



## COD LOINS - ATLANTIC



Scientific Name:	<i>Gadus morhua</i> (Atlantic Cod)
ORIGIN:	Chile, China
WILD/FARMED:	Wild Caught
HARVEST METHOD:	Trawl, Hook, Gillnet
FORM/PACK SIZE:	IQF Skinless Loins, 1-10lb
AVAILABILITY:	Year round
FRESH/FROZEN:	Frozen
ALTERNATIVE TO:	Cape Capensis, Flounder, Haddock

### KEY NOTES:

Cod is a staple on any seafood menu. Atlantic cod meat is white in color, is moist and lean, medium- to firm-textured, and delicately flavorful with a mild taste. ICYBAY Cod loins flake easily when cooked and can be baked, broiled, poached, fried or added to soups, stews and chowders.

SLADE GORTON CODE	Size	UPC	GTIN
PC# 8342	3 Oz	073129083421	00073129083421
PC# 8496	4 Oz	073129084961	00073129084961
PC# 8623	5 Oz	073129086231	00073129086231
PC# 8704	6 Oz	073129087047	00073129087047
PC# 8705	7 Oz	073129087054	00073129087054
PC# 8716	8 Oz	073129087160	00073129087160



### Nutrition Facts

Serving Size 4 oz (113g)  
Servings Per Container

Amount Per Serving	
<b>Calories 90</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 1g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>16%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	

### Protein 20g

Vitamin A 0%	•	Vitamin C 2%
Calcium 2%	•	Iron 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:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Product Details

Packaging Information						
Pack/Size (lbs)	Gross Weight (lbs)	Net Weight (lbs)	Case Cube (cu ft)	Configuration L x W x H (in)	Configuration TI x HI Pallet	Cases/Pallet
1/10	11	10	0.307	14.37 x 10.43 x 3.54	10 x 16	160

Product Performance					
Product Size	Pieces/Pound	Approximate Pieces/Case	Recommended Servings/Case	Shelf Life	Storage Temperature
3 OZ	5	53	53	18 months	0°F to -20°F
4 Oz	4	40	40	18 months	0°F to -20°F
5 Oz	3	32	32	18 months	0°F to -20°F
6 Oz	2	27	27	18 months	0°F to -20°F
7 Oz	2	23	23-46	18 months	0°F to -20°F
8 Oz	2	20	20-40	18 months	0°F to -20°F

### Features and Benefits

ICYBAY's Cod Loins are guaranteed to be 100% net weight.

Our cod is wild caught by long line fishing vessels and comes from a MSC certified sustainable fishery in the Norwegian and Russian waters of the Barents Sea.

Produced and cut to the highest standards. ICYBAY cod loins provides reliable performance in any menu application.

Great source of low fat protein, Omega-3, phosphorus, niacin, and vitamin B12.

Skinless boneless. All fat lines are removed resulting in a 100% usable product.

ICYBAY Cod loins are conveniently packed in 10 lb. master cases.

### Market Segments:

Assisted Living  
B&I  
Casual Dining  
Country Clubs  
Cruise lines/Leisure  
Fine Dining  
Hospitals  
Hotels/Resorts/Casino  
Nursing/Retirement Home  
Recreation Facility/ Sports Complex

**PC # 8704**

**ICYBAY ATLANTIC COD**

6 OZ LOINS

IQF SKINLESS BONELESS

INGREDIENTS: Cod, Sodium Tripolyphosphate

CONTAINS: Cod

Pack 1/10 lbs.

Product of China

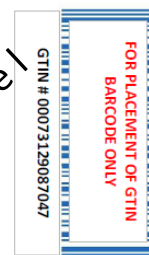
Wild Caught

NET WT 10 LB (4.54 kg)

SG PO#

Pack Date:

Sample label





## COD LOINS - PACIFIC



Scientific Name:	<i>Gadus macrocephalus (Pacific Cod)</i>
ORIGIN:	Chile, China
WILD/FARMED:	Wild Caught
HARVEST METHOD:	Trawl, Hook, Gillnet
FORM/PACK SIZE:	IQF Skinless Loins, 1-10lb
AVAILABILITY:	Year round
FRESH/FROZEN:	Frozen
ALTERNATIVE TO:	Cape Capensis, Flounder, Haddock

### KEY NOTES:

Pacific cod has slightly higher moisture content than the Atlantic cod. Pacific cod meat is softer and with a finer flake than that of the Atlantic cod. ICYBAY Pacific cod loins look white and flake easily when cooked and can be baked, broiled, poached, fried or added to soups, stews and chowders.

<u>SLADE GORTON CODE</u>	Size	UPC	GTIN
PC# 8307	2 Oz	073129083070	00073129083070
PC# 8329	3 Oz	073129083292	00073129083292
PC# 8467	4 Oz	073129084671	00073129084671
PC# 8578	5 Oz	073129085784	00073129085784
PC# 8620	6 Oz	073129086200	00073129086200
PC# 8712	7 Oz	073129087122	00073129087122
PC# 8709	8 Oz	073129087092	00073129087092



### Nutrition Facts

Serving Size 4 oz (113g)  
Servings Per Container

Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>14%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 20g</b>	

Vitamin A 0% • Vitamin C 6%  
Calcium 0% • Iron 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: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



## Product Details

Packaging Information						
Pack/Size (lbs)	Gross Weight (lbs)	Net Weight (lbs)	Case Cube (cu ft)	Configuration L x W x H (in)	Configuration TI x HI Pallet	Cases/Pallet
1/10	11	10	0.307	14.37 x 10.43 x 3.54	10 x 16	160
Product Performance						
Product Size	Pieces/Pound	Approximate Pieces/Case	Recommended Servings/Case	Shelf Life	Storage Temperature	
4 Oz	4	40	40	18 months	0°F to -20°F	
5 Oz	3	32	32	18 months	0°F to -20°F	
6 Oz	2	27	27	18 months	0°F to -20°F	
7 Oz	2	23	23-46	18 months	0°F to -20°F	
8 Oz	2	20	20-40	18 months	0°F to -20°F	

## Features and Benefits

ICYBAY's Cod Loins are guaranteed to be 100% net weight.

