



Wild Fresh ■ Frozen at Sea

Cod & Haddock Fillets

- **Super Premium** – Better than Fresh
- **Fresh-Frozen at Sea** – Caught to frozen in less than 4 hours
- **Dry Pack** – No water added
- **All Natural** – No Chemicals
- **Wild Caught** – North Atlantic Sea Captured
- **MSC Certified** – Sustainable fishery
- **Precise Grading** – 3-5oz., 5-8oz., 8-16oz., 16-32oz., 32 oz.
- **EZ Pack** – Heavy interleaved single fillet shatter pack



Visit

(888) ROC-PORT
CALL US TOLL-FREE

RockportSeafood.com

Rockport Specialty Seafood, Inc. | 352 Park Street | Suite 205 | North Reading | MA 01864

Rockport Quality

Better than fresh

Rockport fish is brought on board while still alive from the icy Arctic waters of the North Atlantic Ocean. Our fish are sorted and are processed into fillets, passing a trimming line where imperfections are detected and removed manually. Then it is freshly frozen at sea; at its peak of freshness and nutrition. It's frozen so fast and at such a low temperature, that there's no cellular rupturing; thus no compromise in texture or flavor. The fish remains frozen throughout the distribution channel to you, maintaining the fresh caught quality. How is Rockport fish better than "fresh fish"? At the time of consumption, "fresh fish" can be more than a week old from the day caught – Rockport fish is only four hours old.

Success is a choice; choose the freshest available fish. Rockport Fresh-Frozen at Sea Cod and Haddock Fillets!



Selling Facts

Rockport cod and haddock are Marine Stewardship Council (MSC) certified "sustainable fishery" from the North Atlantic Barents Sea. No chemicals or additives are used. The trimmed all-natural fillets are weighed and packed before they are cooled down to a minimum core temperature of -18°C and are frozen without the use of water glaze, providing customers with higher yields. All of this is done in less than 4 hours after the catch. We can offer reliable and steady supplies and pricing to our customers.

Market Applications

Mid to up-scale hotels, clubs, independent restaurants and chains. Take out and snack bars. Executive dining, seafood houses. Cruise lines, casinos and resorts. Retail seafood counters.

Product Specifications

Wild Caught, Fresh Frozen at Sea, MSC certified sustainable fishery – North Atlantic Barents Sea – Cod (*Gadus morhua*) and Haddock (*Melanogrammus aeglefinus*). Product of Russia, All natural – No Chemical or preservatives, Precisely graded, Skinless Boneless Fillets, Live to frozen in less than 4 hours.

Pack

Units Per Case: 28 lb. (2 x 14lb.) EZ Pack- Extra heavy single fillet interleaved shatter pack

Case Size: 19.01 (L) x 10.02 (W) x 4.84 (D)

Case Cube: .533

Pallet Configuration: Tie-10 / High-8 = 80 cases per pallet

Gross weight: 31 lb.

Net Weight: 28 lb.

Shelf Life: 48 months form pack date

Atlantic Cod Raw Nutritional Facts

Serving Size:

85 g / 3 oz. (Raw)

Amount Per Serving:

Calories 70

Total Fat .6 g

Saturated Fat .1 g

Cholesterol 36.5 mg

Sodium 45.9 mg

Potassium 351 mg

Protein 15.1 g

Atlantic Haddock Raw Nutritional Facts

Serving Size:

85 g / 3 oz. (Raw)

Amount Per Serving:

Calories 77

Total Fat .5 g

Saturated Fat .1 g

Cholesterol 56.1 mg

Sodium 221.9 mg

Potassium 298.4 mg

Protein 17 g

Product of Russia | Wild Caught

ITEM #	BOX SIZE	CASE PACK	MASTER UPC #	PRODUCT CODE	COST PER CASE	COST PER POUND
Skinless/Boneless Cod Fillet						
500528	3 - 5 oz.	28 lb. (2/14 lb.)	6 39663 00126 2	00126		
500828	5 - 8 oz.	28 lb. (2/14 lb.)	6 39663 00127 9	00127		
501628	8 - 16 oz.	28 lb. (2/14 lb.)	6 39663 00128 6	00128		
503228	16 - 32 oz	28 lb. (2/14 lb.)	6 39663 00129 3	00129		
504028	32/+ oz	28 lb. (2/14 lb.)	6 39663 00130 9	00130		
Skinless/Boneless Haddock Fillet						
550528	3 - 5 oz.	28 lb. (2/14 lb.)	6 39663 00226 9	00226		
550828	5 - 8 oz.	28 lb. (2/14 lb.)	6 39663 00227 6	00227		
551628	8 - 16 oz.	28 lb. (2/14 lb.)	6 39663 00228 3	00228		
553228	16 - 32 oz	28 lb. (2/14 lb.)	6 39663 00229 0	00229		

RockportSeafood.com

