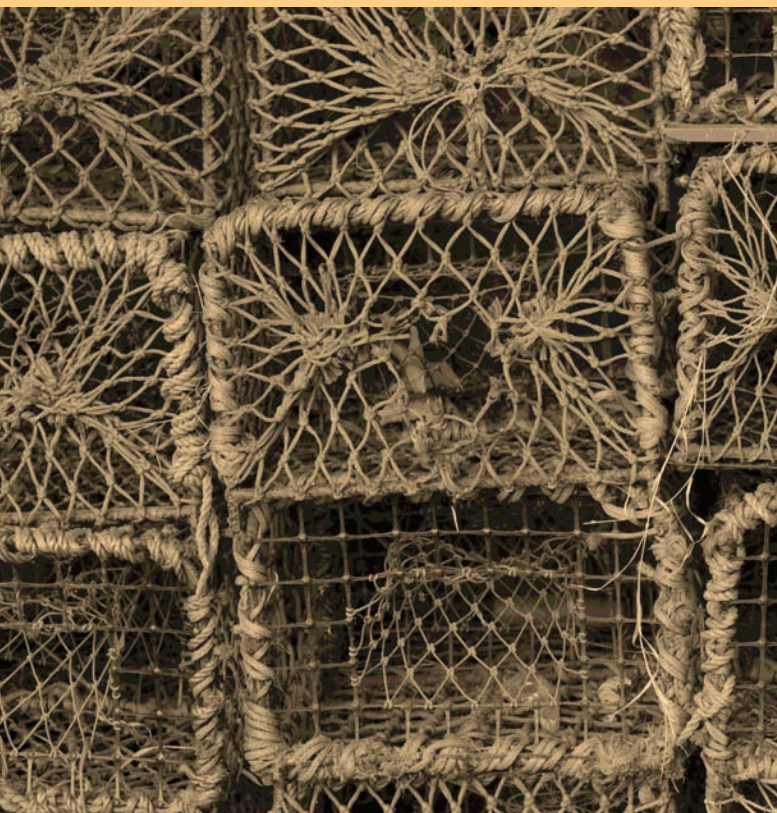


The term shellfish covers a wide selection of crustacea and molluscs (gastropods – one shell, cephalopods and bivalves – two shells).

Shellfish are readily available within the UK with different species being available wild or farmed.

The products listed in this section are only a small selection of those available so please contact your local depot for detailed stock information.



# Shellfish



Crayfish

## Lobster

Native lobsters found in the waters around the UK are regarded to be some of the finest in the world. Sometimes referred to as 'blues', availability is seasonal, generally from May to October.

There is, however, a year round ready supply of Canadian and American lobsters from Canada and the east coast of the USA. These are generally larger than their European counterparts and are brown in colour. Both variants turn red when cooked.



Native Lobster

Product Code	Product Description	Approx Size	Unit of Sale
04LOBN10102	Fresh Live Native Lobsters - Chix	450-570g	kg
04LOBN20102	Fresh Live Native Lobsters - Quarters	570-680g	kg
04LOBN30102	Fresh Live Native Lobsters - Halves	680-790g	kg
04LOBN40102	Fresh Live Native Lobsters - Selects	700g-1.2kg	kg
04LOBNCI0102	Fresh Native Lobsters - Cripples	Various Sizes	kg
04LOBI0108	Fresh Live Canadian Lobsters - Chix	450-570g	kg
04LOB20108	Fresh Live Canadian Lobsters - Quarters	570-680g	kg
04LOB30108	Fresh Live Canadian Lobsters - Halves	680-790g	kg
04LOB40108	Fresh Live Canadian Lobsters - Selects	700g-1.2kg	kg
04LOBCI0108	Fresh Canadian Lobsters - Cripples	Various Sizes	kg
08LOBMEA0201	Frozen Lobster Meat	-	320g tin
08LOBBONE0108	Frozen Lobster Bodies (DOA)	-	5kg

## Crabs

There are many variety of crab available, the brown crab is the most usually consumed within the UK. Caught in baited pots around the Northern European coastline, cock crabs (males) weigh up to 3kg and are larger and contain a higher white to brown meat ratio than hen crabs (females). There are many other varieties of crab available with the spider crab being a popular option.

