



**9393** Mussels



**7526** Smoked Haddock Fillets



**8728** Blanchebait



**8469** Crevettes



**6985** Smoked Salmon

### SEAFOOD-ASSORTED - ASSORTED

CODE	PRODUCT NAME	SIZE	PRICE	
<b>1768</b>	Crabmeat	454g	POA	◆
<b>8469</b>	Crevettes 30/40 - Cooked	2kg	POA	◆
<b>7118</b>	Hot Smoked Mackerel Fillets 140-200g	3kg	POA	◆
<b>4266</b>	Kipper Fillets - Boned 200-250g	3kg	POA	◆
<b>3883</b>	Mussel Meat	454g	POA	◆
<b>4331</b>	Peeled Jumbo Scampi <b>NEW!</b>	454g	POA	◆
<b>5961</b>	Seafood Cocktail	1kg	POA	◆
<b>7526</b>	Smoked Haddock Natural Fillets 340+g	3kg	POA	◆
<b>4420</b>	Smoked Haddock Portions 80-130g	1 x 24	POA	◆
<b>6985</b>	Smoked Salmon Side Sliced	1kg	POA	◆
<b>2641</b>	Squid Tubes U5	1kg	POA	◆

◆ Nett Price

### MUSSELS

CODE	PRODUCT NAME	SIZE	PRICE	
<b>2108</b>	Moules Marinières	10 x 450g	POA	◆
<b>9393</b>	Mussels in Flatpack	5 x 1kg	POA	◆

### SEAFOOD - COATED SPECIALITIES

CODE	PRODUCT NAME	SIZE	PRICE	EACH
<b>8728</b>	Blanchebait [Approx. 47]	454g	£4.50	£0.10
<b>2976</b>	Cod Goujons Beer Battered [Approx. 42]	1kg	£13.90	£0.33
<b>8373</b>	Cod Goujons Breaded [Approx. 35]	1kg	£12.75	£0.36
<b>9444</b>	Gurnard Beer Battered [Approx. 18]	1kg	£18.95	£1.05
<b>7024</b>	Plaice Goujons Breaded [Approx. 49]	1kg	£16.50	£0.34
<b>8394</b>	Squid Rings Battered [Approx. 32]	500g	£3.40	£0.11
<b>4231</b>	Squid Rings Panko Coated [Approx. 24]	700g	£19.15	£0.80
<b>5581</b>	Squid Salt & Pepper [Approx. 55]	1kg	£22.70	£0.41
<b>3506</b>	Whitebait	454g	£4.20	

**6832** Panko Breaded Torpedo Prawns**7949** Wholetail Scampi**2997** Prawns**PRAWNS - COATED**

CODE	PRODUCT NAME	SIZE	PRICE	EACH
<b>8745</b>	Breaded Butterfly King Prawns [Approx. 30]	500g	£12.50	£0.42
<b>5442</b>	Chilli Mango Prawns [Approx. 20]	500g	£13.50	£0.68
<b>1846</b>	Hot n Spicy Breaded Prawns [Approx. 30]	450g	£10.50	£0.35
<b>8837</b>	King Prawn in Filo Pastry [Approx. 30]	500g	£13.00	£0.43
<b>6832</b>	Panko Breaded Torpedo Prawns [Approx. 23]	500g	£13.50	£0.59
<b>2882</b>	Prawn Twisters [Approx. 34]	800g	£16.95	£0.50

