

TFS - Fish Cod Fillets 7-8oz (190-230g) Skin On - Information

7-8 oz skin on bone in Cod Fillets

TFS Product Code: 012910
Suppliers Product Code: SALC
Information Last Updated: 05/06/2024
Date Produced: 03/08/2025



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)	121.00
Energy (kJ)	121.00
Protein (g)	29.00
Carb (g)	0.50
Of Which Sugars (g)	0.50
Fat (g)	0.50
Of Which Saturates (g)	0.10
Fibre (g)	0.00
Salt (g)	18.40

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.

TFS - Fish Cod Fillets 7-8oz (190-230g) Skin On - Information

TFS Product Code: 012910
Suppliers Product Code: SALC
Information Last Updated: 05/06/2024
Date Produced: 03/08/2025



Ingredients

FISH (FISH) ,SALT

Handling Information

Directions for Use

SOAK FISH IN COLD WATER FOR 24 HOURS. COOK BEFORE CONSUMPTION

Storage Instructions

STORE IN A COOL AND DRY PLACE. ONCE SOAKED, KEEP REFRIDGERATED AND COOK WITHIN 48 HOURS.

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