Preparation Instructions:

(Convection Oven)

COOK FROM FROZEN. Preheat oven to 425 degrees F. Lightly grease baking sheet. Place frozen cod skewers on sheet and bake for 18-22 minutes.

(Deep Fryer)

COOK FROM FROZEN.

Preheat fryer to 350 degrees F. Deep fry Fish 'n Sticks at 350 degrees F. for 4-6 minutes or until golden brown.

Wild Caught Cod – Sealectables® Fish ‘n Sticks seafood is harvested from the icy waters of the North Pacific Ocean.

Sustainably Harvested – Sealectables® Fish ‘n Sticks seafood is MSC certified sustainable; responsibly harvested!

All Natural – Our delicious Sealectables® Fish ‘n Sticks is wild caught and carefully hand-filleted, then lightly beer battered for a delightful crunch in every bite with a golden crispy outside, and a delicately moist and flavorful inside.

Chang International, Inc. (206) 283 – 9098 Kirkland, WA 98033

Case Specifications:

UPC: Food Service      034713035929
Dimensions: 16.14"x11.02"x4.33"
Cube: .45 CF
Gross Weight: 11 pounds
Net Weight: 10 pounds

UPC: Retail Pack         034713035028
Dimensions: 19.69"x14.37"x4.72"
Cube: .77 CF
Gross Weight: 11 pounds
Net Weight: 10 pounds