



JANES

Foodservice



Janes Battered Pollock Fillets



Janes Multigrain Pollock Fillets



Janes Crispy Pollock Fillets

Delicious Pollock Fillets

Low in saturated fat.

Natural fillets in **unique**,
light coatings.





Battered Pollock Fillets

Health Benefits

Low in saturated fat
 Source of iron
 Source of omega-3 polyunsaturates
 Source of omega-6 polyunsaturates

Allergen Listing

Wheat, Soy, Milk

Deep Fry

Nutrition Facts

Serving Size 100 g	
Approximately 1 piece	
Calories	190.0
Fat	9.3 g
Sodium	400.0 mg
Protein	10.2 g

Case Pack Size

2 x 2 kg = 4 kg

Average Piece Count

35

Average Piece Weight

95 - 135 g / 3.4 - 4.8 oz



Multigrain Pollock Fillets

Health Benefits

0 trans fat
 Low in saturated fat
 Source of iron
 Source of omega-3 polyunsaturates

Allergen Listing

Wheat, Egg, Milk, Soy

Oven Bake

Nutrition Facts

Serving Size 100 g	
Approximately 1 piece	
Calories	154.0
Fat	3.8 g
Sodium	422.0 mg
Protein	11.8 g

Case Pack Size

2 x 2 kg = 4 kg

Average Piece Count

43

Average Piece Weight

78 - 106 g / 2.75 - 3.75 oz



Crispy Pollock Fillets

Health Benefits

Low in saturated fat
 Source of iron
 Source of omega-3 polyunsaturates
 Source of omega-6 polyunsaturates

Allergen Listing

Wheat, Soy, Milk

Oven Bake

Nutrition Facts

Serving Size 100 g	
Approximately 1 piece	
Calories	212.0
Fat	11.7 g
Sodium	380.0 mg
Protein	11.1 g

Case Pack Size

2 x 2 kg = 4 kg

Average Piece Count

40

Average Piece Weight

85 - 113 g / 3 - 4 oz

As a trusted national brand, Janes brings quality products to every table in your restaurant. Janes Foodservice products are convenient and always look and taste fantastic which means your patrons will return time and again for great taste you both can trust.

Visit our website where we offer menu ideas and preparation suggestions that can help you to offer Janes products in a way that will be unique and improve the brand experience you offer your customers.



Taste you Trust

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