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## Saithe/ Atlantic Pollock

*Pollachius Virens*

Known for its mild flavor, white meat and flaky texture, Pollock is caught in the Spring and Fall, primarily April-June and September-October. Available fresh or frozen, in a variety of cuts, skin-on or skinless.

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>4 oz (112g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat	0g 0%
Trans Fat	0g
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber	0g 0%
Total Sugars	0g
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D	0mcg 0%
Calcium	0mg 0%
Iron	0mg 0%
Potassium	0mg 0%

\*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.

# Saithe/ Atlantic Pollock

Fresh



Choose from a number of convenient cuts and sizes. Available Saithe/Atlantic Pollock options include:

### Specs

- **H&G, headed and gutted**
- **Fillet, skinless, boneless**
- **Loins, skin on, boneless**
- **Loins, skinless, boneless**

### Pack / Sizes

- C/W (approx 50lbs) – 2/4kg, 4/6kg, 6+kg
- 1/20# – 16/32oz, 32+oz
- 1/10# – 20+oz
- 1/10# – 20+oz

Origin: Iceland



Ship to: US & Canada



Catch by season.

- COD - High Season
- HADDOCK - High Season
- POLLOCK - High Season
- ARCTIC CHAR - Year Round
- PLAICE - High Season
- LOW SEASON

