



**Sustainably-fished
Sardines
in organic
tomato sauce**



120g

Made in Spain

FISH 4 EVER
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in organic tomato sauce

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Our careful catch and pack approach brings you these plump sardines caught by local small boats. We only use traditional artisan methods in our packing and only add 'clean' natural and organic ingredients. Learn more about canned fish you can trust at www.fish4ever.co.uk

Trace your fish: Enter the code at
www.fish4ever.co.uk

Ingredients: **Sardines** (75%), tomato* (14%), extra virgin olive oil* (6%), onion*, garlic*, paprika*, sea salt. * from organic agriculture, certified by CRAEGA ES-ECO-022-GA (total percentage of organic ingredients 24%)

Allergy advice: For allergens, see ingredients in bold

Contains fish

Net weight: **120g** Best before see pack

NUTRITION INFORMATION			Once opened keep refrigerated and consume within two days.	
Servings per package: 2. Serving size: 60g			Per serving	Typical value per 100g
Energy	428kJ/101kcal	5.6g	714kJ/168kcal	9.4g
Fat - Total	1.9g	3.6g	3.17g	6g
of which saturates	1.6g	2.6g		14.6g
Carbohydrates	8.8g	10.6g		1.05g
of which sugars	0.63g	252mg		420mg
Protein				
Salt				
Sodium				
Omega 3				
			1.05g	1.75g

Packed in Spain for Organico Realfoods, 3 City Limits, Reading, RG6 4UP, UK.
Tel: 0118923 8760 www.fish4ever.co.uk
Imported in Australia by First Ray, Suite 173 / 137 Cardigan St, Carlton, 3053 VIC Australia. www.firstray.com.au



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