



This guide gives you an indication of when species are generally available. The seasonality of fish varies around the UK and is affected by changing temperatures. We suggest being flexible as there are always alternatives. Speak to our team for assistance.

- Abundant & best value, in season & should be utilised
- Should be available, check market influences before purchasing
- Out of season, rarely available & may not be value

SEASONALITY

| SPECIES | AVAILABLE AS | CERTIFICATION AVAILABLE | Winter | | | Spring | | | Summer | | | Autumn | | | FISHING ZONE / COUNTRY CAUGHT |
|----------------------------------|--------------------------------|-------------------------|--------|-----|-----|--------|-----|-----|--------|-----|-----|--------|-----|-----|------------------------------------|
| | | | Dec | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | |
| Alaska Pollock | Wild, Frozen | MSC | | | | | | | | | | | | | North East Pacific |
| Anchovies | Wild, Fresh, Preserved | | | | | | | | | | | | | | North East Atlantic, Black Sea |
| Bream - Black | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Bream - Gilt Head | Farmed | Global GAP,ASC | | | | | | | | | | | | | Mediterranean |
| Brill | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Clams - Razor | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Clams - Palourde | Wild, Fresh | MSC MAY-DEC | | | | | | | | | | | | | North East Atlantic |
| Cobia | Farmed | Global GAP | | | | | | | | | | | | | Central West Atlantic |
| Cockles | Wild, Fresh | MSC | | | | | | | | | | | | | North East Atlantic |
| Cod | Wild, Fresh | MSC | | | | | | | | | | | | | North East Atlantic |
| Cod - Skrei | Wild, Fresh | MSC | | | | | | | | | | | | | North East Atlantic |
| Coley | Wild, Fresh | MSC | | | | | | | | | | | | | North East Atlantic |
| Crabs - Brown | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Crabs - Spider | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Crayfish | Wild, Fresh, Frozen, Preserved | | | | | | | | | | | | | | China |
| Cuttlefish | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Dabs | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Flounder | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Gurnard - Red/Grey | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Haddock | Wild, Fresh | MSC | | | | | | | | | | | | | North East Atlantic |
| Hake | Wild, Fresh | MSC | | | | | | | | | | | | | North East Atlantic |
| Halibut Farmed | Farmed | Global GAP | | | | | | | | | | | | | North East Atlantic, Onshore Tanks |
| Herrings | Wild, Fresh, Preserved | MSC | | | | | | | | | | | | | North East Atlantic |
| John Dory | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Langoustines | Wild, Fresh, Frozen | | | | | | | | | | | | | | North East Atlantic |
| Ling | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Lobster - Canadian | Wild, Fresh, Frozen | MSC | | | | | | | | | | | | | North West Atlantic |
| Lobster - Native | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Mackerel | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Mahi Mahi | Wild, Fresh | | | | | | | | | | | | | | Indian Ocean |
| Meagre | Farmed | Global GAP | | | | | | | | | | | | | Mediterranean |
| Monkfish | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Mullet - Grey | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Mullet - Red | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Mullet - Red - Exotic | Wild, Fresh | | | | | | | | | | | | | | Indian Ocean |
| Mussels | Cultivated | MSC | | | | | | | | | | | | | North East Atlantic |
| Octopus | Wild, Frozen | | | | | | | | | | | | | | North East Atlantic |
| Oysters - Native | Cultivated | | | | | | | | | | | | | | North East Atlantic |
| Oysters - Rocks | Cultivated | | | | | | | | | | | | | | North East Atlantic |
| Pangasius | Farmed, Frozen | ASC | | | | | | | | | | | | | Vietnam |
| Plaice | Wild, Fresh | MSC | | | | | | | | | | | | | North East Atlantic |
| Pollock | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Pouting | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Prawns - Black Tiger | Farmed | GAA-BAP | | | | | | | | | | | | | Vietnam, India |
| Prawns - White | Farmed | GAA-BAP | | | | | | | | | | | | | Ecuador, Vietnam, India |
| Red Drum - Channel Bass | Farmed | Global GAP | | | | | | | | | | | | | Mauritius |
| Salmon | Farmed | Global GAP,ASC, RSPCA | | | | | | | | | | | | | North East Atlantic |
| Sand Soles | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Sardines | Wild, Fresh | MSC | | | | | | | | | | | | | North East Atlantic |
| Scallops - American | Wild, Fresh | MSC | | | | | | | | | | | | | North West Atlantic |
| Scallops - Native / Native Dived | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Scallops - Queenies | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Sea Bass | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Sea Bass | Farmed | Global GAP,ASC | | | | | | | | | | | | | Mediterranean |
| Sea Trout | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Shrimp - Brown | Wild, Fresh, Frozen | | | | | | | | | | | | | | North East Atlantic |
| Ray Wings | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Snapper - Red | Wild, Fresh | | | | | | | | | | | | | | Pacific and Indian Oceans |
| Sole - Farmed | Farmed | Global GAP,BAP | | | | | | | | | | | | | Spain or Iceland |
| Sole - Dover | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Sole - Lemon | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Sole - Megrim | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Sole - Witch (Torbay) | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Sprats | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Squid - Native | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Swordfish | Wild, Fresh | | | | | | | | | | | | | | Indian Ocean, South East Pacific |
| Tilapia | Farmed, Frozen | GAA-BAP | | | | | | | | | | | | | China |
| Trout - ChalkStream® | Farmed | Global GAP, RSPCA | | | | | | | | | | | | | UK |
| Trout Rainbow | Farmed | Global GAP | | | | | | | | | | | | | UK |
| Trout - Sea Reared | Farmed | Global GAP | | | | | | | | | | | | | North East Atlantic |
| Tuna - Yellow Fin | Wild, Fresh | | | | | | | | | | | | | | Indian Ocean, Pacific |
| Tuna - Big Eye | Wild, Fresh | | | | | | | | | | | | | | Indian Ocean, Pacific |
| Turbot | Farmed | Global GAP,BAP | | | | | | | | | | | | | Spain |
| Turbot | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Whelks | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Whiting | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Winkles | Wild, Fresh | | | | | | | | | | | | | | North East Atlantic |
| Yellowtail - Hiramasa | Farmed | ASC, GAA-BAP | | | | | | | | | | | | | Australia, Holland |