Crab is readily available in several prepared formats for ease of use; fresh whole, picked and dressed. Alternatively blue swimming crab meat, imported from the Far East, is a popular choice.

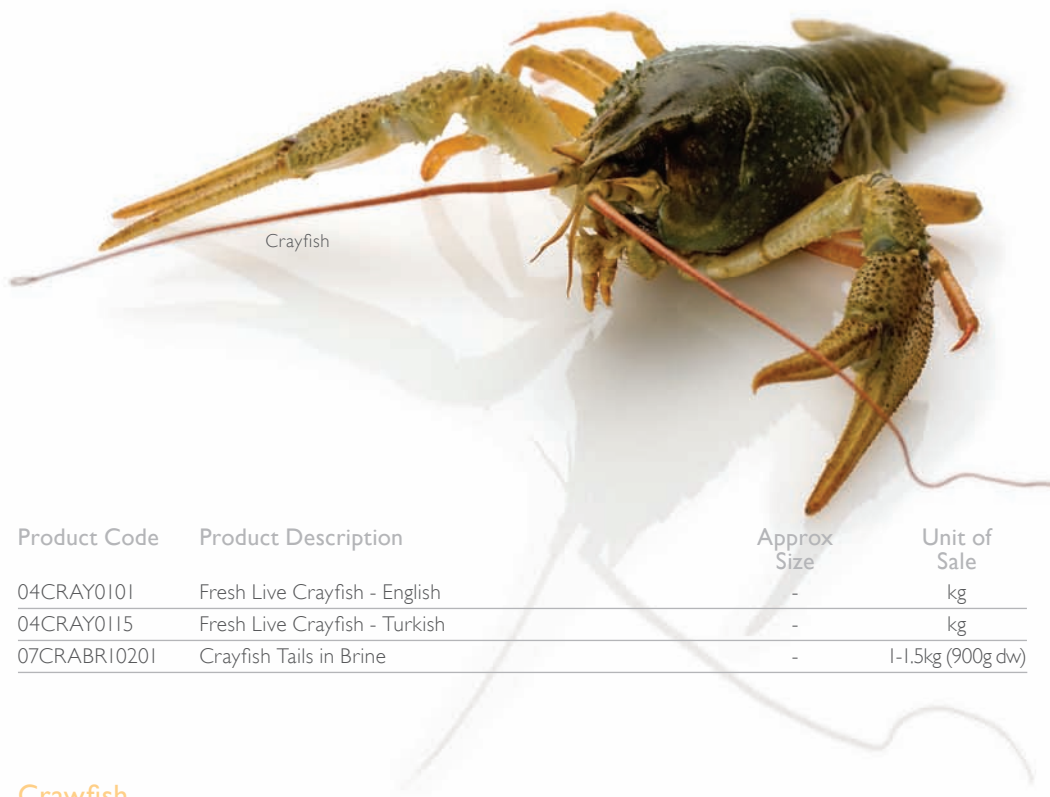


Spider Crab

Product Code	Product Description	Approx Size	Unit of Sale
04CRA10101	Fresh Live Cock Crabs	500g-1kg	kg
04CRA20101	Fresh Live Cock Crabs	1-2kg	kg
04CRA30101	Fresh Live Cock Crabs	2kg+	kg
04CRAH20101	Fresh Live Hen Crabs	Medium	kg
04DRC010101	Fresh Dressed Crab	160-170g	each
04WCRF0201	Fresh White Crab Meat - Hand Picked	-	454g
04WCRP0201	Fresh White Crab Meat - Hand Picked (pasteurised)	-	454g
04BCRF0201	Fresh Brown Crab Meat - Hand Picked	-	454g
04BCRP0201	Fresh Brown Crab Meat - Hand Picked (pasteurised)	-	454g
04BSWCR011401	Blue Swimming Crab Claw Meat	-	454g
04BSWCR011403	Blue Swimming Crab Lump Meat	-	454g
08CRAWM0201	Frozen White Crab Meat	-	454g
08CRABM0201	Frozen Brown Crab Meat	-	454g
08CRAFF0201	Frozen Crab Meat - 50/50	-	454g
08CRADR10201	Frozen Dressed Crabs	110-140g (4-5oz)	each
08CRADR20201	Frozen Dressed Crabs	140-170g (5-6oz)	each
08CRADR30201	Frozen Dressed Crabs	170-200g (6-7oz)	each
08CRASHELL0201	Frozen Soft Shell Crabs	-	12ptn
08CRABBQ0201	Frozen BBQ Crab Claws - single pincer	-	454g
08CRASTIX10101	Frozen Seafood Sticks (crab flavour)	-	1kg (60 sticks)

