

BATTERED HALIBUT

SERVING SUGGESTION

Sandwich Wraps

Appetizers

Captain's Platters

Children's Menus

Fish 'n Chips

Fish Tacos

Friday Night Fish Fry Feast

Picnic Style

PREPARATION AND COOKING

Keep Frozen at 0°F or below until ready to use.

DEEP FRYER – preheat oil to 350°F. Fry for 5½ to 7 minutes or until product is golden brown. Shake baskets occasionally to prevent from adhering.

CONVECTION OVEN – preheat to 400°F. Place product on baking sheet and cook for 18 to 23 minutes or until product is crisp. Turn product halfway through bake time for best results.

CONVECTIONAL OVEN – preheat to 425°F. Place product on baking sheet and cook for 20 to 23 minutes or until product is crisp. Turn product halfway through bake times for best results.

*Cooking times and temperatures may vary substantially. Internal temperature should be at least 145°F. We strive to product a fully “boneless” product. As with all fish, however, occasional bones may still be a present.

FOOD SAFETY

PubHouse products are designed to cook from frozen.

INGREDIENTS & NUTRITION INFORMATION

Nutrition Facts	
Serving Size 2.0 Piece (142g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 580mg	25%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g of Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<small>*The % Daily Value 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.</small>	

HALIBUT, WATER, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF EACH OF THE FOLLOWING: SPICE, GARLIC, NATURAL FLAVOR, YELLOW CORN FLOUR, SUGAR, SALT, WHEY, YEAST EXTRACT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), GUAR GUM, MALTODEXTRIN, YELLOW 5, YELLOW 6. PARFRIED IN CANOLA AND/OR SOYBEAN OIL. CONTAINS FISH (HALIBUT), WHEAT AND MILK.