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



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Paramount Florentine Fish Cake GF - Information

MSC smoked haddock fishcakes with a cheddar cheese sauce centre, wrapped in a gluten free breadcrumb and rice flake coating

TFS Product Code: 031135

Suppliers Product Code:

Information Last Updated: 08/05/2025 **Date Produced:** 01/11/2025



Allergy Information

Key: Contains













Sesame Gluten Crustaceans

Eggs Lupin

Nuts













Milk

Fish

Celery Sulphur Dioxide

Cereal Peanuts



Nutritional Information

100g or 100ml Serving Unit:

Energy (kcal) 212.00 Energy (kJ) 882.00 Protein (q) 10.90

Carb (g) 11.80

Of Which Sugars (g) 0.30 Fat (q) 13.10

Of Which Saturates

5.40 (g) Fibre (q) 1.40

Salt (g)



Dietary Information

Molluscs Mustard

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

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Ingredients

INGREDIENTS: natural MSC smoked haddock (FISH) (22%) [haddock, salt], potato, cheddar cheese (MILK) (17%), spinach (8%), water, rapeseed oil, rice flour, dehydrated potato, MILK, gram flour, cream (MILK), Butter (MILK), maize starch, mozzarella cheese (MILK), maize flour, rice flakes, gluten free flour [rice flour, potato starch, tapioca starch, maize flour, buckwheat], potato starch, salt, modified maize starch, raising agents [E450i, E500ii], thickening agents [E461, E415], dextrose, vegetable bouillon [sea salt, potato starch, maltodextrin, yeast extract, onion powder, sugar, garlic powder, herbs, spices, spice extract], white pepper. WARNING: although every care has been taken to remove all bones, some small bones may remain.

Handling Information

Directions for Use

Cooking Guidelines: For best results, cook from frozen. Deep Fry: in preheated oil at 180°C for 13-14 minutes. Leave to stand for 1 minute before serving. Rational: Preheat the Rational to 200°C at 100% heat. Cook the product on a preheated tray for 18 - 20 minutes. Leave to stand for 1 minute before serving. All cooking appliances vary in performance, these are guidelines only. Always check that the product is piping hot throughout before serving.

Storage Instructions

Keep frozen at -18°C or below. Do not refreeze if allowed to thaw.

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