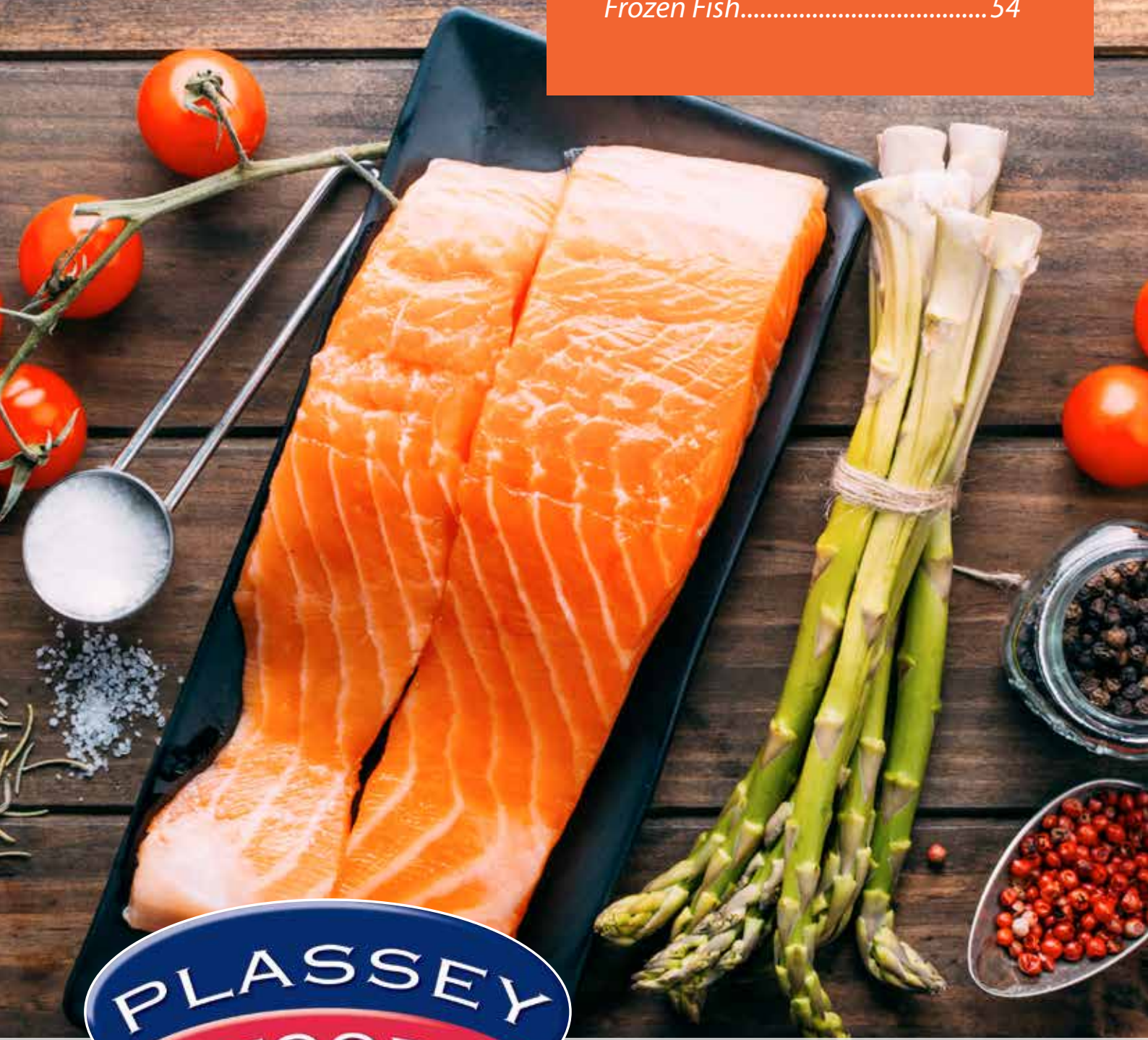


# SEAFOOD

Frozen Fish.....48

Shellfish.....53

Frozen Fish.....54



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# SEAFOOD Frozen Fish



**Frozen At Sea Cod Skinless 5/8**  
**Approx Weight:** 20lb  
**Case:** 40 Pce Approx  
**Code:** **76101**



**Frozen At Sea Cod Skinless 16/32**  
**Approx Weight:** 15lb  
**Case:** 8 Pce Approx  
**Code:** **76102**



**Frozen At Sea Cod 16/32**  
**Approx Weight:** 20lb  
**Case:** 11 Pce Approx  
**Code:** **76002**



**Frozen At Sea Cod 32+**  
**Approx Weight:** 15lb  
**Case:** 6 Pce Approx  
**Code:** **82713**



**Atlantic Cod Fillets S&B 170/200g**  
**Approx Weight:** 4.54kg  
**Case:** 24 Pce Approx  
**Code:** **76005**



**Atlantic Cod S&B 190/220g**  
**Approx Weight:** 4.54kg  
**Case:** 18 Pce Approx  
**Code:** **76006**



**Atlantic Cod Fillet S&B 220/280g**  
**Approx Weight:** 4.54kg  
**Case:** 15 Pce Approx  
**Code:** **76007**



**Atlantic Cod Fillet S&B 280/340g**  
**Approx Weight:** 4.54kg  
**Case:** 15 Pce Approx  
**Code:** **76008**



**Clear Ice Cod Fillet 230/290g**  
**Approx Weight:** 5kg  
**Case:** 18 Pce Approx  
**Code:** **76009**



# SEAFOOD Frozen Fish



**Clear Ice Cod Fillet 280/340g**  
**Approx Weight:** 5kg  
**Case:** 15 Pce Approx  
**Code:** **76012**



**Pacific Cod Fillet 200/225g**  
**Approx Weight:** 4.54kg  
**Case:** 22 Pce Approx  
**Code:** **10082**



**Pacific Cod Fillet 200/280g**  
**Approx Weight:** 4.54kg  
**Case:** 18 Pce Approx  
**Code:** **18014**



**Salmon Portions**  
**Weight/Quantity:** 170g  
**Case:** 170g X 10  
**Code:** **760191**



**Seabass Fillets 90/110g**  
**Approx Weight:** 5kg  
**Case:** 50 Pce Approx  
