



Cod

(Gadus morhua)

Atlantic Cod Production

1500 Metric Tons

Quality System

HACCP

Technical Information

Raw Material Grading
Machine & Hand Cut Filleting
Manual Trimming & Inspection
Flow Line Technology
Quick Freeze Systems
Size Grading
Check Weighing
Metal Detection

Typical Fillet Size Grades

Skinless/boned (fresh & frozen)
4-8 oz.
8-12 oz.
12-16 oz.
16-32 oz.
32 oz. +



Historically, Atlantic Cod was the backbone of Atlantic Canada's fishing industry. At present Cod is in a stage of rebuilding, as stocks replenish and grow under the careful management practices of industry and government. The Barry Group provides a valuable source of cod for markets in North America and Europe. Our modern processing operations and quality assurance system from the source to the plate guarantees customer satisfaction.

Atlantic Cod is available in a variety of product forms including fresh and frozen skinless boneless fillets, special cuts (loins, tails, center cuts) and skin-on fillets. Frozen fillets are available as interleaved shatter pack style, cello pack and frozen blocks. We also process a full line of dry salt and pickle cured cod products. We package under our own brands and custom pack for a variety of well known brand names that you will find in supermarkets around the world.

Cod is a delicious white fleshed fish that can be pan fried, broiled, baked or breaded and deep fried.

Thick, moist, pearly white flakes
Firm, lean fillet
Sweet delicate flavor
Versatile cooking application

Special Cuts

Loins, tails center cuts and pieces

Pack Styles

Fresh - stryos
Frozen - interleaved/shatterpack
cello packages
individually quick frozen
retail packaging
block frozen (1 lb.-16.5 lbs.)

Distributed by:

PRODUCT OF CANADA



Our commitment to quality products and service is the foundation of our seafood business.

Nutrition Facts Per Serving

Serving Size: 112g raw product

Amount per Serving		% Daily Value*
Calories 100	Calories from fat: 10	
Total Fat 0.5g		13%
Saturated Fat 0g		1%
Cholesterol 50mg		14%
Sodium 65mg		2%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		0%
Protein 21g		

Percent US RDA

Vitamin A	2%	Vitamin C	0%
Calcium	5%	Iron	5%

* Contains less than 2 percent of the daily value of the nutrient
** 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	
Sat 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	
Protein		50g	65g	



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