CAPE HADDIE®

PREMIUM FROZEN-AT-SEA CAPE HAKE FILLETS

DEEP SKINNED & DEBONED



CERTIFIED SUSTAINABLE SEAFOOD MSC
www.msc.org

Sea Harvest AUSTRALIA

www.sea-harvest.com.au

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Premium Frozen-at-Sea Cape Hake Fillets

These carefully selected Cape Hake Fillets are processed and frozen-at-sea in the Cape Haddie brand. Sea Harvest has three factory freezer vessels operating in the ice cold, crystal clear waters of the southern Atlantic Ocean. Cape Hake is well-known globally & has been an Australian favourite for over fifty years.

Key Facts

- Wild Caught
- No Hormones, No Antibiotics
- No Additives, No Colourants, No Preservatives
- MSC Certified Fishery
- Area of Catch FAO 47
- Frozen-at-Sea
- Deep Skinned, Deboned
- Premium Quality
- Available All Year
- Sweet Tasting, Firm White Fish
- Mild Flavour Perfect For Children
- Suitable For Thaw-from-Frozen Application
- 24 Month Shelf Life When Frozen

Cooking Suggestions

- Ideal Deep Fried
- Oven Baked
- Pan Fried
- Grilled
- Steamed

Fillet Size Grade

2/4oz (57g-113g) Packed Interleaved
4/6oz (113g-170g) Packed Interleaved
6/8oz (170g-227g) Packed Interleaved
8/14oz (227g-397g) Individually Pouched
14+oz (397+g) Packed Interleaved

Packaging

2x6.8kg Shatterpack

Scientific Name

Merluccius Capensis/Paradoxus



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