



Ideal for FRESH or even Frozen Seafood Cases

Grab-and-go convenience for your customers.

Pre-weighed and UPC-coded.

Reduces shrink and in-store labor costs.

HEALTHY
PRE-PORTIONED
CONVENIENCE
2 SERVINGS

WILD-CAUGHT WITH CARE, EASY TO PREPARE.
SERVE AND GO WILD!

From an MSC certified sustainable fishery.
www.msc.org



Premium wild-caught

Norwegian Haddock

Net weight 8 oz. (227g)

SPECIES	Haddock
ORIGIN	Norway
UPC CODE	8-8269494501-6
CASE GTIN	00882694955015
PACKED	12 x 8 oz.
CASE DIMENSIONS	14.19" x 9.44" x 8.19"
PALLET TI-HI	13 x 10
NET WGT.	780 lbs.

Your customers will love our easy on-line recipes and serving suggestions!

www.gowildseafood.com

Mariner 
Seafood

Our GO WILD™ Norwegian Haddock is 100% wild-caught from the icy-cold depths off Norway, where they thrive in their natural environment. Low in calories with no carbohydrates, GO WILD™ fillets are packed with protein and pre-portioned for customer convenience.

Cooking Instructions: Remove fillets from tray and blot dry. Heat 1-2 tbsp. oil or butter in nonstick skillet over medium-high heat. Add fillets and pan sear 4-5 minutes. Turn and cook 3-5 minutes or until center is firm and opaque, or an internal temperature of 145° F is reached.

Safe storage and handling: Keep refrigerated until ready to prepare. If purchased frozen, keep frozen until ready to prepare. Thaw in refrigerator overnight before use.

INGREDIENTS: Haddock

CONTAINS: Fish

Product of Norway

MSC-C-52906

This Haddock was responsibly sourced from sustainable fisheries in Norway.



Nutrition Facts

2 servings per container	
Serving Size	4 oz. (113g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 240mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron less than 1mg	2%
Potassium 323mg	6%

*The % Daily Value (DV) 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.