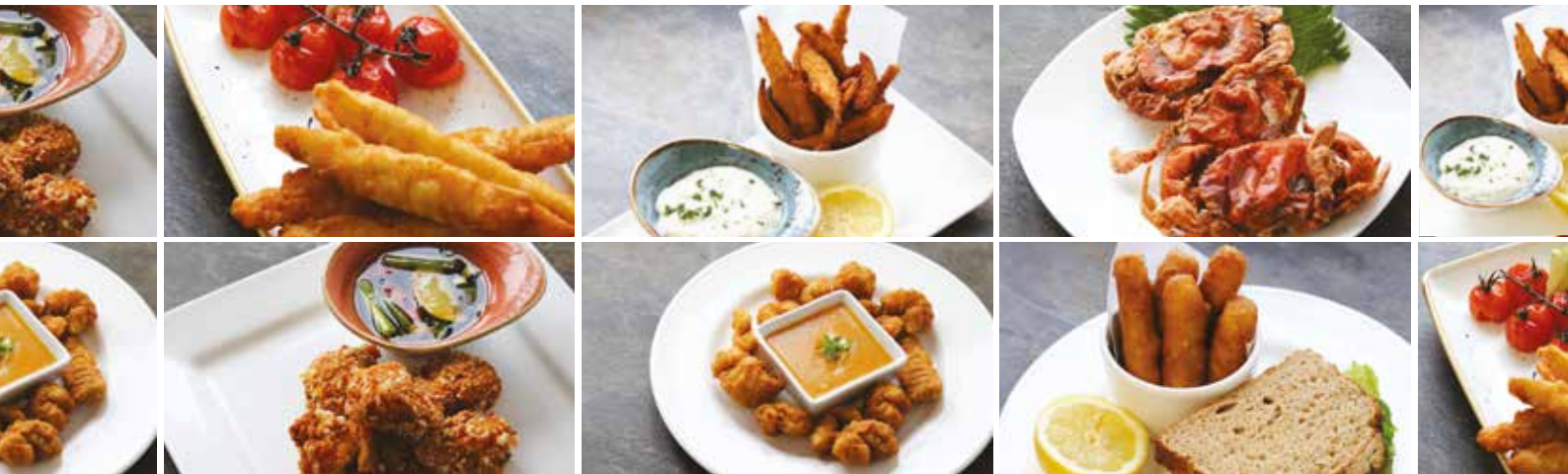


WELCOME

We are fresh fish specialists, but we also have an extensive range of coated, deli, and frozen lines. This is alongside chef essential items such as cooking wines, stocks, and sauces.

This brochure showcases our Coated Range for 2020. For more information and prices or if you would also like a copy of our specialist & deli or frozen brochure, please contact your account manager.



CONTENTS

TITLE	PAGE
Fish Fingers & Fishcakes	4
Shellfish <i>Prawns & Scampi.</i>	5 - 6
White Fish <i>Cod, Haddock & Plaice.</i>	7 - 8
Cephalopods <i>Squid.</i>	9
Other <i>Miscellaneous White & Other Coated Fish.</i>	10
MSC Certified Products	11



(Soft Shell Crab)

FISH FINGERS & FISHCAKES

FISH FINGERS

DESCRIPTION	CODE
Fish Fingers: Breaded - White Fish - Van Der Lee (120 x 25Gm)	08FIN25E9W
Fish Fingers: Breaded - White Fish - Seafish (36 x 71Gm)	08FINSF71E9A
Fish Fingers: Battered - White Fish - Seafish (36 x 71Gm)	08FINBAS71E9A
Fish Fingers: Breaded - Cod - Seafish (36 x 71Gm)	08FINCSF71E9A

