

Pacific Seafood[®]

THE TOPSIDE OF BOTTOMFISH

DOVER SOLE



*All natural
MSC certified*



Year round availability

Certified sustainable

Also marketed as Pacific Sole in some regions



For great recipes scan here



Product Specifications

- All fillets are skinless boneless
- Fresh Fillets: 2.5, 5, 10lb
- Frozen Fillets: IQF, Shatterpacked, Vac Packs
- Breaded
- Whole Round
- Steaks
- H&G

Building the Foundation

As the recovery process continues, Pacific Seafood supports the work and actively partners with fisheries governance to rebuild the category; utilizing best practices in managing the fishing, landing and processing of wild caught resources. We are proud of our contributions towards rebuilding this category and supporting the fishing communities we depend on. Through effective management, sustainable practices, and fishermen cooperation, this fishery has evolved from being overfished to one that has received MSC certification and been identified as the poster child of good fishery management practices. A true success story!

Seasonal Availability



Fresh

Item#	Description	Pack Size
	DOVER SOLE FILLET FRESH, SKINLESS BONELESS	2.5, 5, 10 LB
	DOVER SOLE FILLET FRESH, SKIN-ON BONELESS	2.5, 5, 10 LB
	DOVER SOLE FILLET FRESH, DW	2.5, 5, 10 LB
120043	DOVER SOLE WHOLE ROUND FRESH	50 LB
120515	DOVER SOLE HEADED & GUTTED FRESH	50 LB

Frozen

Item#	Description	Pack Size
120517	DOVER SOLE FILLET W/SKIN-TAB IQF (KOSHER)	10 LB
120287	DOVER SOLE FLT #2 IQF	10 LB
120713	DOVER SOLE FLT 2-3 OZ IQF	10 LB
109862	DOVER SOLE FLT 3/UP OZ IQF	10 LB
120712	DOVER SOLE FLT 3/UP OZ IQF	10 LB
120825	DOVER SOLE FLT 5-8 OZ IQF	10 LB
120296	DOVER SOLE FLT D/W IQF	10 LB
109783	DOVER SOLE FLT IQF	25 LB
109853	DOVER SOLE FLT IQF	10 LB
110075	DOVER SOLE FLT IQF	10 LB
110399	DOVER SOLE FLT IQF	1 TOTE
120619	DOVER SOLE FLT LAYER PACK IQF	10 LB
120354	DOVER SOLE FLT MISCUT IQF	10 LB
120681	DOVER SOLE FLT S/PAK FZ	3/10 LB
109861	DOVER SOLE FLT U/3 OZ IQF	10 LB
110084	DOVER SOLE FLT V/P FZ	10/1 LB RW
120411	DS H/G FO/TO 250-350G IQF (PAN READY STYLE)	15 KG
120412	DS H/G FO/TO 350-500G IQF (PAN READY STYLE)	15 KG
120413	DS H/G FO/TO 500-1000G IQF (PAN READY STYLE)	15 KG
120414	DS H/G FO/TO 1000/UP G IQF (PAN READY STYLE)	15 KG
	DOVER SOLE H/G SIZE GRADED 150/200G, 200/300G, 300/500G, 500G+	10 KG
	DOVER SOLE H/G SIZE GRADED 150/200G, 200/300G, 300/500G, 500G+	15, 18 KG
120355	DOVER SOLE RND FAS FZ	50 LB
120350	DOVER SOLE RND FAS FZ	1 TOTE
	DOVER SOLE RND IQF	10 KG, 50 LB
109603	DOVER SOLE RND O/R IQF	1 TOTE
120333	DOVER SOLE RND TRIMMED IQF	10 LB
	DOVER SOLE WHOLE ROUND SIZE GRADED 200/400G, 400/600G, 600G+	10 KG
	DOVER SOLE WHOLE ROUND SIZE GRADED 200/400G, 400/600G, 600G+	15 KG