Our cod is wild caught by long line fishing vessels and comes from a MSC certified sustainable fishery in the North Pacific waters of the Bering Sea.

Produced and cut to the highest standards. ICYBAY cod loins provides reliable performance in any menu application.

Great source of low fat protein, Omega-3, phosphorus, niacin, and vitamin B12.

Skinless boneless. All fat lines are removed resulting in a 100% usable product.

Cod loins are conveniently packed in 10 lb. master cases.

## Market Segments:

Assisted Living  
B&I  
Casual Dining  
Country Clubs  
Cruise lines/Leisure  
Fine Dining  
Hospitals  
Hotels/Resorts/Casino  
Nursing/Retirement Home  
Recreation Facility/ Sports Complex

**PC # 8712**

**ICYBAY PACIFIC COD**

**7 OZ LOINS**

**IQF SKINLESS BONELESS**

INGREDIENTS: Cod, Sodium Tripolyphosphate

CONTAINS: Cod

Pack 1/10 lbs.

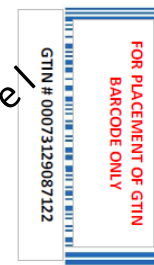
Product of China

Wild Caught

NET WT 10 LB (4.54 kg)

SG PO#

Pack Date:







## COD TAILS

CERTIFIED  
SUSTAINABLE  
SEAFOOD  
**MSC**  
www.msc.org



Scientific Name:	<i>Gadus morhua</i> (Atlantic Cod); <i>Gadus macrocephalus</i> (Pacific Cod)
ORIGIN:	China
WILD/FARMED:	Wild
HARVEST METHOD:	Trawl, Hook, Gillnet
FORM/PACK SIZE:	IQF Skinless Boneless Tails, 1-10lb
AVAILABILITY:	Year round
FRESH/FROZEN:	Frozen
ALTERNATIVE TO:	Cape Capensis, Flounder, Haddock

### KEY NOTES:

Cod is a staple on any seafood menu. It has broad appeal due to its mild white firm meat that lends itself to a wide variety of menu applications. Cod can be baked, broiled, poached, fried or added to soups, stews and chowders.

### SLADE GORTON CODE

Atlantic	Size	UPC	GTIN
PC# 8477	4 Oz	073129084770	00073129084770
PC# 8573	5 Oz	073129085739	00073129085739
Pacific			
PC# 8481	4 Oz	073129084817	00073129084817
PC# 8576	5 Oz	073129085760	00073129085760

### Nutrition Facts

Serving Size 4 oz (113g)  
Servings Per Container

Amount Per Serving

**Calories 90**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0.5g**      **1%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 40mg**      **14%**

**Sodium 80mg**      **3%**

**Total Carbohydrate 0g**      **0%**

**Dietary Fiber 0g**      **0%**

**Sugars 0g**

**Protein 20g**

**Vitamin A 0%**      •      **Vitamin C 6%**

**Calcium 0%**      •      **Iron 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:

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Product Performance						
Product Size	Pieces/Pound	Approximate Pieces/Case	Recommended Servings/Case	Shelf Life	Storage Temperature	
4 Oz	4	40	40	Approx. 18 months	0°F to -20°F	
5 Oz	3	32	32	Approx. 18 months	0°F to -20°F	

## Features and Benefits

ICYBAY's Cod Tails are guaranteed to be 100% net weight.

Our cod is wild caught and comes from a MSC certified sustainable fishery.

Produced and cut to the highest standards, ICYBAY cod tails are a premium cut that provides reliable performance.

It is a good source of low fat protein, phosphorus, niacin, and vitamin B12.

Skinless boneless. All fat lines are removed resulting in a 100% usable product.

Cod tails are conveniently packed in 10 lb. master cases.

## Market Segments:

Assisted Living  
B&I  
Casual Dining  
Country Clubs  
Cruise lines/Leisure  
Fine Dining  
Hospitals  
Hotels/Resorts/Casino  
Nursing/Retirement Home  
Recreation Facility/ Sports Complex

**PC # 8573**

**ICYBAY ATLANTIC COD**

5 OZ TAILS

IQF SKINLESS BONELESS

INGREDIENTS: Cod, Sodium Tripolyphosphate

CONTAINS: Cod

Pack 1/10 lbs.

Product of China

Wild Caught

NET WT 10 LB (4.54 kg)

SG PO#

Pack Date:

GTIN # 00073129085739

FOR PLACEMENT OF GTIN  
BARCODE ONLY



# Frozen at Sea Cod

Wild caught from the Barents Sea

## SUSTAINABLE

Certified Sustainable by WWF & MSC



EZ Pack

3/14 lb

Skinless Boneless

Available year round

Tail and nape trimmed

Chemical Free

8-16 oz Fillets

16-32 oz Fillets

# Frozen at Sea Cod

## Wild caught from the Barents Sea



### Wild Fresh Frozen at Sea Cod Fillets

Item #	Pack Size	Fillet Grade	Description
5333	3/14 lbs.	8-16 oz.	FAS Skinless Boneless Cod
5462	3/14 lbs.	16-32 oz.	FAS Skinless Boneless Cod



Slade Gorton & Co., Inc

[www.SLADEGORTON.com](http://www.SLADEGORTON.com)

Boston: 800-225-1573

Southeast: 877-885-6599

West Coast: 800-567-5002