

JANES
Foodservice



Janes Lemon
Pepper Cod Fillets



Janes Cod Fillets

Crunchy Cod Fillets

Generous sizing for excellent plate coverage and presentation.

Wild-caught ocean fish.

#23904



Lemon Pepper Cod Fillets

Health Benefits

0 trans fat
Low in saturated fat
Source of iron
Source of omega-3 polyunsaturates
Source of omega-6 polyunsaturates

Allergen Listing

Wheat, Soy

Oven Bake

Nutrition Facts

Serving Size 100 g
Approximately 1 piece

Calories	192.0
Fat	9.96 g
Sodium	465.0 mg
Protein	11 g

Case Pack Size

2 x 2 kg = 4 kg

Average Piece Count

35

Average Piece Weight

84 - 140 g / 4 oz

#23225



Cod Fillets

Health Benefits

Source of iron

Allergen Listing

Wheat, Soy, Milk

Deep Fry

Nutrition Facts

Serving Size 100 g
Approximately 1 piece

Calories	300.0
Fat	18.9 g
Sodium	443.0 mg
Protein	12.6 g

Case Pack Size

2 x 2 kg = 4 kg

Average Piece Count

40

Average Piece Weight

84 g / 3 oz

As a trusted national brand, Janes brings quality products to every table in your restaurant. Janes Foodservice products are convenient and always look and taste fantastic which means your patrons will return time and again for great taste you both can trust.

Visit our website where we offer menu ideas and preparation suggestions that can help you to offer Janes products in a way that will be unique and improve the brand experience you offer your customers.



Taste you Trust

1-800-56-JANES
www.janesfamilyfoods.com