## Crayfish

The freshwater crayfish has succulent flesh, but unlike the lobster only the tail meat is eaten. There is successful world wide farming of different species ensuring a ready supply. In addition to the live product, Crayfish Tails in Brine are readily available.



Crayfish

Product Code	Product Description	Approx Size	Unit of Sale
04CRAY0101	Fresh Live Crayfish - English	-	kg
04CRAY0115	Fresh Live Crayfish - Turkish	-	kg
07CRABRI0201	Crayfish Tails in Brine	-	1-1.5kg (900g dw)

## Crawfish

Often confused with crayfish, the crawfish (also known as spiny or rock lobster) is a seawater crustacean similar to a lobster but without the large claws. As a result, only the tail meat is eaten. Readily available crawfish are found in most European waters and frozen rock lobster tails are imported from Central America and the Caribbean ensuring a year round supply.

Product Code	Product Description	Approx Size	Unit of Sale
04CRAW0101	Fresh Live Crawfish	-	kg
08LOBTAI30201	Frozen Rock Lobster Tails (shell on)	170-220g	4.54kg

## Langoustine

Frequently known as Dublin Bay prawns, nephrops and Norwegian lobsters, langoustines are found predominantly around the Northern British Isles. In Scotland there are a great number of langoustine fisheries ensuring good availability. Langoustines are terrific served whole although many are battered or bread-crumbed, deep-fried and served as scampi.

Product Code	Product Description	Unit of Sale	Count per kg	Count per lb
04LANG10102	Fresh Live Langoustine (No 1s)	kg	25-35/kg	11-15/lb
04LANG20102	Fresh Live Langoustine (No. 2s)	kg	35-45/kg	16-20/lb
04LANG30102	Fresh Live Langoustine (No. 3s)	kg	45-65/kg	21-30/lb
08LANG40102	Frozen Langoustine	1kg	16-20/kg	7-9/lb
08LANG50102	Frozen Langoustine	1kg	21-30/kg	

Langoustine



Whole Raw Tiger Prawns



### Warm Water Prawns

Known also as Tiger or King Prawns they are farmed in either fresh or salt water mainly in tropical countries such as Bangladesh, Thailand and Vietnam. Readily available shell-on or shell-off, IQF or blocks. We also carry a range of farmed prawns from New Caledonia in the Pacific with strong ethical and sustainable credentials.

