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

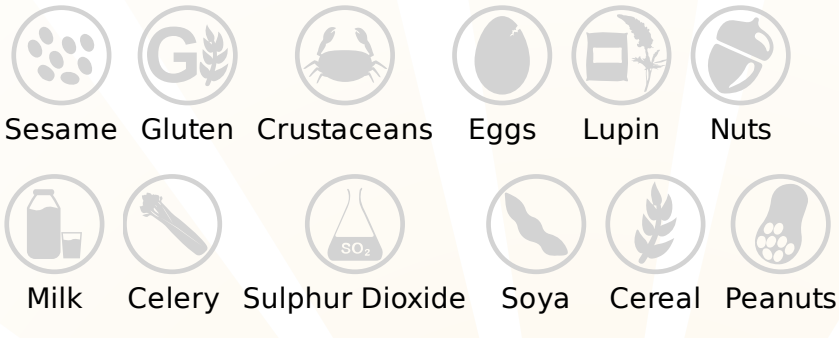
# Arctic Royal Pollock Fillets 110-140g - Information

MSC Alaskan Pollock Fillets, Skinless, Boneless, Individually quick frozen, 110-140g (deglazed 88-112g) x 30.

**TFS Product Code:** 032817
**Suppliers Product Code:** 213024
**Information Last Updated:** 09/02/2026
**Date Produced:** 11/11/2026

## Allergy Information

Key: Contains | May Contain




## Nutritional Information

| | |
|---|---|
| Serving Unit: | 100g or 100ml |
| Energy (kcal) | 72.00 |
| Energy (kJ) | 305.00 |
| Protein (g) | 16.40 |
| Carb (g) | 0.00 |
| Of Which Sugars (g) | 0.00 |
| Fat (g) | 0.70 |
| Of Which Saturates (g) | 0.10 |
| Fibre (g) | 0.00 |
| Salt (g) | 0.17 |

## Dietary Information

Key: Suitable for




**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

Pollock (Fish) (Theragra chalcogramma)

## Handling Information

### Directions for Use

For best results cook from frozen. This product contains raw fish and must be cooked thoroughly. These instructions are guidelines only as cooking appliances vary. Ensure fish fillets are piping hot and cooked throughout before serving. Oven bake (from frozen): Pre-heat oven to 200°C/180°C/Gas mark 6. Place fillets on foil, dot with butter and season with salt and pepper to taste. Wrap loosely in foil and place on baking tray in the centre of the oven. Bake for 15-20 minutes or until cooked through.

### Storage Instructions

Keep frozen at -18oC or below. Do not refreeze, after defrosting.

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