



NORDIC  GROUP

COD & HADDOCK



We have forged strong partnerships in Iceland, Norway, Russia, Canada and China that provide us with a consistent supply of high quality cod and haddock. Responding to market demand, we offer two categories of product, both meeting our strict specifications and food safety standards. In the premium category, we now offer Iceland Fjord Fresh brand cello wrapped Cod & Haddock. We also offer the Fjord Fresh brand of once frozen Cod, and we have added the Blue Fjord brand, a high quality product at a value price point. We go to great lengths to meet each customer’s needs for cod and haddock, offering a range of sizes and forms.



Wild Caught Iceland Cod and Haddock fillets.
Wild Caught North Atlantic Cod Loins, Fillets and Tails.
Wild Caught North Atlantic Haddock Loins and Fillets.



Nordic Group Code	Case Pack	Description	Unit Cost
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 **Once Frozen - No Additives Premium North Atlantic Cod**
Wild Caught

IQF Loins Skinless Boned

0251C006	1/10 lb.	3 oz.	\$ /lb
0251D006	1/10 lb.	4 oz.	\$ /lb
0251E006	1/10 lb.	5 oz.	\$ /lb
0251F006	1/10 lb.	6 oz.	\$ /lb
0251G006	1/10 lb.	7 oz.	\$ /lb
0251H006	1/10 lb.	8 oz.	\$ /lb
0251J006	1/10 lb.	10 oz.	\$ /lb

IQF Tails Skinless Boned

0551C006	1/10 lb.	3 oz.	\$ /lb
0551D006	1/10 lb.	4 oz.	\$ /lb
0551E006	1/10 lb.	5 oz.	\$ /lb

 **Iceland Cod and Haddock**
Wild Caught, Product of Iceland




Cod Cello Wrapped Fillets Skinless Boned

01111I01	10/5 lbs.	1-2 fillets per wrap	\$ /lb
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Haddock Cello Wrapped Fillets Skinless Boned

11111I01	10/5 lbs.	1-3 fillets per wrap	\$ /lb
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Nordic Group Code	Case Pack	Description	Unit Cost
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 **North Atlantic Cod**
Wild Caught, Product of China

IQF Loins Skinless Boned, No Additives

0251BJ16	1/10 lb.	2 oz.	\$ /lb
0251CY06	1/10 lb.	3 oz.	\$ /lb
0251DY06	1/10 lb.	4 oz.	\$ /lb
0251EY06	1/10 lb.	5 oz.	\$ /lb
0251FY06	1/10 lb.	6 oz.	\$ /lb
0251GY06	1/10 lb.	7 oz.	\$ /lb
0251HY06	1/10 lb.	8 oz.	\$ /lb

IQF Loins Skinless Boned

0251B0B6	1/10 lb.	2 oz.	\$ /lb
0251C0B6	1/10 lb.	3 oz.	\$ /lb
0251D0B6	1/10 lb.	4 oz.	\$ /lb
0251E0B6	1/10 lb.	5 oz.	\$ /lb
0251F0B6	1/10 lb.	6 oz.	\$ /lb
0251G0B6	1/10 lb.	7 oz.	\$ /lb
0251H0B6	1/10 lb.	8 oz.	\$ /lb

Our Cod and Haddock Fillets, Loins and Tails are Gluten Free

Cod, Raw

NUTRITION FACTS Serving Size: 4 oz. **Calories** 90, Fat Calories 5. **Total Fat** .5 g (1% DV). Saturated Fat 0 g. Trans Fat 0 g. **Cholesterol** 40 mg (13% DV) **Sodium** 80mg (3% DV). **Total Carbohydrates** 0 g. Sugars 0 g. Dietary Fiber 0 g. **Protein** 20 g (40% DV), Vitamin A <2% DV. Vitamin C <2% DV. Calcium <2% DV. Iron <2% DV. Percent Daily Values are based on a 2000 calorie diet.

Haddock, Raw

NUTRITION FACTS Serving Size: 4 oz. **Calories** 90, Fat Calories 5. **Total Fat** .5 g (1% DV). Saturated Fat 0 g. Trans Fat 0 g. **Cholesterol** 40 mg (13% DV) **Sodium** 80mg (3% DV). **Total Carbohydrates** 0 g. Sugars 0 g. Dietary Fiber 0 g. **Protein** 20 g (40% DV). Vitamin A <2% DV. Vitamin C <2% DV. Calcium <2% DV. Iron <2% DV. Percent Daily Values are based on a 2000 calorie diet.