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TFS - Seafood IQF Hake Fillets Skinless 7/8oz - Information

TFS Product Code: 030495
Suppliers Product Code:
Information Last Updated: 10/04/2025
Date Produced: 02/11/2026



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)	81.00
Energy (kJ)	326.00
Protein (g)	17.60
Carb (g)	1.00
Of Which Sugars (g)	0.50
Fat (g)	1.40
Of Which Saturates (g)	0.40
Fibre (g)	0.00
Salt (g)	0.30

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

Hake 100% (FISH)

Handling Information

Directions for Use

This is a raw product and must be fully cooked throughout. Allergy Advice: Contains FISH. Although extra care has been taken to remove all bones, some small bones may remain!

Storage Instructions

This product is Frozen. Please store at -18°C or below. Do not refreeze once thawed.

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