FISHCAKES

DESCRIPTION	CODE
Fishcake: Crab Thai Style - Seahawk - 28Gm (48 Per Case)	08CRAFC28E9G
Fishcake: Crab Spicy - West Country - Paramount - 30Gm (48 Per Case)	08CRAFC30E9G
Fishcake: Crab 56Gm (24 Per Case)	08CRAFC56E8Q
Fishcake: Cod Bacon & Brie - Seafish 115Gm (18 Per Case)	08FISCBSF11E8L
Fishcake: Cod Spinach & Cheese - WC - Paramount 100Gm (24 Per Case)	08FISCCWPA11E8Q
Fishcake: Cod & Spring Onion - Severn & Wye - 180Gm (24 Per Case)	08FISCO18E8Q
Fishcake: Cod - Seafish 85Gm (24 Per Case)	08FISCSF85E8Q
Fishcake: Smoked Haddock & Spring Onion - Severn & Wye 85Gm (25 Per Case)	08FISHOSW85E8R
Fishcake: Smoked Haddock & Spring Onion - Severn & Wye 180Gm (24 Per Case)	08FISHOSW18E8Q
Fishcake: Salmon & Asparagus - Severn & Wye 180Gm (24 Per Case)	08FISSASW18E8Q
Fishcake: Salmon & Dill 85Gm - Seafish (24 Per Case)	08FISSD85E8R
Fishcake: Salmon & Spring Onion - Severn & Wye 180Gm (24 Per Case)	08FISSOSW18E8Q
Fishcake: Salmon 57Gm - Seafish (40 Per Case)	08FISSSF57E9D
Fishcake: Salmon 85Gm - Seafish (36 Per Case)	08FISSSF85E9A
Fishcake: Salmon Thai Style - Seafish 85Gm (24 Per Case)	08FISSTSF85E8Q
Fishcake: White Fish 85Gm - Seafish (24 Per Case)	08FISWSF85E8Q
Fishcake: Gluten Free - Cod & Prawn - Paramount 114Gm (24 Per Case)	08FISGFCCI4E8Q
Fishcake: Gluten Free - Smk Haddock & Mozz Paramount 100Gm (24 Per Case)	08FISGFHMI0E8Q
Fishcake: Gluten Free - Salmon & Dill - Paramount 114Gm (24 Per Case)	08FISGFSDI4E8Q

SHELLFISH

PRAWN

DESCRIPTION

CODE

Prawn: Bap Tempura Battered (500Gm Nett Pack)

08PRATEMP020I

Prawn: Bap Butterfly Breaded (500Gm Nett Pack)

08PRBF020I

Prawn: Bap Filo Pastry - Wrapped (500Gm Nett Pack)

08PRFI020I

Prawn: Bap Torpedo (500Gm Nett Pack)

08PRTOJAP0224

Prawn: Mango & Chilli Breaded Pacific West (500Gm Nett Pack)

08PRABRCPW00E2N

Prawn: Kiev in Panko Crumb 16-20 Pacific West (500Gm Nett Pack)

08PRABRKPWI6E2N

Prawn: Creel - Hot & Spicy Breaded Whitby (450Gm Nett Pack)

08PRACWHIT010I

Prawn: Panko Coated - Pacific West - 21-25 (500Gm Nett Pack)

08PRAPAN0102

Prawn: Raw Kuro - Panko Crumb 16/20 (800Gm Nett Pack)

08PRARKPW00E3K

Prawn: Red Velvet - Beetroot Crumb (500Gm Nett Pack)

08PRARVPW00E2N

Prawn: Salt & Pepper Bombs - Pre-Fried (1Kg Nett Pack)

08PRASPPW00E3Q

Prawn: Twister Pacific West (800Gm Nett Pack)

08PRATWPW00E3K



(Mango Prawns)

SHELLFISH

SCAMPI

DESCRIPTION

CODE

Scampi: Battered Wholetail Whitby (450Gm Nett Pack)

08SCABAWH00E2J

Scampi: Breaded Wholetail Quintin Bay (454Gm Nett Pack)

08SCABQB00E2K

Scampi: Breaded Kilhorne Bay (454Gm Nett Pack)

08SCABRKB00E2K

Scampi: Breaded Wholetail Whitby (450Gm Nett Pack)

