

**50°**  
FIFTY NORTH

A TASTE FROM A GOOD PLACE

ALL NATURAL  
SEAFOOD SLIDER CAKES



A DELICIOUS BLEND OF FRESH NORTH ATLANTIC SEAFOOD & PEI POTATOES WITH A MILD FLAVOR PROFILE

HIGH IN OMEGA - 3  
LOW IN SODIUM

ALL NATURAL

★ ATLANTIC SALMON ★

SLIDER  
CAKES

INGREDIENTS

POTATO, ATLANTIC SALMON, WHEAT FLOUR, ONION, EGGS, CORN SYRUP, MAPLE SYRUP, NEWFOUNDLAND SAVORY, LEMON PEPPER, MUSTARD POWDER, RED PEPPER, SALT, GARLIC POWDER, BEET POWDER, BETA CAROTENE

95% FAT FREE | 160 CALORIES | 0 TRANS FAT | 1% SAT FAT | 9G PROTEIN | 200mg SODIUM

Per 2 Pieces

ALL NATURAL

★ ATLANTIC COD ★

SLIDER  
CAKES

INGREDIENTS

POTATO, ATLANTIC COD, WHEAT FLOUR, EGGS, MILK, ONION, NEWFOUNDLAND SAVORY, SALT, PEPPER.

99% FAT FREE | 132 CALORIES | 0 TRANS FAT | 0% SAT FAT | 8G PROTEIN | 33mg SODIUM

Per 2 Pieces



# A TASTE FROM A GOOD PLACE

## SEAFOOD SLIDER CAKES

**HIGH IN OMEGA - 3**  
**LOW IN SODIUM**



### PREPARATION INSTRUCTION/COOKING GUIDELINES



#### DEEP FRY

*Red sky at night, deep fry tonight*



#### PAN FRY

*Aye, for when you're caught at sea.*



#### FLAT TOP GRILL

*What we like to call, "the old familiar."*



#### OVEN

*"Convection or Conventional"*

#### THAWED

1. Deep Fry for 3 minutes at 350°. Doesn't get much more simple than that.

#### THAWED

1. Butter/oil a skillet.
2. Throw onto medium high heat for 5 minutes.
3. Be quick, and turn once they start to fry, turn again once they start to brown.

#### THAWED

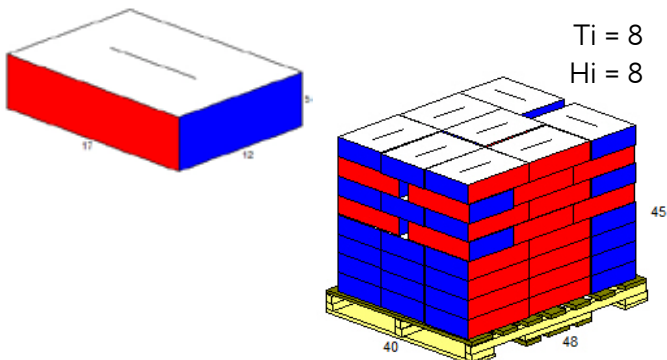
1. Butter slider cakes and grill with butter or oil.
2. Cook at medium heat flipping often.
3. Crusty outside moist & soft in the middle and your good to go.

#### THAWED

1. Butter/oil a baking tray.
2. Pre baste/brush slider cakes both sides with butter/oil.
3. Convection - Bake for approx. 8 minutes\* at 375° (turning once and baste/brush half way though).
4. Conventional - Bake in a preheated oven at 425° for approx. 12 minutes\* (turning once and baste/brush half way through) *\*Remember oven times may vary*

### SPECIFICATIONS

- Portion Size: Approx. 2.1oz
- Portions / Case: Approx. 112
- Case Weight: 15lb Net Weight
- Case Pack: IQF (Individually Quick Frozen)
- Case Dimension: 17" x 12" x 5"
- Case Cube: 1020in<sup>3</sup>



### NUTRITION

#### ATLANTIC SALMON

Nutrition Facts	
Per 2 pieces (119 g)	
Amount	% Daily Value
<b>Calories</b> 160	
<b>Fat</b> 5 g	<b>8 %</b>
Saturated 1 g	<b>5 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 20 mg	
<b>Sodium</b> 200 mg	<b>8 %</b>
<b>Carbohydrate</b> 19 g	<b>6 %</b>
Fiber 1 g	<b>4 %</b>
Sugars 1 g	
<b>Protein</b> 9 g	
Vitamin A	15 %
Vitamin C	15 %
Calcium	2 %
Iron	20 %

#### ATLANTIC COD

Nutrition Facts	
Per 2 pieces (119g)	
Amount	% Daily Value
<b>Calories</b> 132	
<b>Fat</b> 0.3 g	<b>.6 %</b>
Saturated 0 g	<b>0 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 13 mg	
<b>Sodium</b> 33 mg	<b>1.3 %</b>
<b>Carbohydrate</b> 24.6 g	<b>8 %</b>
Fiber 1.3 g	<b>5 %</b>
Sugars 0.66 g	
<b>Protein</b> 8 g	
Vitamin A	0 %
Vitamin C	7 %
Calcium	1.3 %
Iron	5 %