Product Code	Product Description	Unit of Sale	Count per kg	Count per lb
08PRAMED10113	Frozen Whole, Cooked King Prawns (Crevettes)	2kg	10-20/kg	-
08PRAMED20113	Frozen Whole, Cooked King Prawns (Crevettes)	2kg	20-30/kg	-
08PRAMED30113	Frozen Whole, Cooked King Prawns (Crevettes)	2kg	30-40/kg	-
08PRAMED40113	Frozen Whole, Cooked King Prawns (Crevettes)	2kg	40-60/kg	-
08PRCPTO10213	Frozen Cooked, Peeled, Black Tiger King Prawns (Tail on)	908g	46-66/kg	21-30/lb
08PRCPTO20213	Frozen Cooked, Peeled, Black Tiger King Prawns (Tail on)	908g	68-88/kg	31-40/lb
08ECRE0104	Frozen Ecrevisse	500g		
08PRHL20224	Frozen Headless, Shell on, Freshwater Prawns (IQF)	908g	13-18/kg	6-8/lb
08PRHL30224	Frozen Headless, Shell on, Freshwater Prawns (IQF)	908g	18-26/kg	8-12/lb
08PRHL40224	Frozen Headless, Shell on, Freshwater Prawns (IQF)	908g	27-34/kg	13-15/lb
08PRHL50224	Frozen Headless, Shell on, Freshwater Prawns (IQF)	908g	35-44/kg	16-20/lb
08PRHL60224	Frozen Headless, Shell on, Freshwater Prawns (IQF)	908g	46-55/kg	21-25/lb
08PRHLB10224	Frozen Headless, Shell on, Freshwater Prawns (Block)	each	U11/kg	U5/lb
08PRHLB20224	Frozen Headless, Shell on, Freshwater Prawns (Block)	each	13-18/kg	6-8/lb
08PRHLB30224	Frozen Headless, Shell on, Freshwater Prawns (Block)	each	18-26/kg	8-12/lb
08PRHLB40224	Frozen Headless, Shell on, Freshwater Prawns (Block)	each	27-34/kg	13-15/lb
08PRHLB50224	Frozen Headless, Shell on, Freshwater Prawns (Block)	each	35-44/kg	16-20/lb
08PRHLB60224	Frozen Headless, Shell on, Freshwater Prawns (Block)	each	46-55/kg	21-25/lb
08PRHLP20224	Frozen Headless, Shell on, Freshwater Prawns (Bag)	each	13-18/kg	6-8/lb
08PRHLP30224	Frozen Headless, Shell on, Freshwater Prawns (Bag)	each	18-26/kg	8-12/lb
08PRHLP40224	Frozen Headless, Shell on, Freshwater Prawns (Bag)	each	27-34/kg	13-15/lb
08PRDVI0124	Frozen Raw, Peeled & De-veined Black Tigers (IQF)	1kg	35-44/kg	16-20/lb
08PRDV20124	Frozen Raw, Peeled & De-veined Black Tigers (IQF)	1kg	46-66/kg	21-30/lb
08PRDV30124	Frozen Raw, Peeled & De-veined Black Tigers (IQF)	1kg	68-88/kg	31-40/lb
08PRHO30224	Frozen Whole, Raw Black Tiger King Prawns (Gambas)	1kg	8-12/kg	-
08PRHO50224	Frozen Whole, Raw Black Tiger King Prawns (Gambas)	1kg	16-20/kg	-
08PRHO60224	Frozen Whole, Raw Black Tiger King Prawns (Gambas)	1kg	21-30/kg	-
08PRHO70224	Frozen Whole, Raw Black Tiger King Prawns (Gambas)	1kg	31-40/kg	-



## Cold Water Prawns

A significant proportion of prawns sold in the UK are of the cold water variety. Sourced from the cold waters around Canada, Iceland, Norway and Greenland these prawns are translucent, turning pink when cooked.

Available in a wide variety of sizes they are always sold cooked and frozen, either peeled or shell-on. Peeled cold water prawns are usually glazed to prevent dehydration during storage; premium quality will have a 8-10% glaze (cheaper prawns will have a higher glaze, this can be up to 40%).

Product Code	Product Description	Unit of Sale	Count per kg	Count per lb
08PRABULK10203	Direct Seafoods Blue Label Prawns	2kg	220-330/kg	100-150/lb
08PRAEPI0203	Direct Seafoods Epicurean Label Prawns	2.5kg	385-610/kg	175-275/lb
08PRAPOL30103	Polar Prawns A	2.5kg	385-610/kg	175-275/lb
08PRARGL20103	Royal Greenland Prawns 444 (Blue)	2.5kg	385-610/kg	175-275/lb

## Mussels

The common or blue mussel is found all around the British Isles. They are available all year round, however not at their best in the summer months when they are spawning or spatting. The UK is home to a significant mussel farming industry; rope grown, suspended above the sea bed ensures that the mussels remain grit and barnacle free.

Mussel meat is readily available frozen, alternatively try frozen greenlip mussels from New Zealand which are larger & meatier.

Product Code	Product Description	Approx Size	Unit of Sale
004MUS0102	Fresh Scottish Mussels - Rope Grown	1kg	kg
04MUS010201	Fresh Scottish Mussels - Rope Grown	5kg	each
08MUSMEAT0201	Frozen Mussel Meat	-	454g
08MUSFUL0101	Frozen Blanched Musels - Full Shell	-	1kg
08MUSBANT0123	Frozen Bantry Bay Mussels - Whole Shell	-	5kg
08MUSMEAT0119	Frozen New Zealand Mussel Meat	-	1kg
08MUSNZHSH0119	Frozen New Zealand Green Lip Mussels - Half Shell (blanched)	-	1kg
08MUSMOUL0204	Frozen Moules Marinieres	-	450g

## Scallops

Scallops are available all year round within the UK. Found in deeper water than most shellfish they are either dredged or diver caught (these scallops command a higher price than the dredged alternative).

