



## FISH BITES

Harbor Banks® brings an innovative approach to fish that'll have your patrons biting! Popcorn-style, breaded Alaskan pollock bites are a natural for your kids' menu; and you'll love how popular they become as an appetizer or bar snack.





## CATCHING QUALITY AROUND THE WORLD

With its full selection of frozen fish and seafood, including convenient, value-added varieties, Harbor Banks® offers a flavorful experience, raising the bar for quality products by meeting or exceeding industry standards. We promise safety and integrity while striving to maintain sustainability. Our catches from domestic and international waters are the perfect foundation for your customized fish and seafood menu creations.

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### Product Inspiration

The health benefits of adding fish to your diet are unmistakable. Offering a savory food item that also boasts these benefits is a sure winner. The whole muscle Alaskan pollock in our Fish Bites is high in protein and low in fat and a great source of the omega-3 fatty acids essential for good health. It's deep-skinned, which leads to a less fishy taste. Plus, the breading is 51% whole grain. Try baking them—it cuts the fat content and calories in half. They still taste great; and it makes them even healthier!

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### Features & Benefits

- Healthy menu option, if baked
- Low in saturated fat — just 0.5 grams per serving
- Just 300 mg of sodium per serving
- Bite-sized, whole-muscle pieces
- Tasty, even when baked
- 51% whole grain breading

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### Ideal Uses

- Kids' menu
- Appetizer/bar snack
- Entrée component
- Side dish

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A-Code	Product Description	Pack Size
8638702	Fish Bites	2/5 lb.

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For more information about Harbor Banks® products, visit [www.usfoods.com](http://www.usfoods.com) or contact your local US Foods representative. 06-2014