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Seafish Fish Cakes Large / Jumbo 4oz 113g - Information

Fish blended with seasoned Reconstituted Mashed Potato, coated in Breadcrumb

TFS Product Code: 031878
Suppliers Product Code: K01114
Information Last Updated: 30/07/2025
Date Produced: 13/11/2026



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)	181.00
Energy (kJ)	760.00
Protein (g)	8.70
Carb (g)	20.40
Of Which Sugars (g)	1.00
Fat (g)	7.00
Of Which Saturates (g)	0.60
Fibre (g)	0.70
Salt (g)	0.90

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

Minced White FISH (35%), Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Dehydrated Potato, Salt, Yeast Extract, Dehydrated Onion, Parsley, Oregano, Acid: Citric Acid. White Pepper, Natural Parsley Flavouring, Garlic, Raising Agent: Ammonium Carbonate.

Handling Information

Directions for Use

Deep fry: Pre-heat oil to 180˚C and fry for 4-5 minutes. Drain well before serving. Shallow fry: Over a moderate heat for 8-9 minutes. Turning occasionally. Grill: Under a medium to high heat for 8-10 minutes. Turning occasionally. Oven cook: Pre-heat oven to 220˚C. Place on a baking tray and bake in the upper part of the oven for about 20-22 minutes.

Storage Instructions

KEEP FROZEN Store at -18°C or below. Do not refreeze once thawed. Use within one month of opening.

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