Thompsons Food Service Ltd. **Nelsons Yard** South Denes Road Great Yarmouth Norfolk NR30 3PR



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Catch Cod Fillets 8-10oz (230-290g) Skin on - Information

8-10 oz skin on bone Out Cod Fillets

TFS Product Code: 030578

Suppliers Product Code:

Information Last Updated: 25/05/2022 **Date Produced:** 10/09/2025



Allergy Information

Key: Contains













Sesame Gluten Crustaceans

Lupin

Nuts







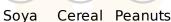






Milk

Celery Sulphur Dioxide











Molluscs Mustard

Nutritional Information

Serving Unit: 100g or 100ml

Energy (kcal) 00.08 337.00 Energy (kJ) Protein (g) 18.30 0.50 Carb (q) Of Which Sugars (g) 0.50

Fat (g) 0.70

Of Which Saturates

0.10 (g) Fibre (a) 0.00 0.20 Salt (g)

Dietary Information

Key: Suitable for









Kosher Vegetarian Halal

Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

> Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Cod Fillets (FISH) 80%, Water as Protective glaze 20%

Handling Information

Directions for Use

Raw Product-Cook before serving.

Storage Instructions

Storage: Below -18°C

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