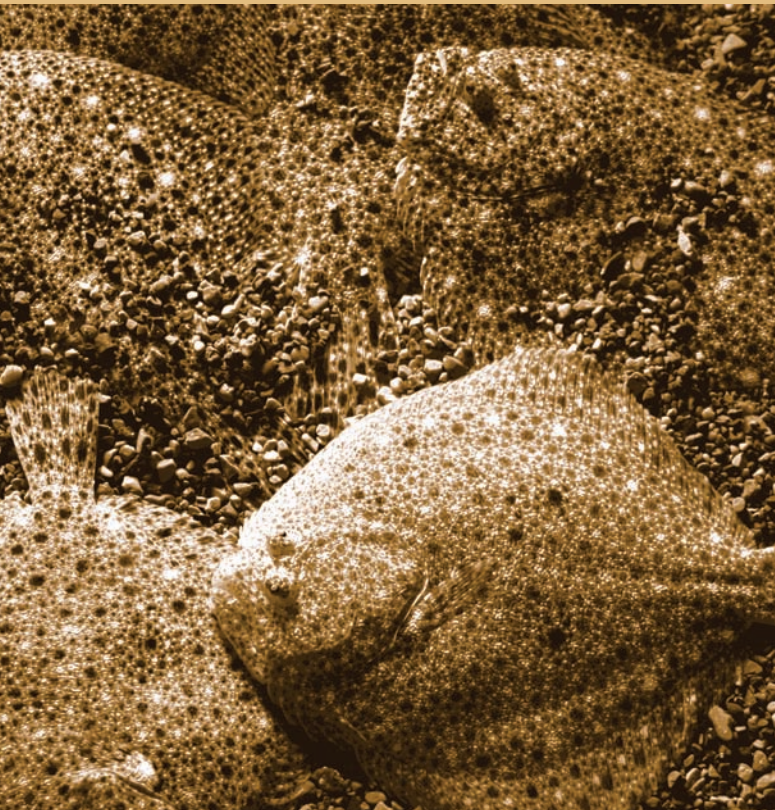


Most of our flatfish are caught in European waters. They provide immense variety, from delicate texture of plaice to the more meaty texture of halibut.

All species are wild caught, turbot and halibut are also farmed. All flatfish spawn or are 'roed-up' for a period of time. They use their body weight for fuel, becoming thinner and wasted during this period.

Of late there is a growing demand for smaller, less commonly used flatfish such as dabs, flounders, slip soles and torbay soles (also known as witches). Please contact your local depot for availability.



Flat Fish



Turbot

Turbot

Turbot is only found in European waters, with the main fishery being on the sandbanks of the North Sea. Highly prized and often regarded as the best of the flatfish year round availability of wild fish is good; they are also now farmed successfully. Farmed turbot is distinguishable by its lighter skin. Also available from fisheries in the South West; where it is at its best between September and November. Turbot tend to roe-up between April and May in all catch areas.

Product Code	Product Description	Approx Size	Unit of Sale
0ITB20101	Fresh Whole Turbot - Farmed	1-3kg	kg
0ITB3W0101	Fresh Whole Turbot - Wild	2-3kg	kg
0ITB4W0101	Fresh Whole Turbot - Wild	3-4kg	kg
0ITB5W0101	Fresh Whole Turbot - Wild	4kg+	kg
0ITB2010103	Fresh Turbot Fillets	300-600g (10-22oz)	kg

Brill

Similar to turbot, brill is fished around the British Isles and Western Europe. Landings are plentiful around the country and quality is good. Prime South West coast caught fish is most readily available September to November. Unlike most of the flatfish brill usually retain their quality when roed-up.

Product Code	Product Description	Approx Size	Unit of Sale
0IBR10101	Fresh Brill Whole	500g-1kg	kg
0IBR20101	Fresh Brill Whole	1-2kg	kg
0IBR30101	Fresh Brill Whole	2kg+	kg



Brill



Lemon Sole

Lemon Sole

Not strictly a sole, this popular flatfish is actually a member of the plaice family. Availability is good around the UK. Prime fish from the South coast is available January to May. British lemon soles start to roe-up late summer at which point we source fish from Iceland and the Faroe Islands.

Product Code	Product Description	Approx Size	Unit of Sale
0ILS20101	Fresh Whole Lemon Sole	280-340g (10-12oz)	kg
0ILS30101	Fresh Whole Lemon Sole	340-395g (12-14oz)	kg
0ILS40101	Fresh Whole Lemon Sole	395-454g (14-16oz)	kg
0ILS50101	Fresh Whole Lemon Sole	450-550g (18-20oz)	kg
0ILS60101	Fresh Whole Lemon Sole	550g+ (20oz+)	kg
0ILS5010108	Fresh Lemon Sole Fillets	140-170g (5-6oz)	kg
0ILS6010108	Fresh Lemon Sole Fillets	170-200g (6-7oz)	kg
08LEMS10101	Frozen Whole Lemon Sole	425-475g (15-17oz)	kg
08LEMS20101	Frozen Whole Lemon Sole	475-525g (17-19oz)	kg
08LEMF10201	Frozen Lemon Sole Fillets	140-170g (5-6oz)	4.54kg (29ptn)
08LEMF20201	Frozen Lemon Sole Fillets	170-220g (6-8oz)	4.54kg (23ptn)
08LEMF30201	Frozen Lemon Sole Fillets	220-280g (8-10oz)	4.54kg (18ptn)
08LEMF40201	Frozen Lemon Sole Fillets	280-340g (10-12oz)	4.54kg (15ptn)

Halibut

Halibut are the largest of the flatfish and are found in the North Sea, North Atlantic and Pacific Oceans. British halibut is largely farmed in or caught off Scotland. As halibut migrate to deeper water to spawn, generally they are not caught when in roe.

