

OUR SUSTAINABILITY POLICY

SUSTAINABILITY

Sustainability is the long-term maintenance of responsibility, which has environmental, economic, and social dimensions, and encompasses the concept of stewardship, the responsible management of resources.

Please turn over to read all about what steps we take to make sure we care for our environment!

23 Oakleigh Drive, Orton Longueville
Peterborough PE2 7BG
01733 235161

Unit 3 Bellona Drive, Cardea,
Peterborough PE2 8GP
01733 303239

www.fishtasticfood.co.uk

FACTS ABOUT OUR FISH & CHIPS SUSTAINABILITY

1. All of our fish comes from sustainable fishing grounds.
2. We use only wild fish (Not farmed) Frozen fresh at sea. Our intention is to purchase only the finest quality fish from our recognised and respected fish merchants. Smales and Mannin Fish guarantee that the fish they supply to us at Fishtastic has been sourced responsibly and sustainably from well managed fishing grounds. We tend to favour the Ocean Brand or Atlantika Brands trawlers as these have MSC (Marine Stewardship Certification) so we know we are doing our bit for the environment. We are so enthusiastic and committed about helping the environment we got our suppliers to supply us with covering letters to confirm the products supplied to our takeaway are sourced from sustainable stocks.
3. We only use fresh potatoes from Cambridgeshire so they have travelled fewer miles. They are prepared daily on the premises.
4. We use a thick cut chip for lower absorbency of oil to provide a healthier product. This has helped us get our product tested for nutritional value, OUR FISH, CHIPS AND PEAS contain only 6% FAT.
5. We use only vegetable oil (palm oil) free from additives, low in trans fat, contains no hydrogenated fats, no nut produce.
6. Our oil is cleaned twice a day every day and replaced regularly its collected and converted into fuel.
7. We regularly try to support the British fishing industry by sourcing weekly specials like fresh fish Hake, lemon sole, turbot, etc.
8. Our packaging is picked for environmental issues so we use cardboards and paper rather than polystyrene and plastics.
9. We split all our waste in to food/ recycling and general waste. Our landfill waste has been reduced by more than 50% in the last year. We are still looking at ways to reduce this further whilst maintaining high standards. (Our food waste is recycled into electricity)
10. We have saved 1/5th off our electricity use, just by being extra careful of how we use this resource.

WE AREN'T PERFECT BUT WE ARE TRYING TO DO OUR BIT FOR THE ENVIRONMENT SO HELP US BY DOING YOUR BIT. WE STRIVE TO PROVIDE A PRODUCT OF UNIQUENESS WHERE QUALITY IS THE KEY.

SHOULD YOU HAVE ANY QUERIES ABOUT OUR PRODUCT PLEASE ASK A MEMBER OF OUR STAFF THEY WILL BE MORE THAN HAPPY TO HELP.

**FISHTASTIC**

ALLERGENS INFORMATION

Here at Fishtastic transparency is important. We want to give you as much information as possible about our products, which is why we've put this leaflet together for you.

Overleaf you will see details of allergens that you may come across in our products.

We have worked through our products especially for you, but if you are still unsure please ask us before placing any orders. Your health and safety is of utmost importance to us.

Thanks
Team Fishtastic

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14 Allergens and our products that contain them:-

1. **Celery**- Curry Sauce, Gravy, Chicken/mushroom pie, Calamari.
2. **Cereals containing gluten**- Homemade Fishcakes/ Regular Fishcakes, All Batter products, Curry Sauce, Gravy, Bread rolls, Chicken Breast/Leg, Burgers, Sausages, Chicken Burgers, Chicken chunks, All Pies, Scampi, Cheese and onion Patties, Calamari, Vegetable Spring Rolls, onion rings.
3. **Crustaceans** - Scampi.
4. **Eggs**- Mayonnaise, Homemade Tartar Sauce
5. **Fish**- Cod, Haddock, Plaice, Rock, Regular fishcakes, Homemade fishcakes, Fishbites.
6. **Lupin**- No products contain
7. **Milk**- Cheese and onion Patties, Regular Fishcakes
8. **Molluscs**- Calamari, Scampi (Crustaceans)
9. **Mustard**- Regular Fishcake, Curry Sauce
10. **Nuts**- No products contain
11. **Peanuts**- No products contain
12. **Sesame seeds**- No products contain
13. **Soya**- Calamari, Vegetable Spring Rolls, Chicken/mushroom pie, Chicken Fillet Burger, Sausages, Gravy.
14. **Sulphur dioxide**- Sausages

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