

# COD & HADDOCK



**W**e have forged strong partnerships in Norway, Russia, Canada and China that provide us with a consistent supply of high quality cod and haddock. Responding to market demand, we offer two categories of product, both meeting our strict specifications and food safety standards. We continue to offer the premium brand of Fjord Fresh Cod once frozen product, and we have added the Blue Fjord brand, a high quality product at a value price point. We go to great lengths to meet each customer's needs for cod and haddock, offering a range of sizes and forms.



Wild Caught North Atlantic and Pacific Cod Loins, Fillets and Tails.  
Wild Caught North Atlantic Haddock Loins and Fillets.

Nordic Group Code	Case Pack	Description	Unit Cost
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**Premium Once Frozen North Atlantic Cod**

Wild Caught

**Cello Wrapped Fillets Skinless Boned**

01111009	6/5 lbs.	1-2 fillets per wrap	\$ /lb
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**IQF Loins Skinless Boned**

0251C006	1/10 lb.	3 oz.	\$ /lb
0251D006	1/10 lb.	4 oz.	\$ /lb
0251E006	1/10 lb.	5 oz.	\$ /lb
0251F006	1/10 lb.	6 oz.	\$ /lb
0251G006	1/10 lb.	7 oz.	\$ /lb
0251H006	1/10 lb.	8 oz.	\$ /lb
0251J006	1/10 lb.	10 oz.	\$ /lb

**IQF Tails Skinless Boned**

0551C006	1/10 lb.	3 oz.	\$ /lb
0551D006	1/10 lb.	4 oz.	\$ /lb
0551E006	1/10 lb.	5 oz.	\$ /lb



**Once Frozen North Atlantic Haddock**

Wild Caught

**Cello Wrapped Fillets Skinless Boned**

11111009	6/5 lbs.	1-3 fillets per wrap	\$ /lb
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Nordic Group Code	Case Pack	Description	Unit Cost
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**North Atlantic Cod**

Wild Caught, Product of China

**IQF Loins Skinless Boned, No Additives**

0251BJ16	1/10 lb.	2 oz.	\$ /lb
0251CY06	1/10 lb.	3 oz.	\$ /lb
0251DY06	1/10 lb.	4 oz.	\$ /lb
0251EY06	1/10 lb.	5 oz.	\$ /lb
0251FY06	1/10 lb.	6 oz.	\$ /lb
0251GY06	1/10 lb.	7 oz.	\$ /lb
0251HY06	1/10 lb.	8 oz.	\$ /lb

**IQF Loins Skinless Boned**

0251B0B6	1/10 lb.	2 oz.	\$ /lb
0251C0B6	1/10 lb.	3 oz.	\$ /lb
0251D0B6	1/10 lb.	4 oz.	\$ /lb
0251E0B6	1/10 lb.	5 oz.	\$ /lb
0251F0B6	1/10 lb.	6 oz.	\$ /lb
0251G0B6	1/10 lb.	7 oz.	\$ /lb
0251H0B6	1/10 lb.	8 oz.	\$ /lb



**Pacific Cod**

Wild Caught, Product of China

**IQF Loins Skinless Boned**

0A51B006	1/10 lb.	2 oz.	\$ /lb
0A51C006	1/10 lb.	3 oz.	\$ /lb
0A51D006	1/10 lb.	4 oz.	\$ /lb
0A51E006	1/10 lb.	5 oz.	\$ /lb
0A51F006	1/10 lb.	6 oz.	\$ /lb
0A51H006	1/10 lb.	8 oz.	\$ /lb

**Cod, Raw**

**NUTRITION FACTS** Serving Size: 4 oz. **Calories** 90, Fat Calories 5. **Total Fat** .5 g (1% DV). Saturated Fat 0 g. Trans Fat 0 g. **Cholesterol** 40 mg (13% DV) **Sodium** 80mg (3% DV). **Total Carbohydrates** 0 g. Sugars 0 g. Dietary Fiber 0 g. **Protein** 20 g (40% DV), Vitamin A <2% DV. Vitamin C <2% DV. Calcium <2% DV. Iron <2% DV. Percent Daily Values are based on a 2000 calorie diet.

**Haddock, Raw**

**NUTRITION FACTS** Serving Size: 4 oz. **Calories** 90, Fat Calories 5. **Total Fat** .5 g (1% DV). Saturated Fat 0 g. Trans Fat 0 g. **Cholesterol** 40 mg (13% DV) **Sodium** 80mg (3% DV). **Total Carbohydrates** 0 g. Sugars 0 g. Dietary Fiber 0 g. **Protein** 20 g (40% DV). Vitamin A <2% DV. Vitamin C <2% DV. Calcium <2% DV. Iron <2% DV. Percent Daily Values are based on a 2000 calorie diet.