

## TFS - Fish Monkfish Fillets - Information

Skinless / Boneless Monk Fillets 100-300g

**TFS Product Code:** 031067  
**Suppliers Product Code:**  
**Information Last Updated:** 16/01/2022  
**Date Produced:** 04/05/2026



### Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	66.00
Energy (kJ)	282.00
Protein (g)	15.70
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	0.40
Of Which Saturates (g)	0.10
Fibre (g)	0.00
Salt (g)	0.50

### 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.

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## Ingredients

Monkfish (FISH) 80%, Water as protective glaze

## Handling Information

### Directions for Use

Defrost prior to cooking

### Storage Instructions

Keep frozen < -18°C

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