

Catch Cod Fillets 8-10oz (230-290g) Skin on - Information

8-10 oz skin on bone Out Cod Fillets

TFS Product Code: 030578
Suppliers Product Code:
Information Last Updated: 25/05/2022
Date Produced: 20/06/2026



Allergy Information

Key: **Contains** **May Contain**



Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	80.00
Energy (kJ)	337.00
Protein (g)	18.30
Carb (g)	0.50
Of Which Sugars (g)	0.50
Fat (g)	0.70
Of Which Saturates (g)	0.10
Fibre (g)	0.00
Salt (g)	0.20

Dietary Information

Key: **Suitable for**



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.

Catch Cod Fillets 8-10oz (230-290g) Skin on - Information

TFS Product Code: 030578
Suppliers Product Code:
Information Last Updated: 25/05/2022
Date Produced: 20/06/2026



Ingredients

Cod Fillets (FISH) 80%, Water as Protective glaze 20%

Handling Information

Directions for Use

Raw Product-Cook before serving.

Storage Instructions

Storage: Below -18°C

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.