



SILVER FISH SUPPLY

Home Delivery Product List

May 2022

FRESH FISH	Pack	Price	
Sea Bass Fillets 4-5 oz/100-130 gram per Fillet Medium	2 Fillets	£ 4.50	per pkt
Whole Sea Bass 14-18 oz/400-600 gram	1 Fish	£ 4.50	each
Sea Bass Fillets 5-6 oz/140-170 gram per Fillet Large	2 Fillets	£ 5.80	per pkt
Cod Fillet Fillets Skin On		£ 20.00	per kg
Cod Loin Skinned & Boned		£ 22.00	kg
Diced Fish Luxury White Fish/Salmon	500 gram	£ 4.65	per pkt
Haddock Fillets Skin On		£ 20.00	per kg
Haddock Fillets Skined and Boned		£ 22.00	per kg
Haddock Fillets Skinned 5-6 oz/140-150 gram	1 portion	£ 2.00	each
Hake Fillet		£ 20.00	per kg
Halibut Fillet Loins		£ 35.00	per kg
Lemon Sole Ft		£ 32.50	per kg
Monkfish Tail Bone in Skin On		£ 20.00	per kg
Monkfish Fillet Skined		£ 35.00	per kg
Plaice Fillet		£ 22.50	per kg
Salmon Fillets		£ 22.00	per kg
Salmon Fillets Skined		£ 25.00	per kg
Salmon Whole Fish		Market	Price
Sea Trout Fillets		£22.00	per kg
Salmon Ptns Skinned 3-4 oz/85-100 gram per portion	1 portion	£ 2.25	per pkt
Salmon Ptns Skinned 5-6 oz/140-160 gram per portion	1 portion	£ 3.75	per pkt
Salmon Ptns Skinned 6-8 oz/170g-230 gram per portion	1 portion	£ 4.55	per pkt
Swordfish Loin Steak		£ 22.00	kg
Trout Whole 12-14 oz/340-400 gram	1 Fish	£ 4.25	per fish
Trout Fillets (Singles) 90-110 gram per Fillet	2 Fillets	£ 4.25	per pkt
Tuna Loin Steak		£ 22.00	kg
Turbot Fillet		Market	Price

FROZEN FISH	Pack	Price	
Sea Bass Fillets 4-5 oz/100-130 gram per Fillet Medium	2 Fillets	£ 4.50	per pkt
Sea Bass Fillets 5-6 oz/140-180 gram per Fillet Large	2 Fillets	£ 5.80	per pkt
Sea Bass Fillets 210-240 gram per Fillet X Large	1 Fillet	£ 4.90	each
Cod Loins Skinned 6-7 oz/170-200 gram	10 Loins	£ 22.50	case
Diced White Fish & Salmon	500 gm	£ 4.65	per pkt
Haddock Flts Skinned 5 oz/140 gm per Fillet	2 Fillets	£ 4.00	per pkt
Haddock Flts Skinned 6-8 oz 170-230 gram	1 portion	£ 2.75	each
Halibut loin Steaks (No Bone) 6-8 oz/2170-230 gram)	1 Loin Portion	£ 7.00	each
Mackerel 2 Fillets per pack 5 oz/140-150 gm per pack	2 Fillets	£ 3.50	per pkt
Plaice Fillet 6-7 oz/170-180 gram per Fillet Skin on		£ 10.60	per kg
Swordfish Loin Steaks 6-8 oz/170-230 gram	10 Loins	£ 24.00	case
Trout Fillets Skin On 2 Fillets per pack 180-200 gm	2 Fillets	£ 4.25	per pack
Tuna Loin 6-8 oz/160-200 gram	10 Loins	£ 18.00	case
Scotish Salmon Portions Skinned 5-6 oz /140-160 gram	10 Portions	£ 26.00	case
Whitebait	454 gram	£ 2.75	per pkt

FROZEN COATED FISH	Pack	Price	
Cod Fillet Fish Fingers Youngs	60	£ 15.00	per pack
Battered Cod Gougons	1 kg	£ 11.50	per pack
Plaice Gougons Breaded	1 lb/454 gram	£ 5.50	per pack
Smoked Haddock Spring Onion & Mozzarella Fish Cakes	18x115 gm	£ 15.25	per case

SMOKED FISH	Pack	Price	
Haddock Skin on Natural		£ 20.00	per kg
Haddock Skinned & Boned Natural	140-250gm	£ 22.00	per kg
Kippers Manx (Whole) Vac Packed	1 Pair	£ 2.75	per pkt
Boned Kippers Boil in Bag x 2 fillets	170 gram	£ 1.30	per pack
Plain Mackerel (180-220 gram per pack)	2 fillets	£ 3.65	per pkt
Cumbrian Smoked Salmon D Cut	100 gram	£ 3.25	per pack
Cumbrian Grants Traditional Scotish Salmon D/cut	200 gram	£ 7.75	per pkt
Gravadlax Salmon D/cut	100 gm	£ 3.50	per pkt