**Code:** **760271**



**Plaice Fillet Skin On 170/220g**  
**Approx Weight:** 4.54kg  
**Case:** 24 Pce Approx  
**Code:** **40005**



**Plaice Fillets 280/340g**  
**Approx Weight:** 4.54kg  
**Case:** 15 Pce Approx  
**Code:** **76017**



**Hake Fillets 255g**  
**Approx Weight:** 9kg  
**Case:** 35 Pce Approx  
**Code:** **65489**



# SEAFOOD Frozen Fish



**Smoked Coley Fillets 340g**  
**Approx Weight:** 6.35kg  
**Case:** 19 Pce Approx  
**Code:** **25813**



**Smoked Salmon Sliced**  
**Approx Weight:** 1kg Approx  
**Case:** 1kg Approx  
**Code:** **75010**



**Nolans Cod Portions 100g**  
**Approx Weight:** 5kg  
**Case:** 50 Pce Approx  
**Code:** **76030**



**Nolans Cod Portions 85g**  
**Approx Weight:** 5.1kg  
**Case:** 60 Pce Approx  
**Code:** **76029**





**King Prawns In Filo**  
**Weight/Quantity:** 500g  
**Case:** 50g X 10  
**Code:** **76046**



**Wholetail Breaded Scampi**  
**Weight/Quantity:** 454g  
**Case:** 454g X 10  
**Code:** **76033**



**Artic Royal Squid Tubes**  
**Weight/Quantity:** 1kg  
**Case:** 1kg X 10  
**Code:** **10023**



**Pacific West Panko Coated Prawns 21/25**  
**Weight/Quantity:** 500g  
**Case:** 500g X 10pce  
**Code:** **69061**



**Panko Coated Squid Rings**  
**Weight/Quantity:** 700g  
**Case:** 700g X 6  
**Code:** **169**



**Sea Lyons Seafood Mix**  
**Weight/Quantity:** 1kg  
**Case:** 1kg X 10  
**Code:** **760211**





## Pacific West

### Convenience Without Compromise

Over the past 2 decades, Pacific West has grown to become one of the world's foremost suppliers of premium frozen seafood.

They are an innovator offering value added and natural seafood, designed to provide 'convenience without compromise'.



