



FRESH FISH RANGE

PRODUCT BROCHURE



OUR FRESH FISH RANGE

We are proud to have The World Famous Brixham Fish Market right on our doorstep, which lands the best quality fish and seafood in the world. It is our main supply and offers the finest and most varied stocks in the UK.

For more information and prices, please contact your Account Manager.



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Round Fish

Cod	Sea Bass	John Dory	Black Bream	Mackerel	Ling
Haddock	Monkfish	Red Mullet	Sardine	Pollock	Whiting
Hake	Gurnard	Grey Mullet	Herring	Coley	Pouting



Flat Fish

Turbot	Plaice	Lemon Sole	Witch Sole
Brill	Dover Sole	Megrim Sole	Skate Wing



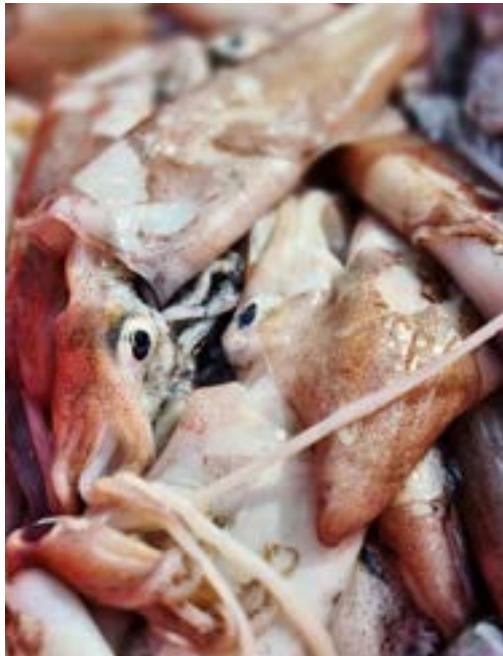
Flat fish are very popular for cooking whole in the kitchen, whether this is grilling, pan-frying or baking in the oven. Each fish have their own unique flavour, and this might alter the cooking method you choose.

Cephalopods

Cuttlefish

Squid

Octopus



The word 'Cephalopod' means 'head foot' in the Greek language, which references the way this species has a head that connects to many arms.

Live Shelffish

Cock Crab

Spider Crab

Native Lobster

Spiny Lobster

Whelk

Hen Crab

Velvet Crab

Canadian Lobster

Mylor Prawn

Winkle



Exotic

Swordfish

Tuna

Red Snapper

Other

Gilt Head Bream

Sand Sole

Sprat

Anchovy

Skrei Cod

Couches Bream

Flounder

Scad

Weever

Dab



OUR FARMED RANGE

Sea Bass

Stone Bass

Salmon

Sea Reared Trout

Kingfish

Gilt Head Bream

Halibut

Chalkstream Trout

Rainbow Trout

Turbot



FRESH FISH PREPARATIONS

Let Us Do the Work for You!



Fillet Only



Fillet & Skin



Descale, Fillet & Pin Bone



Butterfly



V-Bone



Goujon



Portion



Steak



Trim Fins



Full Trim



Clean



Frames

All Preparations

Pin Bone	Fillet Only	Descale	Full Trim
V-Bone	Fillet & Frames	Descale & Pin Bone	Full Trim Split
Flickbone	Fillet & Skin	Descale & V-Bone	Full Trim Skin Both
Butterfly	Fillet, Skin & Pin Bone	Descale Fillet & Pin Bone	Full Trim Back Skin
Loin	Skin Only	Gut	Full Trim & Gut
Portion	Skin & Pin Bone	Gut & Descale	Trim Fins
Steak	Skin & Flickbone	Gut & Head Off	Trim Fins & Split
Goujon	Skin & V-Bone	Gut & Trim Fins	Trim Fins & Back Skin
Clean	Canoe	Gut, Trim & Gill	Trim Fins & Skin Both