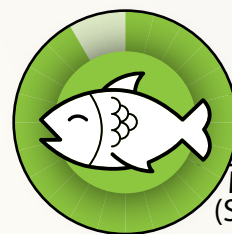




*Wild Caught*  
**PACIFIC COD**

**Great Moisture Content, Excellent Flaking  
Quality, Economical and Consistent**



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



**Value Added - Premium Quality  
Natural - Produced in Asia**





**SINBAD**  
*Gold*

# PACIFIC COD



SINBAD Gold *Wild Caught* Pacific Cod are premium quality, naturally preserved and processed in Asia. Pacific Cod is a popular fish with a mild flavor, 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 Materials
- **Naturally Preserved**
- Processed Under Strict Supervision
- 100% Net Weight Guarantee
- A Versatile Value Priced Protein



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.

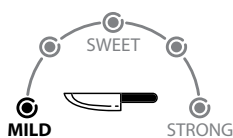


## Nutrition Facts

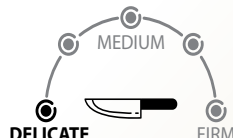
Serving size	(113g)
Amount Per Serving	
<b>Calories</b>	<b>80</b>
	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 50mg	17%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 17g	34%
Vitamin D 2mcg	10%
Calcium 11.7mg	0%
Iron 0.198mg	2%
Potassium 348mg	8%

\*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.

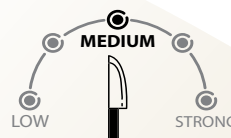
## CULINARY COMPOSITION



Flavour

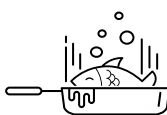


Texture



Oil Content

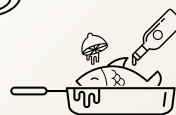
## COOKING METHODS



Poached



Roasted



Sautéed



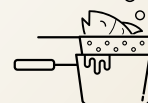
Steamed



Baked



Broiled



Fried



Grilled

## FORM

PORTIONS

## SIZES

2-3oz

## SPECS

IQF, Chem Free,  
Skinless, Boneless

## PACK

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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