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



Tel: 01493 249649 Fax: 0845 051 8772

E-Mail: accounts@tfsltd.co.uk Web: www.tfsltd.co.uk

Youngs Chip Shop Jumbo Battered Cod Fish Fingers MSC 70g - Information

Cod Fillet Fish Finger in Chip Shop Batter

TFS Product Code: 017806

Suppliers Product Code:

Information Last Updated: 09/12/2024 **Date Produced:** 10/09/2025



Allergy Information

Key: Contains





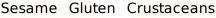












Eggs

Lupin

Nuts













Milk

Celery Sulphur Dioxide

Soya

Cereal Peanuts

Nutritional Information

Serving Unit: 100g or 100ml

277.00 Energy (kcal) 1155.00 Energy (kJ) Protein (g) 12.70 16.40 Carb (q)

Of Which Sugars (g) 0.50 Fat (g) 17.70

Of Which Saturates

1.30 (g) Fibre (g) 0.90 Salt (g) 0.90









Molluscs Mustard

Dietary Information

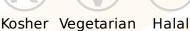
Key: Suitable for











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

Youngs Chip Shop Jumbo Battered Cod Fish Fingers MSC 70g - Information

TFS Product Code: 017806

Suppliers Product Code:

Information Last Updated: 09/12/2024 **Date Produced:** 10/09/2025



Ingredients

Cod (57%) (FISH), Wheat Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Sunflower Oil, Rapeseed Oil, Palm Oil, WHEAT Starch, Salt, Flavourings (contain MUSTARD), Raising Agents:. Diphosphates, Sodium Hydrogen Carbonate; MUSTARD Flour, Maize Flour, Dextrose, WHEAT Gluten, Dried Skimmed MILK, Colours:. Curcumin, Capsanthin; Chilli Powder Caution! Although extra care has been taken to remove all bones, some may remain

Handling Information

Directions for Use

Our Jumbo Cod Fingers are best deep fried straight from your freezer. Ensure product is piping hot throughout before serving. All appliances vary, these are guidelines only. Deep fry 6 mins to deep fry - 180°C • Pre-heat the oil. • Remove all packaging. • Gently lower product into the hot oil and cook for 6 minutes." Grill - product on a wire rack 10 mins to grill - Medium heat • Pre-heat the grill pan and wire rack on a Medium heat setting. • Remove all packaging. • Place product on the wire rack under the grill and cook for 10 minutes. Caution! Care should be taken when removing the tray from the grill as it may contain hot oil." Oven bake - product to be cooked on a wire rack 20 mins to oven bake - 230°C / Fan 200°C / Gas Mark 8 • Pre-heat the oven. • Remove all packaging. • Place product on a wire rack over a deep baking tray in the centre of the oven and cook for 20 minutes. Caution! Care should be taken when removing the tray from the oven as it may contain hot oil.

Storage Instructions

Store at -18°C below. Do not re-freeze once defrosted.

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