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



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Seafeast Cod Fillets 6-8oz (170-230g) Skinless / Boneless - Information

Frozen, IQF, Skinless and Boneless Atlantic Cod Fillets

TFS Product Code: 029084

Suppliers Product Code: 65352 (30002) **Information Last Updated:** 29/12/2023 **Date Produced:** 26/07/2025

Allergy Information

Key: Contains Ma

May Contain











Lupin



Sesame Gluten Crustaceans

Eggs

Nuts













Milk

Celery Sulphur Dioxide

Soya Cereal Peanuts







Fish

Molluscs Mustard

Nutritional Information

100g or 100ml

Energy (kcal) 82.00 Energy (kJ) 343.00

Protein (g) 18.00
Carb (g) 0.50

Of Which Sugars (g) 0.50 Fat (g) 0.70

Of Which Saturates

Serving Unit:

(g) 0.10 Fibre (g) 0.00 Salt (q) 0.14

Dietary Information

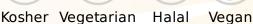
Key: Suitable for











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

Atlantic Cod (Gadus morhua) (FISH) (95%), Water, Stabiliser: Sodium Tripolyphosphate.

Handling Information

Directions for Use

Once opened, please use it within a day. This product is raw, ensure it is fully cooked before consumption.

Storage Instructions

Keep frozen at -18°C or below. Do not refreeze once defrosted.

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