
- Staff Meal Solutions

## FEATURES & BENEFITS

- Premium Quality Raw Material
- Processed Under Strict Supervision
- 100% Net Weight Guarantee
- A Versatile Value Priced Protein

## SINBAD

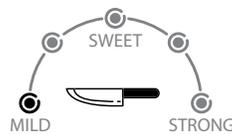
SINBAD products are either wild caught or sustainably farm-raised and is the essential product line for the value priced market.

SINBAD products come from the finest raw materials with exceptional harvesting and processing standards - 100% Net Weight, Accurate Piece Counts, No Folded Bellies or Tails. **Our industry best 7-Step Quality Control Process** delivers comprehensive inspections at every stage of processing.

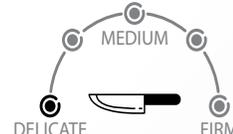
CLICK OR SCAN TO CONNECT WITH A TRADEX REP.



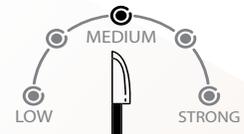
## CULINARY COMPOSITION



Flavour

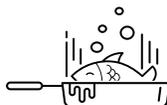


Texture



Oil Content

## COOKING METHODS



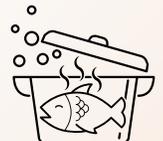
Poached



Roasted



Sautéed



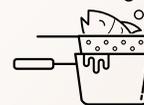
Steamed



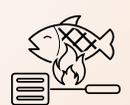
Baked



Broiled



Fried



Grilled

## Nutrition Facts

Serving size	(113g)
Amount Per Serving	
<b>Calories</b>	<b>80</b>
	% Daily Values*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 340mg	15%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 17g</b>	<b>34%</b>
Vitamin D 1mcg	4%
Calcium 9mg	0%
Iron 0.2mg	2%
Potassium 260mg	6%

\*The % Daily Value (DV) 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.

FORM	SIZES	SPECS	PACK
LOINS	2oz, 3oz, 4oz, 5oz, 6oz, 7oz, 8oz	IQF	1x10LB
TAILS	3oz, 4oz	IQF	1x10 LB
FILLETS	4oz-8oz, 8-16oz, 16-32oz, 32oz+	Bulk Pack, IQF	1x25LB
FILLETS	8-16oz, 16-32oz	Shatterpack	3x15LB
PORTIONS	3oz	IQF, Skinless, Boneless, Bias Cut	1x10LB

## MENU IDEAS



- Pan Seared Cod with Lemon & Butter Fish Tacos
- Pan-Braised Cod with Puttanesca Sauce
- Dark Ale Battered Pacific Cod Fish & Chips



EXPLORE MORE AT [www.tradexfoods.com](http://www.tradexfoods.com)

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