08SCABRWH00E2J

Scampi: Breaded Wholetail Seahawk (454Gm Nett Pack)

08SCABRWSK00E2K

Scampi: Breaded Re-formed Ocean Catch (454Gm Nett Pack)

08SCAREOC00E2K



WHITE FISH

COD

DESCRIPTION

CODE

Cod: Battered 80-110Gm (30 Per Case)	08CODBA85E8W
Cod: Battered 110-140Gm (24 Per Case)	08CODBA11E8Q
Cod: Battered 140-170Gm (24 Per Case)	08CODBA14E8Q
Cod: Battered 170-200Gm (18 Per Case)	08CODBA17E8L
Cod: Battered 200-230Gm (15 Per Case)	08CODBA20E8I
Cod: Battered 230-280Gm (15 Per Case)	08CODBA23E8I
Cod: Goujons Battered - R&M (1Kg Nett Pack)	08CODBAG00E3Q
Cod: Breaded 110-140Gm (24 Per Case)	08CODBR11E8Q
Cod: Breaded 140-170Gm (24 Per Case)	08CODBR14E8Q
Cod: Breaded 170-200Gm (18 Per Case)	08CODBR17E8L
Cod: Goujons Breaded - R&M (1Kg Nett Pack)	08CODBRG00E3Q
Cod: Nugget Battered - R&M (1Kg Nett Pack)	08CODNU00E3Q



(Cod Goujons)

WHITE FISH

HADDOCK

DESCRIPTION	CODE
Haddock: Battered 110-140Gm (24 Per Case)	08HADBAC11E8Q
Haddock: Battered 140-170Gm (24 Per Case)	08HADBA14E8Q
Haddock: Battered 170-200Gm (18 Per Case)	08HADBA17E8L
Haddock: Battered 230-280Gm (15 Per Case)	08HADBA23E8I
Haddock: Breaded 110-140Gm (24 Per Case)	08HADBR11E8Q
Haddock: Breaded 140-170Gm (24 Per Case)	08HADBR14E8Q
Haddock: Breaded 170-200Gm (18 Per Case)	08HADBR17E8L

PLAICE

DESCRIPTION	CODE
Plaice: Breaded 140-170Gm (24 Per Case)	08PLABR14E8Q
Plaice: Breaded 170-200Gm (18 Per Case)	08PLABR17E8L
Plaice: Goujons - Breaded - R&M (454Gm Nett Bag)	08PLABRG00E2K
Plaice: Goujons - Breaded - R&M (1Kg Nett Bag)	08PLABRG00E3Q

CEPHALOPODS

SQUID

DESCRIPTION

CODE

Squid: Lightly Dusted (1Kg Nett Pack)

08SQUD00E3Q

Squid: Rings Battered (500Gm Nett Bag)

08SQUR00E2K

Squid: Rings Panko Coated Pacific West (700Gm Nett Bag)

08SQURPCPW00E2Y

Squid: Salt & Pepper Pacific West (1Kg Nett Bag)

08SQUSPPW00E3Q

Squid: Strips Breaded (1Kg Nett Pack)

08SQUST00E3Q



(Salt & Pepper Squid)

CERTIFIED PRODUCTS

MSC

The Marine Stewardship Council (MSC) meets best practice guidelines for eco-labeling and certification to ensure it offers the world's leading certification program for sustainable wild-capture seafood. By choosing our bluefish labelled products you can be sure it comes from a sustainable fishery that has met the MSC's, Fisheries Standard.

DESCRIPTION	CODE
MSC - Cod: Goujons Battered (1Kg Nett Pack)	I6CODBAGPW00E3Q
MSC - Pollock - Raw Fish Churros (1Kg Nett Pack)	I6POLRPW00E3Q
MSC - White Fish: Battered 80-110Gm - Havelok (30 Per Case)	I6WHIBA80E8W
MSC - White Fish: Breaded 80-110Gm - Havelok (36 Per Case)	I6WHIBRHV80E9A

