

# SEAFOOD SEASONALITY CHART

This guide gives you an indication of when species are generally available. The seasonality of fish varies around the UK and is affected by the weather, changing temperatures, market prices, transport and other availability issues. We suggest being flexible as there are always alternatives, and our team are here to discuss your options.



## WILD FISH

SPECIES	TYPE	AVAILABLE AS	SEASONALITY												SOURCED	
			DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV		
Anchovy	Round	Fresh								★						South Coast Markets
Bream – Black	Round	Fresh								★						South Coast Markets
Bream – Couches	Round	Fresh									★					South Coast Markets
Bream – Gilt Head	Round	Fresh									★					South Coast Markets
Brill	Flat	Fresh												★		South Coast Markets
Cod	Round	Fresh, Frozen <small>MSC</small>	★													South Coast Markets, Other
Cod – Skrei	Round	Fresh <small>MSC</small>				★										Norway
Coley	Round	Fresh <small>MSC</small>											★			South Coast Markets, Other
Cuttlefish	Cephalopod	Fresh		★												South Coast Markets
Dab	Flat	Fresh						★								South Coast Markets
Flounder	Flat	Fresh				★										South Coast Markets
Gurnard	Round	Fresh												★		South Coast Markets
Haddock	Round	Fresh, Frozen <small>MSC</small>										★				South Coast Markets, Other
Hake	Round	Fresh, Frozen <small>MSC</small>								★						South Coast Markets, Other
Herring	Round	Fresh <small>MSC</small>									★					South Coast Markets
John Dory	Round	Fresh, Frozen											★			South Coast Markets
Ling	Round	Fresh												★		South Coast Markets, Other
Mackerel	Round	Fresh									★					South Coast Markets, Other
Monkfish	Round	Fresh, Frozen						★								South Coast Markets
Mullet – Grey	Round	Fresh										★				South Coast Markets
Mullet – Red	Round	Fresh, Frozen											★			South Coast Markets
Octopus	Cephalopod	Fresh, Frozen										★				South Coast Markets
Plaice	Flat	Fresh, Frozen <small>MSC</small>									★					South Coast Markets
Pollock	Round	Fresh, Frozen <small>MSC</small>			★											South Coast Markets, Other
Pouting	Round	Fresh		★												South Coast Markets
Sardine	Round	Fresh, Frozen <small>MSC</small>											★			South Coast Markets
Scad (Horse Mackerel)	Round	Fresh								★						South Coast Markets
Sea Bass (Wild)	Round	Fresh								★						South Coast Markets
Sole – Dover	Flat	Fresh											★			South Coast Markets
Sole – Lemon	Flat	Fresh, Frozen				★										South Coast Markets
Sole – Megrim	Flat	Fresh			★											South Coast Markets
Sole – Witch	Flat	Fresh			★											South Coast Markets
Sole – Sand	Flat	Fresh												★		South Coast Markets
Sprat	Round	Fresh, Frozen <small>MSC</small>			★											South Coast Markets
Squid	Cephalopod	Fresh, Frozen												★		South Coast Markets, Other
Turbot	Flat	Fresh						★								South Coast Markets
Whiting	Round	Fresh	★													South Coast Markets

## FARMED FISH

Bream – Gilt Head	Round	Fresh <small>ASC GAP</small>														Mediterranean
Halibut	Flat	Fresh, Frozen <small>GAP</small>		★												Scotland, Norway, Atlantic
Kingfish – Hiramasa	Round	Fresh, Frozen <small>ASC BAP</small>		★												Netherlands
Salmon	Round	Fresh, Frozen <small>ASC GAP RSPCA</small>	★													Scotland, Norway
Sea Bass	Round	Fresh, Frozen <small>ASC GAP</small>											★			Mediterranean
Stone Bass (Meagre)	Round	Fresh <small>GAP</small>														Mediterranean
Trout – ChalkStream®	Round	Fresh <small>GAP RSPCA</small>														Hampshire
Trout – Rainbow	Round	Fresh <small>GAP</small>														Salisbury
Trout – Sea Reared	Round	Fresh <small>GAP</small>														Norway
Turbot	Flat	Fresh <small>GAP BAP</small>		★												Spain

## SHELLFISH

Clam – Razor	Mollusc	Live			★											Scotland
Clam	Mollusc	Live, Frozen <small>MSC</small>												★		Dorset, Other
Cockle	Mollusc	Live, Frozen <small>MSC</small>												★		Dorset, Other
Crab – Brown	Crustacean	Live, Frozen				★										South Coast Markets
Crab – Spider	Crustacean	Live							★							South Coast Markets
Langoustine	Crustacean	Live, Fresh, Frozen													★	Scotland
Lobster – Canadian	Crustacean	Live <small>MSC</small>	★													Canada
Lobster – Native	Crustacean	Live, Frozen									★					South Coast Markets
Mussel	Mollusc	Live, Frozen <small>MSC</small>		★												Cornwall, Scotland
Oyster	Mollusc	Live, Frozen													★	Colchester, Cornwall
Prawn – Torbay	Crustacean	Live													★	South Coast Markets, Other
Scallop – Native	Mollusc	Live, Fresh, Frozen											★			South Coast Markets, Other
Sea Urchin	Echinoderm	Live													★	Iceland
Whelk	Mollusc	Live, Frozen							★							South Coast Markets
Winkle	Mollusc	Live									★					South Coast Markets

## EXOTIC FISH

Red Snapper	Round	Fresh, Frozen														Pacific Ocean, Indian Ocean
Swordfish	Round	Fresh, Frozen			★											Indian Ocean
Tuna – Yellow Fin	Round	Fresh, Frozen <small>MSC</small>								★						Indian Ocean