Yare Food Services
Nelsons Yard
South Denes Road
Great Yarmouth
Norfolk, NR30 3PR

Tel: 01493 653429
E-Mail: accounts@yareshipping.co.uk
Web: www.yareshipping.co.uk

Superfish Plaice Fillets IQF 8-10oz (230-290g) - Information

8-10oz (230-290g) IQF Plaice Fillets 4.54Kg (net weight 4.086Kg)

Our Product Code: 012950
Suppliers Product Code:
Information Last Updated: 04/04/2022
Date Produced: 29/09/2025

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)	93.00
Energy (kJ)	393.00
Protein (g)	19.00
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	1.90
Of Which Saturates (g)	0.40
Fibre (g)	0.00
Salt (g)	0.20

Dietary Information

Key: Suitable for

Kosher, Vegetarian, Halal, Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Yare Food Services. 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.

Yare Food Services is a tranding name of Thompsons Food Service Ltd
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 100% FISH

Handling Information

Directions for Use

This is a raw product and must be cooked before consumption. Allergy Advice: Contains Fish. Although every care has been taken to remove all bones some small bones may remain.

Storage Instructions

Store at -18°C or below. Do not refreeze once thawed.

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