



SILVER FISH SUPPLY

			<u>December</u>	<u>2023</u>
	FRESH FISH	Pack	Price	
00B100	Sea Bass Fillets 4-5 oz/100-130 gram per Fillet Medium		£ 2.50	each
00B150A	Whole Sea Bass 14-18 oz/400-600 gram	1 Fish	£ 5.00	each
00B160B	Sea Bass Fillets 5-6 oz/140-170 gram per Fillet Large		£ 4.10	each
00B1560C	Whole Sea Bass 600-800 gram	1 Fish	£ 8.00	each
00C120	Cod Fillet Fillets Skin On		£ 20.00	per kg
00C145	Cod Loin Skinned & Boned		£ 22.00	per kg
00D155	Diced Fish Luxury White Fish/Salmon	500 gram	£ 5.65	per kg
00H120	Haddock Fillets Skin On		£ 20.00	per kg
00H1210A	Haddock Fillets Skined and Boned		£ 22.00	per kg
00H045	Haddock Fillets Skinned 4-6 oz/140-150 gram (45s)	1 portion	£ 2.20	each
00H155	Hake Fillet		£ 20.00	per kg
00H165	Halibut Fillet Loins		£ 35.00	per kg
00L125A	Lemon Sole Flt		Market	Price
00M155	Monkfish Tail Bone in Skin On		£ 22.00	per kg
00M155B	Monkfish Tail Fillet Skined		£ 45.00	per kg
00P105	Plaice Fillet		£ 22.50	per kg
00S255	Salmon Fillets Skin On		£ 22.00	per kg
00S250	Salmon Fillets Skined		£ 25.00	per kg
	Salmon Flt Skd Portions		£ 2.50	per 100 grm
00S102-4	Salmon Whole Fish		Market	Price
00T130	Sea Trout Fillets		£20.00	per kg
00S450A	Swordfish Loin Steak		£ 25.00	per kg
00T100A	Trout Whole 12-14 oz/340-400 gram		£ 7.40	per kg
00T108	Trout Fillets (Singles) 90-110 gram per Fillet	2 Fillets	£ 4.25	per pkt
00T250B	Tuna Loin Steak		£ 25.00	per kg
00T110A	Turbot Fillet		Market	Price

FROZEN FISH		Pack	Price	
10B150	Sea Bass Fillets 4-5 oz/100-130 gram per Fillet Medium	2 Fillets	£ 2.50	each fillet
10B168	Sea Bass Fillets 5-6 oz/140-180 gram per Fillet Large	2 Fillets	£ 4.10	each fillet
10C168	Cod Loins Skinned 6-8 oz/170-230 gram	Loose	£ 20.00	per kg
10C056B	Cod Fillets Skined 4-6 oz/140-170 gram FAS	1	£ 2.65	each
10C092	Cod Fillets Skinned 6-8 oz 170-230 gram FAS	1	£ 3.50	each
00D155	Diced White Fish & Salmon	500 grm	£ 5.65	per pkt
10D150	Diced White Fish, Salmon & Smoked Haddock	500 grm	£ 6.50	per pkt
10H115	Haddock Flts Skinned 4-6 oz 140-180 gram Fas	1 portion	£ 2.30	each
00H080	Haddock Flts Skinned 6-8 oz 170-230 gram FAS	1 portion	£ 3.50	each
00H165B	Halibut loin Steaks (No Bone) 6-8 oz/170-230 gram	1 Loin Portion	£ 35.00	per kg
10H250	F/S Hake Fillet Poertion Skin On 160-200 gram	1 portion	£ 5.25	per pack
10M155D	F/S Monkfish Tail Flt Skinned 160-200 grm		£ 8.90	per pack
10P181	Plaice Fillets Skin on		Market	Price
10S115	Salmon Portions Skinned 5-6 oz /140-160 gram	10 Portions	£ 36.00	case
10S137	F/S Salmon Portions Skin On 180-200 gram	1 portion	£ 6.00	each
00T108	Trout Fillets Skin On 2 Fillets per pack 180-200 grm	2 Fillets	£ 4.25	per pack
00T128	F/S Sea Trout Flts Skin On 160-200 grm	1 portion	£ 4.95	each
10W125	Whitebait	454 gram	£ 2.75	per pkt
FROZEN COATED FISH		Pack	Price	
33A112	Fish Fingers Youngs	60	£ 8.25	per pack
35S120	Fish Gougons Breaded	1 kg	£ 9.25	per pack
34P220	Plaice Gougons Breaded	1 lb/454 gram	£ 5.95	per pack
SMOKED FISH		Pack	Price	
02H105	Haddock Skin on Natural		£ 20.00	per kg
02H105A	Haddock Skinned & Boned Natural	140-250grm	£ 25.00	per kg
02H120	Haddock Flt Skin On	160-200 grm	£ 5.25	per pkt
02K107	Kippers Manx (Whole) Vac Packed	1 Pair	£ 3.50	per pkt
02K120	Boned Kippers Vac Pac	170 gram	£ 6.75	kg
02M100A	Plain Mackerel (180-220 gram per pack)	2 fillets	£ 3.85	per pkt
02S136	Scotish Smoked Salmon D Cut	100 gram	£ 3.55	per pack