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# SEAFOOD Shellfish



**Argentinian Red Prawns 70/90**  
**Weight/Quantity:** 1kg  
**Case:** 1kg X 10  
**Code:** **7908**



**Prawns 16/20 Raw, Peeled & Devined**  
**Weight/Quantity:** 1kg  
**Case:** 1kg X 10  
**Code:** **76038**



**King Scallop Roe Off**  
**Approx Weight:** 1kg  
**Case:** 1kg X 10  
**Code:** **76044**



**Cooked & Peeled Prawns 90/125**  
**Approx Weight:** 2kg  
**Case:** 2kg x 5  
**Code:** **76042**



**Whole Shell Mussels**  
**Approx Weight:** 5kg  
**Case:** 5kg  
**Code:** **76048**



# SEAFOOD Frozen Fish



**P/West Beer Battered Cod 170/200g**  
**Approx Weight:** 3.7kg Approx  
**Case:** 20 Pce Approx  
**Code:** **842**



**P/West Beer Battered Cod 230/290g**  
**Approx Weight:** 3.9kg Approx  
**Case:** 15 Pce Approx  
**Code:** **230**



**Battered Haddock 200/225g**  
**Approx Weight:** 3.2kg Approx  
**Case:** 15 Pce Approx  
**Code:** **76054**



**Battered Cod 170/200g**  
**Approx Weight:** 4.4kg Approx  
**Case:** 24 Pce Approx  
**Code:** **10030**



**Battered Cod 200/225g**  
**Approx Weight:** 3.2kg Approx  
**Case:** 15 Pce Approx  
**Code:** **10041**



**Battered Cod 225/280g**  
**Weight/Quantity:** 3.8kg Approx  
**Case:** 15 Pce Approx  
**Code:** **10032**



**Breaded Cod 140/170g**  
**Weight/Quantity:** 3.6kg Approx  
**Case:** 24 Pce Approx  
**Code:** **76055**





## Glenmar Shellfish Ltd.

Glenmar Shellfish has been serving the export fishing industry for now over thirty years, and over the last three years particularly Glenmar Shellfish has modernized its approach towards the buying, production and selling to adjust to the rapidly changing face of the fishing industry.

There has been an ambitious move by Glenmar to maximise the quality of the seafood product, investing in new product range of Prawn, Monk and Squid for freezing on board of the vessels .

The result has been outstanding, a premium product frozen and graded on board within 20 minutes of catch, putting a whole new meaning to live frozen products .

Glenmar is proud to have 13 factory vessels landing Premium Frozen at Sea product to us.

Glenmar is now responsible for servicing, handling and processing of 100 vessels directly, investing heavily in advanced technology process, to enable us produce with guaranteed freshness, premium presentation, and exceptional quality.



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**Breaded Plaice 200/225g**  
**Approx Weight:** 3.9kg Approx  
**Case:** 15 Pce Approx  
**Code:** **76057**



**Breaded Cod Burgers**  
**Weight/Quantity:** 100g X 30pce  
**Case:** 100g X 30pce  
**Code:** **76058**



**Catering Fish Fingers**  
**Weight/Quantity:** 25g X 360pce  
**Case:** 25g X 360pce  
**Code:** **76060**



**Breaded Cod Goujons**  
**Weight/Quantity:** 1kg  
**Case:** 1kg X 5  
**Code:** **76059**



## Product Catalogue 2026/2027



[www.plasseyfood.ie](http://www.plasseyfood.ie)

 *Love good food?  
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# Welcome to Plassey Food

## ***Welcome to Plassey Food!***

Plassey Food is a 100% Irish, family owned food distribution company, delivering in Munster, Leinster and Connaught, offering a wide range of fresh, frozen and ambient products from our carefully chosen network of producers - both locally, regional, national and international.

## ***Meeting the needs of our Customers***

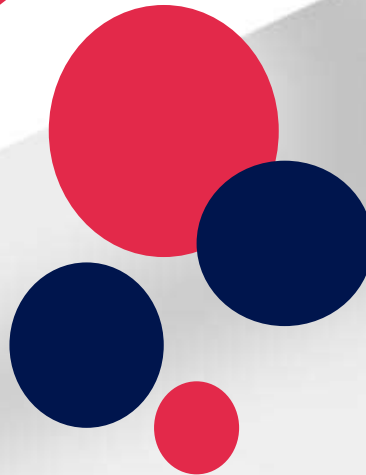
Our fleet of multi-temperature trucks guarantees a professional and efficient service to meet the needs of chefs in hotels, restaurants, bars, catering companies, health care and government institutions, butchers, retailers, education facilities and take-away's.

