

Catch Cod Fillets 8-10oz (230-290g) Skin on - Information

8-10 oz skin on bone Out Cod Fillets

TFS Product Code: 030578

Suppliers Product Code:

Information Last Updated: 25/05/2022

Date Produced: 11/02/2026



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)	80.00
Energy (kJ)	337.00
Protein (g)	18.30
Carb (g)	0.50
Of Which Sugars (g)	0.50
Fat (g)	0.70
Of Which Saturates (g)	0.10
Fibre (g)	0.00
Salt (g)	0.20

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.

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Ingredients

Cod Fillets (FISH) 80%, Water as Protective glaze 20%

Handling Information

Directions for Use

Raw Product-Cook before serving.

Storage Instructions

Storage: Below -18°C

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