

Chilled



Captain Cook
Skinless Boneless Saltfish
10x250g-237935 / 8x250g-238224 (HB)



Captain Cook
Skinless Boneless Saltfish
12 x 400g - 239329



Captain Cook
Salted Cod Fillets
10x250g-238461 / 8x250g-238225 (HB)



Captain Cook
Salted Cod Fillets Jumbo
6 x 350g - 238397



Captain Cook
Whole Smoked Mackerel
1 x 6kg - 237225



Captain Cook
Whole Smoked Herring
1 x 6kg - 237226



Captain Cook
Loose Herring (Box)
1 x 6kg - 237227

CAPTAIN
COOK



Cawoods
Skinless Boneless Saltfish
10 x 200g - 101823



Blue Ocean
Skinless Boneless Saltfish
10 x 275g - 210080



Cawoods
Cod Skinless Boneless
10 x 200g - 120203



Cawoods
Cod Cutlets
16 x 150g - 224799



Colombos
Skinless Boneless Saltfish
10 x 250g - 234577



Colombos
Cod Skinless Boneless
10 x 250g - 101513



Hard Herring
1 x 2.5kg - 235318



Salted Tilapia
1 x 2.5kg - 227322



Salted Pig Tails
1 x 10's - 150119



Beef packet
10 x 10's - 150980



Ghana Best
Corn Dough
10 x 1kg - 101365 / 5 x 2kg - 100968



Ghana Best
Cassava Dough
10 x 1kg - 237192 / 5 x 2kg - 100967