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Whitby Breaded Plaice Goujons - Information

100% plaice fillet strips in a crisp, golden crumb.

TFS Product Code: 012952
Suppliers Product Code: 3600
Information Last Updated: 02/05/2024
Date Produced: 08/11/2026



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)	140.00
Energy (kJ)	593.00
Protein (g)	10.90
Carb (g)	22.70
Of Which Sugars (g)	2.50
Fat (g)	1.30
Of Which Saturates (g)	0.12
Fibre (g)	2.10
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

Plaice (FISH) (50%), Breadcrumbs (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Thiamine, Niacin) Rapeseed Oil, Yeast, Salt), Batter (Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Thiamine, Niacin), Salt).

Handling Information

Directions for Use

Always cook from frozen. The instructions below are just a guide; do make sure our goujons are piping hot throughout before serving. Once cooled do not reheat Deep fry: 4 mins Deep fry from frozen. Preheat the oil to 180C/350F. Cook for approximately 4 mins until crisp and golden.

Storage Instructions

Keep in the freezer at -18°C or colder and use by the best before date. Once defrosted do not refreeze.

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