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



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TFS - Fish Plaice Fillets IQF 8-10oz (230-290g) - Information

8-10oz (230-290g) IQF Plaice Fillets 4.54Kg (net weight 4.086Kg)

TFS Product Code: 012950

Suppliers Product Code:

Information Last Updated: 04/04/2022 **Date Produced:** 10/09/2025



Allergy Information

Key: Contains













Sesame Gluten Crustaceans

Eggs Lupin

Nuts













Milk

Celery Sulphur Dioxide

Soya



Nutritional Information

100g or 100ml Serving Unit:

Energy (kcal) 93.00 393.00 Energy (kJ) Protein (g) 19.00 0.00 Carb (q) Of Which Sugars (g) 0.00

Fat (g) 1.90

Of Which Saturates

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









Molluscs Mustard

Dietary Information

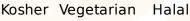
Key: Suitable for











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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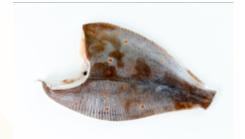
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Ingredients

Plaice 100% FISH

Handling Information

Directions for Use

This is a raw product and must be cooked before consumption. Allergy Advice: Contains Fish. Although every care has been taken to remove all bones some small bones may remain.

Storage Instructions

Store at -18°C or below. Do not refreeze once thawed.

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