

# Prepared

Delicious and easy to cook ready meals and complements.



## Golden Cod

Pack: 240g | Master: 6x240g



## Cod with Spinach

Pack: 350g | Master: 6x350g



## Spiritual Cod

Pack: 350g | Master: 6x350g



## Roasted Octopus

Pack: 300g | Master: 6x300g



## Duck Rice

Pack: 300g | Master: 6x300g



## Squids with Cream

Pack: 350g | Master: 6x350g



## Beef Burgers

Pack: 300g | Master: 8x300g



## Portuguese Cabbage

Pack: 250g | Master: 8x250g



## Surimi Sticks

Pack: 250g | Master: 40x250g



**Breaded Wild Pink Shrimp**  
Pack: 300g | Master: 6x300g



**Breaded Cape Hake Fillets**  
Pack: 400g | Master: 9x400g



**Hake Fish Fingers**  
Pack: 300g | Master: 12x300g



**Codfish Delights**  
Pack: 300g | Master: 6x300g



**Pre-fried Potatoes**  
Pack: 1kg | Master: 10x1kg



**Meat Croquettes**  
Pack: 350g | Master: 6x350g



**Codfish Cakes**  
Pack: 350g | Master: 6x350g



**Shrimp Rissoles**  
Pack: 350g | Master: 6x350g



**Stuffed Squids**  
Pack: 250g | Master: 6x250g



**Peeled Shrimps**  
Pack: 250g | Master: 16x250g



**Seafood Cocktail**  
Pack: 250g | Master: 16x250g



**Mussel Meat**  
*Mytilus spp*  
Pack: 250g | Master: 16x250g



**Clam Meat**  
*Paphia undulata*  
Pack: 250g | Master: 16x250g



**White Clam**  
*Spisula solida*  
Pack: 1kg | Master: 6x1kg