

Supplier's Product Code : 756263
Product Added : 12 May 2026
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erudus id : 9ddb66728c0248489556cdd6c28b6323



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Whole South Coast Lemon Sole, dark skin off, trimmed & Head off (6 x 340-454g)

Short Product Name:
Lemon sole

Product Description:
Whole South Coast Lemon Sole, dark skin off, trimmed & Head off (6 x 340-454g)

General Information

Food/Drink :	Food
Product Category :	Chilled
Generic Product Type :	

Brand Information

Brand Owner :	M&J Seafood
Product Code :	756263

Supplier's Product Code :
756263
Supplier: M&J Seafood Ltd
Charbridge Way
Bicester Industrial Park
Bicester
Oxfordshire
OX26 4SW
United Kingdom
P:
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OUTER PRODUCT

Outer case Information

Outer Case GTIN :	Not specified.
Packaging Type Description :	
Total Quantity of Inner Units in Outer Case :	6 Units
Is Trade Item Splittable? :	-

Outer Case Length :	389 mm
Outer Case Width :	290 mm
Outer Case Height :	312 mm
Product Gross Weight :	2.72 kg
Product Net Weight :	2.04 kg

Pallet Information

Quantity of Cases Per Pallet Layer :	1 Cases
Quantity of Layers Per Pallet :	1 Layers
Quantity of Cases Per Pallet :	1 Cases

Pallet Height :	1.00 MTR
Pallet Gross Weight :	Not specified.

Logistical Information

Shelf Life from Time of Production :	3 Days
Guaranteed Shelf Life on Delivery :	Not specified.

Minimum Order Quantity :	Not specified.
Delivery Lead Time :	Not specified.

Waste Packaging Weight - Outer Case

Glass :	0.00 g
Plastic :	0.00 g
Percentage Recycled Plastic :	Not specified.
Paper/Board :	46.00 g

Aluminium :	0.00 g
Steel :	0.00 g
Other :	0.00 g
Wood :	Not specified.
Fibre Based Composite :	Not specified.

Waste Packaging Weight - Transport Packaging

Plastic :	Not specified.
Paper/Board :	Not specified.
Percentage Recycled Plastic :	Not specified.

Wood Total :	Not specified.
Is Pallet Returnable? :	-

Other Information

Supplier Comments :

INNER PRODUCT

Origin Information

Product Country of Origin/Place of Provenance : Other

Additional Origin Details :
Not specified.

Inner Pack Information

Internal GTIN : Not specified.

Packaging Type Description :

Variable Weight Consumer Item : Yes

Net Drained Weight : Not specified.

Inner Unit Length : 391 mm

Inner Unit Height : 300 mm

Inner Unit Width : 300 mm

Inner Product Weight : Not specified.

Inner Product Weight Units : g

Weight/Volume :
Not specified.

Handling Information

Directions For Use :
This is a raw product and therefore must be thoroughly cooked throughout before consuming.

Storage Instructions :
Keep refrigerated.

Dietary Information

Ingredients :

Lemon Sole (*Microstomus kitt*) (**FISH**).

Product contains:

GM Protein/DNA :	No
Celery/Celeriac (and products thereof) :	No
Lupin (and products thereof) :	No
Eggs (and products thereof) :	No
Fish (and products thereof) :	Yes
Soybeans (and products thereof) :	No
Milk (and products thereof) :	No
Mustard (and products thereof) :	No
Peanuts (and products thereof) :	No
Sesame Seeds (and products thereof) :	No
Crustacea (and products thereof) :	No
Molluscs (and products thereof) :	No
Nuts (and products thereof) :	No
Almond nuts :	No
Hazelnuts :	No
Walnuts :	No
Cashew nuts :	No
Pecan nuts :	No
Brazil nuts :	No
Pistachio nuts :	No
Macadamia nuts :	No
Queensland nuts :	No
Cereals Containing Gluten :	No
Wheat (and products thereof) :	No
Rye (and products thereof) :	No
Barley (and products thereof) :	No
Oats (and products thereof) :	No
Spelt (and products thereof) :	No
Kamut (and products thereof) :	No
Gluten content <20ppm :	-
Hydrogenated Vegetable Oil/Fat :	No
Palm Oil :	No
Sulphur Dioxide and Sulphites :	No
Sulphur Dioxide/Sulphites Concentration :	-

Product contains :

Artificial Antioxidants :	No
Artificial Colours :	No
Artificial Flavourings :	No
Artificial Flavour Enhancers :	No
Artificial Preservatives :	No
Artificial Sweeteners :	No

Product suitability:

Suitable for a Vegetarian Diet :	-
Suitable for a Vegan Diet :	-
Suitable for Sufferers of Lactose Intolerance :	-
Suitable for Coeliacs :	-
Approved for a Halal Diet :	No
Approved for a Kosher Diet :	No
HFSS (High in Fat, Salt and Sugar) :	-

Allergen Statement :

Not specified.

Nutritional Information

Average Serving :	Not specified.
Count per 100g :	Not specified.
Count Per Pack :	Not specified.
Energy per 100 G/ML :	351.00 kJ
Energy per 100 G/ML :	83.00 kcal
Fat per 100 G/ML :	1.5 g
- of which Saturates per 100 G/ML :	0.2 g
- of which Mono-unsaturates per 100 G/ML :	Not specified.
- of which Polyunsaturates per 100 G/ML :	Not specified.
Trans Fats per 100 G\ML :	Not specified.
Carbohydrate Per 100 G/ML :	0 g
- of which Sugars per 100 G/ML :	0 g
- of which Polyols per 100 G/ML :	Not specified.
- of which Starch per 100 G/ML :	Not specified.
Fibre per 100 G/ML :	0 g
Protein per 100 G/ML :	17.4 g
Salt per 100 G/ML :	0.2 g
Sodium per 100 G\ML :	0.1 g

Waste Packaging Weight - Inner Unit

Glass :	0.00 g
Plastic :	10.00 g
Percentage Recycled Plastic :	0.00 %
Paper/Board :	0.00 g

Accreditations / Certifications / Assurance Schemes

BRCGS Certified Production :	No
Red Tractor :	-
Fairtrade :	-
Marine Stewardship Council Certified (MSC) :	No
Organic :	No
SALSA (Safe & Local Supplier Approval) :	No
British Lion Mark :	-
RSPCA Assured :	No
LEAF Marque (Linking Environment and Farming) :	-
Rainforest Alliance :	-
Food for Life Supplier Scheme :	No
Quality Meat Scotland :	-
Farm Assured Welsh Livestock :	-
Northern Ireland Beef & Lamb Farm Quality Assurance Scheme :	-
Quality Standard Mark (Beef/Lamb) :	-
Roundtable of Sustainable Palm Oil (RSPO) :	No
School Approved (The Requirement for School Food Regulation 2014) :	No
IFS Food Standard :	No
Best Aquaculture Practices (BAP) Certification :	No
ISO 14001 (Environmental System) :	No
FSSC 22000 :	No

Vitamin A per 100g :	Not specified.
Vitamin C per 100g :	Not specified.
Folate/Folic Acid per 100g :	Not specified.
Calcium per 100g :	Not specified.
Iron per 100g :	Not specified.
Zinc per 100g :	Not specified.
Cholesterol per 100 G/ML (UK/FR) :	Not specified.
Non Milk Extrinsic Sugars per 100gm :	Not specified.
Alcoholic Strength %Vol :	Not specified.
Fat Percentage in Dry Matter per 100g :	Not specified.

Aluminium :	0.00 g
Steel :	0.00 g
Other :	0.00 g
Wood :	Not specified.
Fibre Based Composite :	Not specified.

Other Accreditation :	
No	
Intra Stat/Taric Code :	Not specified.
Commodity Code :	Not specified.
Identification/Health Marks :	GB ON045

Standards Testing

Do you undertake trend analysis of microbiological results?: No

Is shelf life testing undertaken?: No

Microbiological Standards

Not available.

Analytical Standards

Not available.