Thompsons Food Service Ltd.
Nelsons Yard
South Denes Road
Great Yarmouth
Norfolk
NR30 3PR

Tel: 01493 249649
Fax: 0845 051 8772
E-Mail: accounts@tfsltd.co.uk
Web: www.tfsltd.co.uk

TFS - Fish Tilapia Fillets IQF 5-7oz 140-170g IQF - Information

Skinless, boneless Tilapia fillet

TFS Product Code: 017472
Suppliers Product Code: 500369
Information Last Updated: 21/05/2026
Date Produced: 04/11/2026



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)	80.00
Energy (kJ)	338.00
Protein (g)	16.00
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	1.70
Of Which Saturates (g)	0.00
Fibre (g)	0.00
Salt (g)	0.25

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

TFS - Fish Tilapia Fillets IQF 5-7oz 140-170g IQF - Information

TFS Product Code: 017472
Suppliers Product Code: 500369
Information Last Updated: 21/05/2026
Date Produced: 04/11/2026



Ingredients

Tilapia (FISH), Salt, Antioxidant (E302).

Handling Information

Directions for Use

To be cooked

Storage Instructions

Store at temperatures equal to or less than -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.

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