## ***One-Stop Shop***

With 2500 plus products we present ourselves as a "One-Stop Shop" to the foodservice industry.

 *Love good food?  
Love Plassey Food.*





### ***Our Success***

The key to our success is an efficient and well-organised operation and a great team of highly motivated and hard working people who will go the extra mile for our clients and believe in delivering excellence.

### ***Sourcing Products***

If you are looking for a particular product then please contact Plassey Food, call our Telesales staff on (069) 63500 or contact your regional sales representative and we will assist you in your search to find the required product.

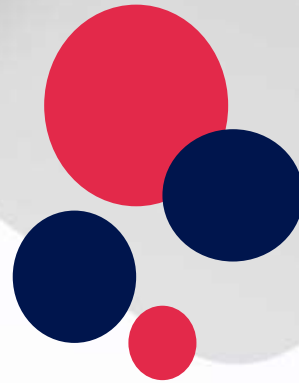
# Customer Service

## *Exceeding our clients' expectations*

Our ultimate goal is to provide our customers, with a quality experience, meeting or exceeding their expectations, with each and every order placed. If you have positive experiences with Plassey Food then please share this with others. However, if your experience with us has not met your expectations, then please let us know.

## *At Plassey Food we love to hear from our customers.*

Please do not hesitate to contact us with any questions, comments and feedback - they are always welcome. Your feedback helps us to improve our organisation and operation. It ensures that we are always delivering the best possible service to you, our customer.



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## *Supporting Irish*

As a 100% Irish owned family business we truly believe in supporting Irish products from Irish suppliers.

But we also care about supporting the local Irish community by creating employment opportunities and support and serve our clients in the best possible way.





# Allergens

In the EU, if any of 14 major food allergens listed below have been added as deliberate ingredients to pre-packed food products, then they must be displayed on the product label. Of these, peanuts, fish, shellfish, egg, tree nuts, milk and gluten are most relevant for the island of Ireland.

Below you will find food ingredients that must be declared as allergens in the EU.

Source: The Food Safety Authority of Ireland (FSAI)

-  **Cereals containing gluten**, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, except:
  - wheat based glucose syrups including dextrose
  - wheat based maltodextrins
  - glucose syrups based on barley
  - cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin.
-  **Crustaceans** and products thereof.
-  **Eggs** and products thereof.
-  **Fish** and products thereof, except:
  - fish gelatine used as carrier for vitamin or carotenoid preparations
  - fish gelatine or Isinglass used as fining agent in beer and wine.
-  **Peanuts** and products thereof.
-  **Soybeans** and products thereof, except:
  - fully refined soybean oil and fat
  - natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources
  - vegetable oils derived phytosterols and phytosterol esters from soybean sources
  - plant stanol ester produced from vegetable oil sterols from soybean sources.
-  **Milk** and products thereof (including lactose), except:
  - whey used for making alcoholic distillates including ethyl alcohol of agricultural origin
  - lactitol
-  **Nuts**, namely: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*), and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin.
-  **Celery** and products thereof.
-  **Mustard** and products thereof.
-  **Sesame seeds** and products thereof.
-  **Sulphur dioxide and sulphites** at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO<sub>2</sub> which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers.
-  **Lupin** and products thereof.
-  **Molluscs** and products thereof.

**Contact Plassey Food if you have any questions or require more information about allergens information relating to our product range.**



Plassey Food is part of the  
Unitas Wholesale Family

Unitas Wholesale is a new company that has come out of the merger of wholesale buying groups Landmark Wholesale Ltd and Today's Wholesale Services Ltd.

Plassey Food will be part of Unitas Foodservice:

'the Independent Group for Independents'

Turnover of nearly £9bn

Members throughout the UK

Plassey Food is the only member in ROI

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# Symbols Key



Order before 2pm



Product of Isle of Ireland



Halal product



Frozen product



Oven bake product



Gluten free product



Bake-off product



Deep fry product



Bord Bia Quality Mark



Thaw & serve



Pre-portioned



Lead time required

## DISCLAIMER

All prices in this catalogue are subject to change without notice. Whilst we make every effort to provide you the most accurate, up-to-date information, errors may occur. In the event a product is listed at an incorrect price, Plassey Food shall have the right to refuse or cancel any orders placed for products listed at the incorrect price.