

As advisors we refuse to sell these endangered species.



Parrotfish

Alternatives

- Native Red Mullet
- Gurnard
- Gilt Head Bream, Global GAP or BAP certified
- Tilapia ASC or BAP certified



Shark

Alternatives

- Swordfish – Indian Ocean line caught
- Yellowtail Kingfish – ASC or BAP certified
- Farmed Sturgeon



Marlin

Alternatives

- Swordfish – Indian Ocean line caught
- Albacore Tuna
- Yellowtail Kingfish – ASC or BAP certified



Pacific Bluefin Tuna

Alternatives

- Yellowfin Tuna from Maldivian pole, line fishery and Oman fishery
- Albacore Tuna
- MSC Yellowfin Tuna
- Yellowtail Kingfish ASC or BAP certified
- Atlantic Bluefin Tuna



Wild Atlantic Salmon

Alternatives

- Farmed Salmon
- Arctic Char
- Trout (ChalkStream®)
- Large Sea Reared Trout

AVOID the following SPECIES.



Eel

Alternatives

- Make sure you use SEG (Sustainable Eel Group) farmed certified product only



Grouper

Alternatives

- Farmed Grouper
- Farmed Gilt Head Bream Global GAP or GAA certified
- Farmed Barramundi Global GAP certified
- Mahi Mahi
- Thick cut Cod loin



Skate

Alternatives

- Spotted or Thornback Ray from specific small UK fisheries, rated 3 by MCS
- USA Long Nose Skate from west coast fisheries rated "good choice" by Seafood Watch



Grey Mullet

Alternatives

- Farmed Gilt Head Bream Global GAP or BAP certified
- MSC Hake
- Farmed Bass Global GAP or BAP certified
- Stone Bass Global GAP certified
- MSC Coley



Ling

Alternatives

- MSC Cod
- MSC Hake
- MSC Coley



Dogfish

Alternatives

- Swordfish – Indian Ocean line caught
- Yellowtail Kingfish – ASC or BAP certified
- Farmed Sturgeon