Don't confuse Atlantic or Pacific halibut with the mock, black or Greenland halibut. The former have a dark side and a light side, while the latter are dark on both sides.

Product Code	Product Description	Approx Size	Unit of Sale
0IHH10107	Fresh Headless Halibut	3-5kg	kg
0IHH20107	Fresh Headless Halibut	5-7kg	kg
0IHH30107	Fresh Headless Halibut	7-9kg	kg
0IHA10102	Fresh Whole Halibut	2-3kg	kg
0IHA20102	Fresh Whole Halibut	3-5kg	kg
0IHA30102	Fresh Whole Halibut	5-7kg	kg
0IHA40102	Fresh Whole Halibut	7-9kg	kg
0IHH1010703	Fresh Halibut Fillets (skin-on)	1-2kg	kg
0IHH1010703	Fresh Halibut Fillets (skinless)	1-2kg	kg
0IHH2010707E140	Fresh Halibut Supremes (skin-on)	140-170g (5-6oz)	each
0IHH2010707E170	Fresh Halibut Supremes (skin-on)	170-200g (6-7oz)	each
0IHH2010708E140	Fresh Halibut Supremes (skinless)	140-170g (5-6oz)	each
0IHH2010708E170	Fresh Halibut Supremes (skinless)	170-200g (6-7oz)	each
08HALST10201	Frozen Halibut Steaks	170-200g (6-7oz)	4.54kg (24ptn)
08HALST20201	Frozen Halibut Steaks	220-280g (8-10oz)	4.54kg (18ptn)

Dover Sole

Historically named dover sole as Dover was originally the best source of supply of freshly caught soles for the London marketplace. They are readily available around the UK between May and January. It is best to avoid dover soles between February and April when the fish are roed-up.

Plaice



Product Code	Product Description	Approx Size	Unit of Sale
01D20101	Fresh Whole Dover Sole	225-280g (8-10oz)	kg
01D30101	Fresh Whole Dover Sole	280-340g (10-12oz)	kg
01D40101	Fresh Whole Dover Sole	340-395g (12-14oz)	kg
01D50101	Fresh Whole Dover Sole	395-454g (14-16oz)	kg
01D60101	Fresh Whole Dover Sole	454-500g (16-18oz)	kg
01D70101	Fresh Whole Dover Sole	500-570g (18-20oz)	kg
01D80101	Fresh Whole Dover Sole	570-680g (20-24oz)	kg
01D90101	Fresh Whole Dover Sole	680g+ (24oz+)	kg
01D9010107	Fresh Dover Sole Fillets	140-200g (5-8oz)	kg
08DVS10201	Frozen Dover Sole	400-450g	4.45kg (10ptn)
08DVS20201	Frozen Dover Sole	450-500g	10kg (21ptn)
08DVS30201	Frozen Dover Sole	500-560g	10kg (18ptn)

Plaice

Plaice is one of the most readily caught flatfish in European waters. UK caught plaice are best avoided between January and April, as their condition deteriorates when they are spawning. For continuity of supply our Icelandic and Faroese buyers ensure we secure premium fish.

Product Code	Product Description	Approx Size	Unit of Sale
01PLW0101	Fresh Whole Plaice	280-340g (10-12oz)	kg
01PLW10101	Fresh Whole Plaice	395-454g (14-16oz)	kg
01PLW20101	Fresh Whole Plaice	454-680g (16-24oz)	kg
01PLF0101E	Fresh Plaice Fillets	140-170g (5-6oz)	each
01PLF10101E	Fresh Plaice Fillets	170-220g (6-8oz)	each
01PLF20101E	Fresh Plaice Fillets	220-280g (8-10oz)	each
01PLF30101E	Fresh Plaice Fillets	280-340g (10-12oz)	each
08IQFPL0201	Frozen Plaice Fillets	110-140g (4-5oz)	4.54kg (36ptn)
08IQFPL10201	Frozen Plaice Fillets	140-170g (5-6oz)	4.54kg (29ptn)
08IQFPL20201	Frozen Plaice Fillets	170-200g (6-7oz)	4.54kg (24ptn)
08IQFPL30201	Frozen Plaice Fillets	200-220g (7-8oz)	4.54kg (21ptn)
08IQFPL40201	Frozen Plaice Fillets	220-280g (8-10oz)	4.54kg (18ptn)