

Supplier's Product Code :  
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 erudus id :

FGL45PW  
 02 March 2026  
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## Frozen Fully Cooked MSC Lemon Sourdough Crumbed Fish Goujon (5 x 1kg)

Short Product Name:

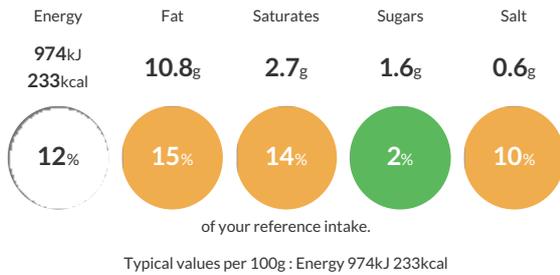
Frozen Fully Cooked MSC Lemon Sourdough Crumbed Fish Goujon

Frozen fully cooked coated natural fish goujon in sourdough breadcrumb with lemon profile, par-fried with canola oil.

Traded Unit GTIN: **19551021300177** Internal GTIN: **9551021300170** Supplier: **Pacific West Foods** Suppliers Product Code: **FGL45PW**

### Reference Intake

Each 100g portion contains:



### Nutritional Information

Typical Values	Per 100g
Energy	974kJ 233kCal
Carbohydrates	23g
of which sugars	1.6g
Fat	10.8g
of which saturates	2.7g
Fibre	1.5g
Protein	10.1g
Salt	0.6g

### Allergy Information

Key: **Contains** **May Contain**

Contains Cereal/Gluten	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	May Contain Crustaceans	Does Not Contain Mustard
Contains Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	May Contain Soya	May Contain Molluscs	Does Not Contain Sulphur Dioxide

### Dietary Information

Key: **Suitable for**

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	Suitable for Halal	NO DATA for Coeliac
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### Ingredients

Pollock (<b>Fish</b>) (50%), Coating [**Wheat</b> Flour, Water, Canola Oil, Thickeners (E1420, E1412, E415), Dried <b>Wheat</b> Sourdough, Sugar, Spices (Garlic, Pepper, Onion), Salt, Starches (Tapioca, Corn), Lemon Powder, Stabiliser (E170i), Rice Flour, Raising Agents (E450, E500), Yeast Extract, Acidity Regulator (E330)].**