



A&T

CRUMBED ALASKAN POLLOCK 145G



Natural Fillet



Nutrition Information

Servings per package: 30
Serving size: 145gm (1 piece)

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1218kj (291.5Cal)	840kj (201Cal)
Protein	14.9g	10.3g
Fat, total	11.9g	8.2g
- saturated	1.6g	1.1g
Carbohydrate	30.9g	21.3g
- sugars	2.2g	1.5g
Sodium	457mg	315mg

Features & Benefits

- ✓ Ocean caught Alaskan Pollock fillet coated with A&T's quality crumb.
- ✓ Part of the Cod family, Alaskan Pollock is a very versatile low priced fish that is white in colour, has a good flaky texture & a mild taste.
- ✓ Ideal for traditional "Fish & Chips" meals.

Cooking: Deep fry from frozen at 180°C for approximately 6-7 minutes.

Size: 145gm
Packed: 4.35kg - 30 pieces
Code: CRUM24

INGREDIENTS: Alaskan Pollock Fillet (50%), Water, Wheat Flour, Soy Bean Oil, Soy Flour, Salt, Vegetable Shortening(Palm), Starch, Wheat Gluten, Thickeners(E1420, E412,E415), Mineral Salt (E450i, E500ii), Sugar, Yeast.

ALLERGY ADVICE: Contains: Fish, gluten & soybean. May also contain traces of: Molluscs, crustacean, egg, milk & sulphites.



A&T Trading Co. Pty. Limited

Unit 412/49 Queens Road Five Dock NSW 2046, PO BOX 3337 Waremba NSW 2046

P: (02) 9713 9455 F: (02) 9713 5770 E: enquiries@attrading.com.au W: www.attrading.com.au



Royal
Dragon

