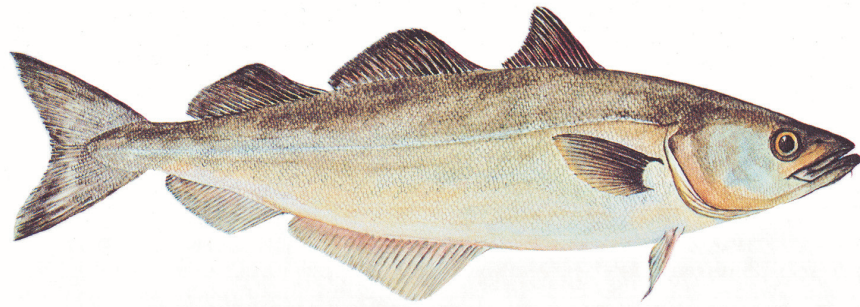


# ATLANTIC POLLOCK Scientific Name: Pollachius virens

 Atlantic Pollock  
Saithe

 Gouberge  
Lieu Noir  
Colin

 Palero



Atlantic Pollock, also known as Saithe, is harvested from the North Atlantic. It can be found in both deep and relatively shallow waters. Although its flesh is not as white as cod, it also has an excellent taste. We offer salted bone-in split (butterfly-style) Atlantic Pollock in a variety of different cures, ranging from ordinary cure to dry, and in a variety of packaging formats, as shown below. We also supply salted Atlantic Pollock fillets.

## Bulk Packages:

*Ordinary Cure · Semi-Dry · Dry*

Bone-in Pollock	Medium	50lbs (22.7kg)
Bone-in Pollock	Large	50lbs (22.7kg)
Bone-in Pollock	Extra Large	50lbs. (22.7kg)

Bone-in Pollock	Medium	20lbs (9.07kg)
Bone-in Pollock	Large	20lbs (9.07kg)

Boned Pollock	Large (wood)	40lbs. (18.14kgs)
Boned Pollock	Jumbo (wood)	40lbs. (18.14kgs)

Pollock Bits		40lbs. (18.14kgs)
Pollock Bits	(wood)	40lbs. (18.14kgs)

## Retail Packages:

Boned Atlantic Pollock (Poly Bag)	24x1 lb.	<b>Nickerson</b>
Boned Atlantic Pollock (Tray Pack)	24x1 lb.	<b>Merex</b>
Pollock Bits (Poly Bag)	20x1 lb.	<b>Nickerson</b>

## Nutritional Value:

### Nutrition Facts / Datos De Nutrición

Serving Size 2 oz (56g)  
Tamaño por Ración 2 oz (56g)  
Servings Per Container 8 / Raciones por Envase 8

Amount Per Serving / Cantidad por Ración	
<b>Calories / Calóricas</b> 60	Calories from Fat / Calóricas de Grasa 5
<b>% Daily Value* / % Valor Diario*</b>	
<b>Total Fat / Grasa Total</b> 0.5g	<b>1%</b>
Saturated Fat / Grasa Saturada 0g	<b>0%</b>
Trans Fat / Grasa Trans 0g	
<b>Cholesterol / Colesterol</b> 30mg	<b>9%</b>
<b>Sodium / Sodio</b> 3260mg	<b>136%</b>
<b>Total Carbohydrate / Carbohidrato Total</b> 0g	<b>0%</b>
Dietary Fiber / Fibra Dietética 0g	<b>0%</b>
Sugars / Azúcares 0g	
<b>Protein / Proteínas</b> 14g	
Vitamin A / Vitamina A 2%	Vitamin C / Vitamina C 0%
Calcium / Calcio 6%	Iron / Hierro 2%
* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories / Calóricas: 2,000 2,500
Total Fat / Grasa Total	Less than / menos de 65g 80g
Sat Fat / Grasa Saturada	Less than / menos de 20g 25g
Cholesterol / Colesterol	Less than / menos de 300mg 300mg
Sodium / Sodio	Less than / menos de 2,400mg 2,400mg
Total Carbohydrate / Carbohidratos	300g 375g
Dietary Fiber / Fibra Dietética	25g 30g
Calories per gram / Calóricas por gramo: Fat / Grasa 9 • Carbohydrate / Carbohidrato 4 • Protein / Proteínas 4	

Fish should be desalted prior to cooking.  
Nutritional values shown above are prior to desalting and therefore not indicative of the salt content in prepared fish.



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