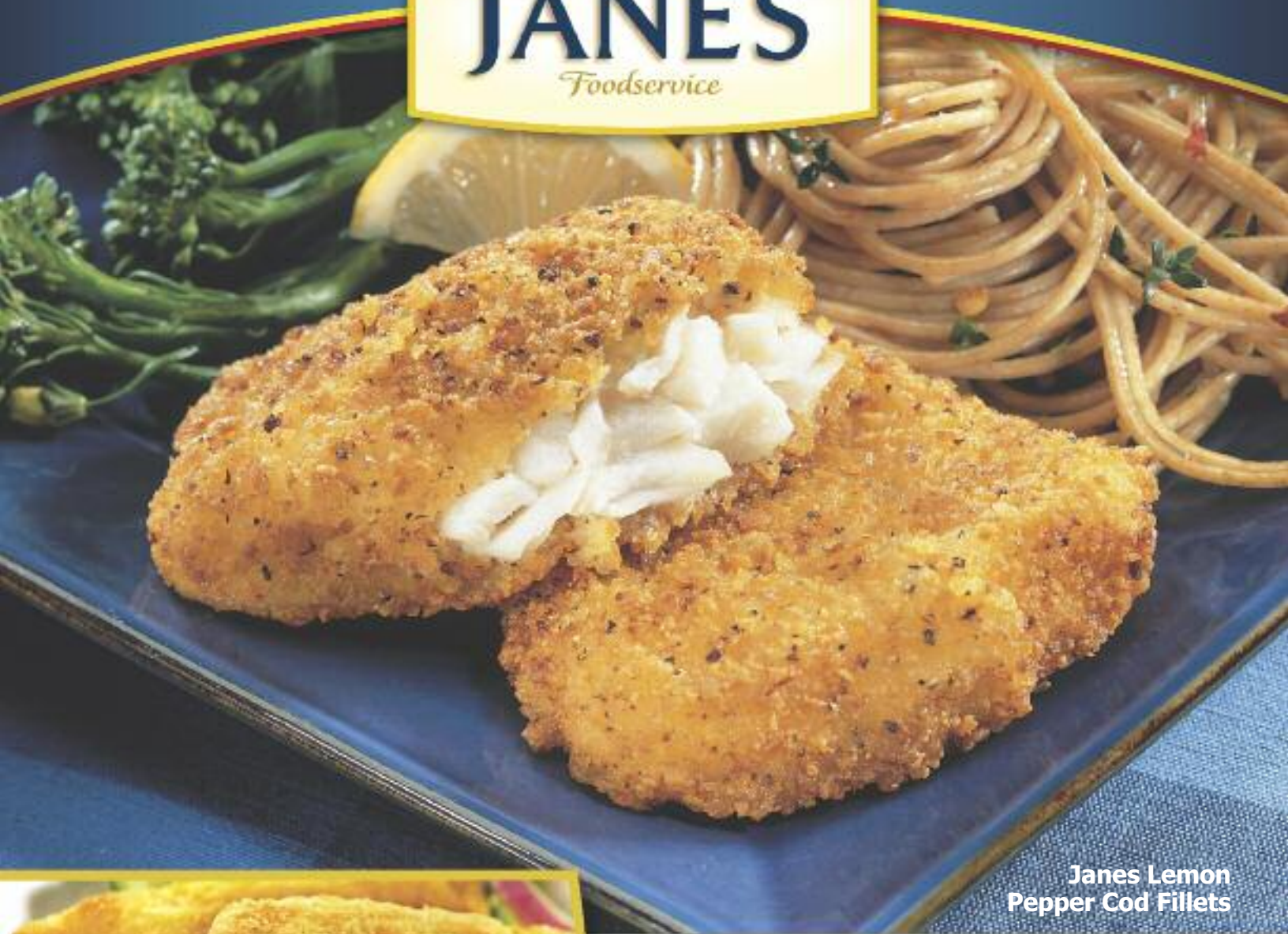


**JANES**  
*Foodservice*



Janes Lemon  
Pepper Cod Fillets



Janes Cod Fillets

## **Crunchy Cod Fillets**

**Generous sizing** for excellent plate coverage and presentation.

**Wild-caught** ocean fish.

#23904



JANES

## 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



JANES

## 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