**KING PRAWNS - RAW & DEVEINED**

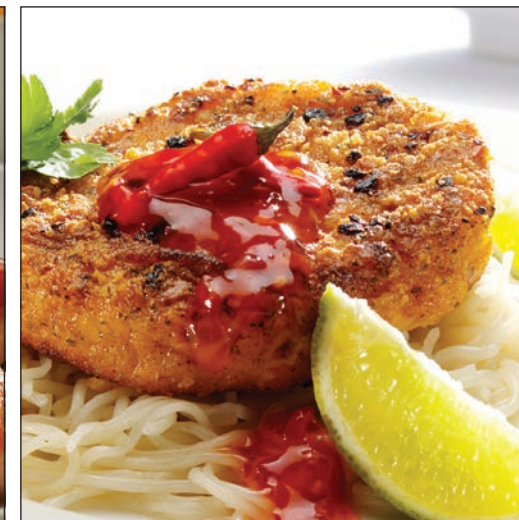
CODE	PRODUCT NAME	SIZE	PRICE
<b>1721</b>	King Prawns Peeled Medium IQF [Approx. 36]	1kg	POA
<b>9483</b>	King Prawns Peeled Large IQF [Approx. 28]	1kg	POA
<b>2762</b>	King Prawns Peeled X Large IQF [Approx. 16]	1kg	POA

**PRAWNS - COOKED & PEELED COLD WATER**

CODE	PRODUCT NAME	SIZE	PRICE
<b>2997</b>	Prawns - Large - 10% Glaze - Arctic Royal	2kg	POA
<b>6479</b>	Prawns - Medium - 12% Glaze - Sterling <b>CASE DEAL!</b>	5 x 2kg	POA
<b>3004</b>	Prawns - Medium - 12% Glaze - Sterling	2kg	POA
<b>7045</b>	Prawns - Medium - 22% Glaze - Sterling	2kg	POA

**SCAMPI - BREADED**

CODE	PRODUCT NAME	SIZE	PRICE	EACH
<b>4555</b>	Formed Scampi [Approx. 32]	450g	£6.90	£0.22
<b>7949</b>	Sterling Wholetail Scampi <b>CASE DEAL!</b>	10 x 454g	£56.80	£5.68
<b>5251</b>	Sterling Wholetail Scampi - Whitby [Approx. 32]	454g	£7.90	£0.25
<b>1203</b>	Whitby Wholetail Scampi [Approx. 32]	450g	£12.50	£0.39
<b>6600</b>	Whitby Wholetail Scampi <b>CASE DEAL!</b>	10 x 450g	£99.50	£9.95

**5544** Fish Fingers**9325** Beer Battered Cod**3378** Salmon Fillet Supreme**6025** Thai Cod & Prawn Luxury Fishcakes**FISH - COATED**

CODE	PRODUCT NAME	SIZE	PRICE	
<b>4676</b>	Battered Cod 140-170g	1 x 24	POA	◆
<b>3771</b>	Battered Cod 170-200g	1 x 18	POA	◆
<b>9926</b>	Battered Cod 200-230g	1 x 15	POA	◆
<b>5157</b>	Battered Cod 230-290g	1 x 15	POA	◆
<b>1582</b>	Battered Cod 80-110g	1 x 30	POA	◆
<b>7855</b>	Battered Haddock 230-290g	1 x 15	POA	◆
<b>9325</b>	Beer Battered Cod Fillets 200-230g	1 x 6	POA	◆
<b>1218</b>	Beer Battered Cod Fillets 230-290g	1 x 15	POA	◆
<b>9578</b>	Breaded Haddock 140-170g	1 x 24	POA	◆
<b>1554</b>	Breaded Plaice 200-230g	1 x 15	POA	◆
<b>7514</b>	Breaded Plaice 230-290g	1 x 15	POA	◆

**FISH CAKES & FISH FINGERS**

CODE	PRODUCT NAME	SIZE	PRICE	EACH
<b>2881</b>	Breaded Fish Fingers	2 x 60 x 25g	£25.80	£0.22
<b>6726</b>	Fish Cakes Jumbo	24 x 113g	£10.90	£0.45

◆ Nett Price

**FISH CAKES & FISH FINGERS**

CODE	PRODUCT NAME	SIZE	PRICE	EACH
<b>1978</b>	Fish Cakes	30 x 85g	£12.50	£0.42
<b>5544</b>	Fish Fingers Jumbo Battered	36 x 70g	£33.50	£0.93
<b>5121</b>	Fish Fingers Jumbo Breaded	60 x 56g	£21.50	£0.36

