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

Sharwood Egg Noodles Medium - Information

Sharwood's Fine Egg Noodles

TFS Product Code: 031660
Suppliers Product Code: 1018147
Information Last Updated: 05/12/2025
Date Produced: 11/11/2026



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)	362.00
Energy (kJ)	1535.00
Protein (g)	13.60
Carb (g)	70.20
Of Which Sugars (g)	1.30
Fat (g)	2.10
Of Which Saturates (g)	0.50
Fibre (g)	4.10
Salt (g)	0.66

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.

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

Sharwood Egg Noodles Medium - Information

TFS Product Code: 031660
Suppliers Product Code: 1018147
Information Last Updated: 05/12/2025
Date Produced: 11/11/2026



Ingredients

Wheat Flour, Pasteurised Egg (2%), Salt, Acidity Regulator (Potassium Carbonate).

Handling Information

Directions for Use

1: Allow 1 nest of noodles per person. 2: Plunge the noodles into a large pan of boiling water. Simmer for 4 minutes. 3: Drain well and toss in Light Soy Sauce. Fine egg noodles are quick and easy and are a delicious alternative to rice or pasta. Just boil. Ready in 4 minutes then add the cooked noodles to your dish. For best results, rinse in cold water, drain, then add to your stir-fry just before serving and toss all ingredients together. Serve with Sharwood's Prawn Crackers

Storage Instructions

Store in a cool, dry place.

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