

FISH 4 EVER

ES
12.00380/PO
CE



Net weight: **120g** Drained weight: **90g** Best before see pack

Allergy advice: For allergens, see ingredients in bold

Contains fish

Ingredients: **Sardines** (75%), extra virgin olive oil* (19%), lemon* (3%), lemon juice* (2%), sea salt (1%), * from organic agriculture, certified by CRAEGA ES-ECO-022-GA (total percentage of organic ingredients 24%)

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

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

Sustainably-fished Sardines in organic olive oil and lemon



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Made in Spain



120g

NUTRITION INFORMATION		Per serving	Typical value per 100g (drained)
Servings per package: 2 - Serving size: 60g (drained weight)			
Energy	496kJ/117kcal	496kJ/117kcal	1033kJ/243kcal
Fat - Total	8.21g	8.21g	17.1g
of which saturates	2.3g	4.82g	less than 2g
Carbohydrates	less than 1g	less than 1g	less than 1g
of which sugars	less than 0.5g	10g	21g
Protein	10g	0.2g	0.52g
Salt	101mg	101mg	210mg
Sodium	1.78g	1.78g	3.7g
Omega 3			

Once opened keep refrigerated and consume within two days.
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 17/3 / 137 Cardigan St, Carlton, 3053 VIC Australia. www.firstray.com.au

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olive oil and lemon