**FISHCAKES - PREMIUM**

CODE	PRODUCT NAME	SIZE	PRICE	EACH
<b>8812</b>	Prawn, Hake & Chilli Fishcakes Cape hake fillet, North Atlantic prawns, potato, onion, garlic and a hint of red chilli shaped then dusted with the lightest of batters.	24 x 60g	£19.85	£0.83 ◆
<b>4355</b>	Smoked Haddock & Spring Onion Fishcakes Natural smoked haddock fillet, potato, spring onion, Gruyère cheese, red Cheddar and Parmesan, shaped and coated in the lightest of batters.	24 x 60g	£19.85	£0.83 ◆
<b>2853</b>	Smoked Haddock Fishcakes A blend of flaked smoked haddock and real potato in a natural crispy crumb.	24 x 114g	£27.20	£1.13 ◆
<b>5345</b>	Spicy Crab Cakes Mixed crabmeat, spring onion, potato and chilli shaped then coated in a fine crumb.	24 x 56g	£18.50	£0.77 ◆
<b>6025</b>	Thai Cod & Prawn Luxury Fishcakes A blend of cod and prawns blended with real potato and Thai spices in a natural crispy crumb.	24 x 114g	£28.00	£1.17 ◆



**7805** Cod Loins



**1742** Swordfish Loins



**7768** Red Snapper Fillet



**4440** Seabass Fillets

**FISH - IQF FILLETS BONELESS**

CODE	PRODUCT NAME	SIZE	PRICE
<b>6951</b>	Cod Fillet 140-170g Skinless	1 x 29	POA
<b>8300</b>	Cod Fillet 170-200g Skinless	1 x 24	POA
<b>2204</b>	Cod Fillet 200-230g Skinless	1 x 22	POA
<b>8801</b>	Cod Fillet 230-290g Skinless	1 x 17	POA
<b>2317</b>	Cod Fillet 290-350g Skinless	1 x 14	POA
<b>5601</b>	Haddock Fillet 227-284g Skinless	1 x 17	POA
<b>7139</b>	Haddock Fillet 230-290g Skin-on	1 x 18	POA
<b>9649</b>	Plaice Fillet 230-290g Skin-on	1 x 18	POA
<b>4477</b>	Plaice Fillet 290-340g Skin-on	1 x 15	POA
<b>5236</b>	Plaice Fillet 340-395g Skin-on <b>NEW!</b>	1 x 15	POA
<b>3128</b>	Plaice Fillet 340-400g Skin-on	1 x 12	POA
<b>5013</b>	White Fish Fillet 180-210g Skinless	1 x 22	POA
<b>3808</b>	White Fish Fillet 210-240g Skinless	1 x 17	POA

**FISH - STEAKS & SUPREMES**

CODE	PRODUCT NAME	SIZE	PRICE
<b>7805</b>	Cod Loins 170-200g	1 x 10	POA
<b>7549</b>	Cod Loins 200-230g <b>NEW!</b>	1 x 10	POA

**FISH - STEAKS & SUPREMES**

CODE	PRODUCT NAME	SIZE	PRICE
<b>2289</b>	Halibut Steaks 170-230g	1 x 10	POA
<b>7906</b>	Red Mullet Fillets 40-80g	1 x 16	POA
<b>7768</b>	Red Snapper Fillets 170-230g <b>NEW!</b>	1 x 20	POA
<b>3378</b>	Salmon Fillet Supremes 140-170g	1 x 10	POA
<b>4725</b>	Salmon Fillet Supremes 170-200g	1 x 10	POA
<b>4440</b>	Seabass Fillets 100-140g	1kg	POA
<b>1742</b>	Swordfish Loins 170-230g	1 x 10	POA
<b>1074</b>	Tuna Loins 230-290g	1 x 10	POA
<b>3551</b>	Tuna Supremes 170-230g	1 x 10	POA

Can't find the specific fish you are looking for? Call telesales on 01244 390929 to check availability.