



Made from white and flaky premium Cod fillets that are hand trimmed and coated in Janes light and crispy gourmet batter.

Key Product Features

- Generous size
- Consistent size
- Light & crispy gourmet batter

Key Product Benefits

- Excellent plate coverage
- Improved portion control and cooking time
- Appetizing and appealing

Menu Suggestions

Ideal as "Cod and Chips" or as a premium fish sandwich (cod fillet on a kaiser bun with all the fixings).

Cooking Instructions

Deep fry from frozen 4 -5-1/2 minutes at 360F°.

Nutritional Facts

Per 100 g	
Amount	
Calories	300
Fat	18.9 g
Saturated	1.6 g
+trans	0.4 g
Polyunsaturated	n/a g
Omega-6	n/a g
Omega-3	n/a g
Cholesterol	20.4 mg
Sodium	443 mg
Carbohydrate	9.7 g
Dietary Fibre	0.4 g
Sugars	1.4 g
Protein	12.6 g
Vitamin A	6 RE
Vitamin C	2.8 mg
Calcium	12.4 mg
Iron	1.14 mg

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Ingredient Listing

Cod fillets in a batter of: water, toasted wheat crumb, corn starch, corn flour, wheat flour, margarine, soya flour, sugar, salt, baking powder, spice, guar gum and flavour. Browned in pure vegetable oil (canola oil).

Allergen Listing

Wheat, soy, milk

Health Benefits

Source of iron

Specifications

SCC: 100 69299 23225 4
 Case Pack Size 2 x 2 kg = 4 kg
 Average Pc Weight 84 g / 3 oz
 Average Pc Count 40

Case (cm) (LxWxH) 37.3 x 27.8 x 11.1
 Case Cube (cm) 11,510
 Pallet Ti / Hi 10 / 9



build your menu with confidence