	FRESH SHELLFISH	Pack	Price	
01R150	Clams in the Shell (Pre Order Only)		Market	Price
01C304	Crab Meat White U.K. x 4 oz (Pre Order Only)	100 grm	Market	Price
01C375	Crabs Dressed 6 oz/164g approx (Pre Order Only)		£ 5.25	each
01L120	Lobsters Live (Pre Order Only)		Market	Price
01M450	Mussels Live Rope Grown	1 kg	£ 4.90	per pkt
01O324	Oysters	6s	£ 8.00	per pkt
01S230/2	Samphire Grass	100 gram	£ 1.50	per pkt
01S255	Brown Shrimps	100 gram	£ 6.00	per pkt
01S320	King Scallops Roe on	Scottish	£ 40.00	per kg
	FROZEN SHELLFISH	Pack	Price	
20C130	Cockle Meat	1 kg	£ 20.00	per pack
20C180	Clams in the Shell	1 kg	£ 4.95	per pack
20C285	Crevettes (Mediterranean Cooked Shell on King Prawns)	1 kg	£ 15.00	per pack
20M140	Whole Mussels in the Shell (Uncooked)	1 kg	£ 3.60	per pack
20M125	Mussel Meat	1 lb/454 gram	£ 2.65	per pack
20M150	1/2 Shell New Zealand Green Lip Mussels	800 grm	£ 11.25	per pack
20P111	Atlantic Prawns Cooked Large (Ideal For Prawn Cocktail)	1.8 KG	£ 32.00	per bag
20P150	Atlantic Prawns Cooked Large (Ideal For Prawn Cocktail)	400 grm	£ 7.50	per bag
20P220	Raw King Prawns Peeled Large (Ideal For Curries)	700 gram	£ 12.95	per bag
20P228	Raw King Prawns Peeled (Argentinian Reds)	800 gram	£ 16.50	per bag
20P186	Whole King Prawns 4-6 to box Raw Seawater	800 grm	£ 32.50	per pack
20P320	King Prawns In Filo Pastry 26-30 per pack	500 gram	£ 7.95	per pack
20P330	King Prawns in Tempura Batter 26-30 per pack	500 gram	£ 8.95	per pack
20P344	King Prawns in Panko Crumb	500 gram	£ 8.95	per pack
20S110/A	Breaded Scampi Whole Tail (Quinton Bay)	1 lb/454 gram	£ 6.25	per pack
20S110F	Breaded Scampi Whitby (3 Way Cook)	200 gram	£ 3.50	per pack
20S110D	Breaded Scampi Whitby Finest	1 lb/454 gram	£ 7.25	per pack
20S615	Seafood Cocktail Cooked (Mussels,Squid,King Prawns)	800 gram	£ 9.99	per pack
20S620	Paella Seafood Mix Raw	1 kg	£ 9.75	per pack
20S655	Seafood Stix (Crab Flavored Fish Sticks)	1 kg	£ 7.35	per pack
20S360	Scallops Roe Off	900 grm	£ 31.50	per pack
20S372	Queen Scallops Roe Off 40-60	454 grm	£ 11.00	per pack
20S720	Squid Tubes	700 gram	£ 6.00	per pack
20S730	Squid Tubes Stuffed with Tentacles	700 grm	£ 8.95	per pack
20S376	Salt & Pepper Squid Seafeast	1 kg	£ 10.00	per pack
20S520	Potted Brown Shrimps (Southport)	2 oz/50 gram	£ 4.20	each

£28

3=£20

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	THE FISH SHED @ SILVER FISH			
	<i>We've swapped our knives and wellies for wooden spoons and pinnies!</i>			
	<i>The Fish Shed products are lovingly prepared in our very own artisan kitchen to make eating fish easy peasy for you!</i>			
	<i>As products marked with a * are made to order and we request a minimum of 3 days notice please and offer collection only</i>			
20C272	Coquille Saint Jacques Gluten Free	2 portions	£ 8.50	pkt
	<i>Scallop shell filled with scallops, prawns, salmon and pollack in a creamy sauce topped with cheese mash.</i>			
09S125A	Seafood Platter Kit		£ 31.50	each
	<i>This kit provides you with everything you need to build your own Fish Shed original seafood platter</i>			
	<i>Pop it in your freezer so you're ready to plate up this showstopping centre piece at the drop of a hat!</i>			
	Lobsters Boiled 550-650 grm		£ 28.00	kg
			£17.50	each Approx
	THE RIGHT TOOLS FOR THE JOB			
	Oyster Knife			
	Fish Pin Boners			
	Artisan Vinegars			
92VD12	Smoked Dulce Vinegar		£ 7.00	each
92VM12	Bere Malt Vinegar		£ 8.00	each
92VS12	Sugar Kelp Vinegar		£ 7.00	each

Recommended portion sizes : Starter 85-100 gram / Main course 140-240 gram
Weight conversions : 1lb = 450 gram / 1kg = 2.2lb

All portion sizes are approximate and may vary within a small range

Please be aware all fresh fish and shellfish is subject to availability due to weather conditions and seasonality. We are happy to help advise on alternatives.

If you're wanting something specific please give us a call and we'll source the best fish from the market for you

We stock many more products, including a wide range of frozen foods
We also supply the Fylde Coasts caterers 6 days a week so give us a call if you or a friend are in need of a reliable supplier

For any allergy concerns, please contact us for more information.

Checkout Facebook, Instagram and our website for specials and updates

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