

# 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
- Artic 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