

# Atlantic Pollock Fillets

*Pollachius Virens*



**SEA STAR SEAFOODS**  
*Family Tradition Since 1894*



**Sea Star Seafoods Ltd.**

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Atlantic Pollock Fillets (*Pollachius Virens*) also referred to as Saithe, Goberge, Colin. Not to be confused with its gadus family member Alaskan Pollock (*Theragra Chalcogramma*) which are a smaller, cheaper fish that are lighter in color. Atlantic Pollock is easily separated by its darker color and its distinct taste that makes it one of the most popular fish in throughout the caribbean communities. This fish is caught in the icy waters of the North Atlantic and is hand cut and boned locally.



FAO: 21/27

**Bulk**

Boned Jumbo Pollock Fillets	40 lbs. (18.14 kg)
Boned Large Pollock Fillets	40 lbs. (18.14 kg)
Boned Pollock Bits	22 lbs. (10 kg)

**Retail**

Boned Pollock (Bag)	24 x 1 lb (454 g)
Boned Pollock (Tray)	12 x 12 oz (340 g)
Boned Pollock Bits (Bag)	20lbs. (9.07 kg)

**Nutrition Facts**

Serving size: 55g flakes  
Amount per serving

Calories	60
Total Fat	0.5g
Saturated Fat	0g
Cholesterol	50mg
Sodium	4550mg
Protein	15g
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	2%

