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



Tel: 01493 249649 Fax: 0845 051 8772

Web: www.tfsltd.co.uk

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

Frozen, IQF, Skinless and Boneless Atlantic Cod Fillets

TFS Product Code: 029084

Suppliers Product Code:

Information Last Updated: 29/12/2023 **Date Produced:** 28/10/2025

Allergy Information

Key: Contains













Sesame Gluten Crustaceans

Eggs Lupin

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 0.50 Carb (g) Of Which Sugars (g) 0.50

0.70 Fat (g)

Of Which Saturates

Serving Unit:

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

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

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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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