King scallops or jumbo scallops are either sold in shell or as scallop meat. These scallops are available soaked (scallops absorb water which adds weight and produces a cheaper alternative) or un-soaked (which is a more premium product). UK scallop meat is generally sold roe-on (the roe is also known as the coral) but scallop meat imported from North America is always roe-less.

Queen scallops are a much smaller variety usually only sold as meat.

Product Code	Product Description	Unit of Sale	Count per kg	Count per lb
04SCA20202	Fresh Live Scallops in Shell (medium) - Diver Caught	each	-	-
04SCA30202	Fresh Live Scallops in Shell (large) - Diver Caught	each	-	-
04SCAM0102	Fresh Scallop Meat - Unsoaked (roe-on)	kg	-	-
04SCAM0114	Fresh Scallop Meat - Unsoaked (roeless)	kg	-	-
04SCASOA0102	Fresh Scallop Meat - Soaked (roe-on)	kg	-	-
04QSCM0101	Fresh Queen Scallop Meat (roe-on)	kg	-	-
08SCAJUM0201	Frozen King Scallops - roe on	2kg	18-35/kg	8-16/lb
08SCAQ0101	Frozen Queen Scallops - roe on	2kg	88-132/kg	40-60/lb
08SCAHALFQ0202	Frozen Queen Scallops - Half Shell	2kg	20-30/kg	10-15/lb



Rock Oysters

## Oysters

There are two main varieties available in the UK; the pacific or rock oyster is commonly farmed in Northern European inshore and estuarine waters and is available all year round.

Native oysters are considered to be the finest but they take longer to grow, making them more expensive. They are only harvested from September to April, outside the spawning season.

Product Code	Product Description	Approx Size	Unit of Sale
04OYRI0202	Fresh Rock Oysters (No 1)	-	each
04OYR20202	Fresh Rock Oysters (No 2)	-	each
04OYR30202	Fresh Rock Oysters (No 3)	-	each
04OYNI0201	Fresh Native Oyster (No 1)	-	each
04OYN20201	Fresh Native Oyster (No 2)	-	each
04OYN30201	Fresh Native Oyster (No 3)	-	each
08OYMEA0101	Frozen Oyster Meat	-	1kg



## Clams

With the exception of the razor clam, so called because its elongated shell is shaped like a cut-throat razor, all clams are round and stone-like in appearance. There are a number of varieties, including armande and venus but the most popular is the palourde clam. Availability is good all year round.



Palourde Clams

Product Code	Product Description	Approx Size	Unit of Sale
04ACL0104	Fresh Amande Clams	-	kg
04PCL0104	Fresh Palourde Clams	-	kg
04RCL0101	Fresh Razor Clams	-	kg
04VENCL0104	Fresh Venus Clams	-	kg
04AMERCL0101	Fresh American Hard Shell Clams	-	kg
08CLAMMEA0101A	Frozen Clam Meat	-	454g



Razor Clams

## Whelks

Whelk meat has a strong flavour and firm texture. Though available live the meat is typically sold cooked and frozen.

Product Code	Product Description	Approx Size	Unit of Sale
04WHE0101	Fresh Whelks	-	kg
08WHELKIQF0101	Frozen Whelk Meat	-	1kg



Whelks

## Cockles

An historic UK favourite, cockles are usually fished in muddy silted areas such as Morecambe Bay, the Thames Estuary, Leigh on Sea and the Burry Inlet. Generally available live all year round, frozen and preserved in brine or vinegar as an alternative.

Product Code	Product Description	Approx Size	Unit of Sale
04COCK0101	Fresh Cockles	-	kg
08COC10101	Frozen Cockle Meat	-	454g

## Shrimps

Product Code	Product Description	Approx Size	Unit of Sale
08POTBR0201	Frozen Potted Brown Shrimps	-	1kg
08PBS20201	Frozen peeled Brown Shrimps	-	1kg