



FINE FOODS

FLATHEAD TAILS

in Beer Batter



FREE FROM
GMO INGREDIENTS



A GOOD SOURCE
OF OMEGA 3



NO ARTIFICIAL FLAVOURS,
COLOURS OR PRESERVATIVES



COOKED IN CHOLESTEROL FREE
RICE BRAN OIL



FLATHEAD TAILS

in Beer Batter



Courtgem is an Australian family owned company that manufactures a fine range of Heat and Serve products and have been supplying the Foodservice industry since 1989.

NUTRITIONAL INFORMATION

	Per 100g
Energy	760kJ
Protein	14.1g
Fat - total	6.6g
- saturated	1.3g
Carbohydrates	16.0g
- sugars	5.0g
Sodium	235mg

Ingredients: Fish Flathead (Imported) (48%), Batter (Water, Wheaten Flour, Maize Starch (1404), Maize Flour, Rice Bran Oil, Sugar, Salt, Pre-Gelatinized Wheat Starch, Baking Powder (541, 500), Hydrolyzed Vegetable Protein, Maltodextrin [Wheat], Stabilizers (339, 405), [Thickeners (401), Calcium Sulphate], Vegetable Gums (412, 415), Beer, Spices).

Contains Gluten

Deep Fry from Frozen: 4–5 mins at 180°C or until golden brown.

Oven from Frozen: Preheat oven to 220°C and bake for approximately 20 mins, turning the product over once.

CARTON SIZE	PALLET CONFIGURATION
3x1kg	9 x 12 (108)

Produced in Australia from Local & Imported Ingredients



COURTGEM PTY. LTD.

Courtgem Pty Ltd
20 Longview Court
Thomastown VIC 3074
Ph: (03) 9466 2077
Fax: +61 3 9466 2585
www.courtgem.com.au

Available from: