


From: Nick Howell nick.pilchard@gmail.com 
Subject: tomato
Date: 19 March 2024 at 07:56
To: Nick Howell nick@pilchardworks.co.uk

NH

**Tins of Cornish pilchard fillets in rich tomato sauce.
Brand: 'The Pilchard Works'**

Net weight of tins: 95g

Ingredients :

Cornish Pilchard Fillets (75%), water, tomato paste (10%) , vinegar, sugar, salt, onions, rice starch.

Nutrition Information:

Energy kJ/kcal: 671kJ/161kcal **Fat (g):** 9.5g

Protein (g): 17g - **of which saturates (g):** 0

Carbohydrate (g): 1.5g **Fibre (g)** trace

of which sugars (g) traces **Sodium (mg):** 0.40g

Shelf-life: 5 years **Minimum shelf-life on delivery:** 3 years

Recommended Storage Conditions:

Ambient

Intolerance data – If no, please indicate to which ingredient it relates. This product is:

Suitable for vegetarians Y/N Y

Suitable for vegans Y/N N

Free from soya/soya products Y/N Y

Free from wheat/barley/rye Y/N Y

Free from maize Y/N Y

Free from gluten Y/N Y

Free from additives Y/N Y

Free from added colour Y/N Y

Free from artificial colour Y/N Y

Free from nuts/nut oil Y/N Y

Free from genetic modification Y/N Y

Free from preservatives Y/N Y

Free from egg/egg products Y/N Y

Free from milk/milk products Y/N Y

Weight of packaging per retail unit in grams:

Paper: **Plastic:** **Glass:**

Aluminium: 16g **Steel:** **Wood:**

Other (please specify):

Weight of secondary packaging in grams

Paper: 72g **Plastic:** 1g **Other (please specify):**

Weight of tertiary packaging in grams

Paper: **Plastic:** **Other (please specify):**

Nick Howell
"The Pilchard Works"
Ker-Avel,
Rosehill,
Penzance,
Cornwall,
TR20 8TE.
Cornwall
UK

Tel: +44 1736 361 700.
Mob: +44 07809 609 545

E: nick@pilchardworks.co.uk.
www.pilchardworks.co.uk.

British Cured Pilchards Ltd.
Company No. 0154775
VAT No. GB 337 2299 44