FRESH SHELLFISH	Pack	Price	
Clams in the Shell (Pre Order Only)		Market	Price
Crabmeat Clawmeat (Paterised)	1 lb	£ 15.50	per pkt
Crab Meat White U.K. x 4 oz (Pre Order Only)	100 grm	£ 7.50	per pkt
Crabs Dressed 6 oz/164g approx (Pre Order Only)		£ 4.95	each
Lobsters Live (Pre Order Only)		Market	Price
Mussels Live Rope Grown	1 kg	£ 4.90	per pkt
Oysters	6s	£ 8.00	per pkt
Samphire Grass	100 gram	£ 1.50	per pkt
Brown Shrimps	100 gram	£ 6.00	per pkt
King Scallops Roe on		£ 38.00	per kg

FROZEN SHELL FISH	Pack	Price	
Cockle Meat	1 kg	£ 20.00	per pack
Clams in the Shell	1 kg	£ 4.95	per pack
Crabmeat 50% White meat 50% Dark Meat	1 lb/454 gram	Out of Stock	per pack
Snow Crab Claws 5-8 per Pack	680 grm	£ 24.00	per pack
Crevettes (Mediterranean Cooked Shell on King Prawns)	1 kg	£ 15.00	per pack
Whole Mussels in the Shell (Uncooked)	1 kg	£ 3.35	per pack
Mussel Meat	1 lb/454 gram	£ 2.50	per pack
1/2 Shell New Zealand Green Lip Mussels	800 grm	£ 10.00	per pack
Atlantic Prawns Cooked Large (Ideal For Prawn Cocktail)	1.8 KG	£ 30.00	per bag
Atlantic Prawns Cooked Large (Ideal For Prawn Cocktail)	200 gram	£ 3.55	per bag
Raw King Prawns Peeled Large (Ideal For Curries)	700 gram	£ 12.95	per bag
Raw King Prawns Peeled (Argentinian Reds)	800 gram	£ 16.00	per bag
King Prawns In Filo Pastry 26-30 per pack	500 gram	£ 7.50	per pack
King Prawns in Tempura Batter 26-30 per pack	500 gram	£ 8.50	per pack
King Prawns in Panko Crumb	500 gram	£ 7.95	per pack
Breaded Scampi Whole Tail (Quinton Bay)	1 lb/454 gram	£ 5.50	per pack
Breaded Scampi Whitby (3 Way Cook)	700 gram	£ 11.00	per pack
Breaded Scampi Whitby Finest	1 lb/454 gram	£ 7.25	per pack
Seafood Cocktail Cooked (Mussels,Squid,King Prawns)	800 gram	£ 9.99	per pack
Seafood Stix (Crab Flavored Fish Sticks)	1 kg	£ 6.95	per pack
Scallops Roe Off	900 grm	£ 30.00	per pack
Scallops Roe On (Isle of Man)	500 grm	£ 14.50	per pack
Scallops Baby Queenies Roe On (Isle of Man)	500 grm	£ 11.00	per pack
Squid Tubes	700 gram	£ 6.00	per pack
Squid Tubes Stuffed with Tentacles	700 grm	£ 8.95	per pack
Salt & Pepper Squid	500 grm	£ 5.50	per pack
Potted Brown Shrimps (Southport)	2 oz/50 gram	£ 3.95	each

THE FISH SHED @ SILVER FISH

We've swapped our knives and wellies for wooden spoons and pinnies!

The Fish Shed products are lovingly prepared in our very own artisan kitchen to make eating fish easy peasy for you!

*As products marked with a * are made to order we request a minimum of 3 days notice please and offer collection only*

Coquille Saint Jacques 2 portions £ 7.00 pkt

Scallop shell packed with Scallops in a creamy white sauce surrounded by a piping of mash potato and a sprinkling of cheese

We freeze these as soon as we make them to lock in all the goodness so pop them in your freezer until you need them most!

Coquille Saint Jacques GLUTEN FREE 2 portions £ 7.00 pkt

***Dressed Lobster** 400-500 grm £ 32.00 each

All of the luxury with none of the mess and hard work! This lobster is ready to eat with none of the shell cracking required!

You can either eat this baby cold or pop it under the grill with a delicious sauce or butter.

***Picnic By The Sea** £ 42.00 each

Picnic box for 4 including Cumbrian Smoked Salmon, Gravdax, Hand Picked Crab Meat, Smoked Mackerel Pate,

Atlantic Prawns, Artisan Bread and Butter, and Mari-Rose Sauce. All finished off with a selection of delicious sweet treats

The breads require a final bake at home to enjoy it at its best or we can bake them for you if you're planning to head straight to the beach!

Smoked Mackerel Pate 150 grm £ 4.50 each

Made in small batches using wild mackerel caught in the North Atlantic Ocean and smoked on the North East Coast of Scotland

We freeze these as soon as we make them to lock in all the goodness, so pop them in your freezer until you need them most!

Hot Cumbrian Smoked Salmon Pate 150 grm £ 4.50 each

Made in small batches using the finest Hot Smoked Salmon from Cumbria

We freeze these as soon as we make them to lock in all the goodness, so pop them in your freezer until you need them most!

***Seafood Platter** £ 32.50 each

Our original ready to eat shellfish sharing platter packed with

Cockles, Crevettes, a Dressed Crab, Half Shell Mussels, Atlantic Prawns, and Shrimps

Serves 4 as a starter or 2 as a main course

Fancy adding a little extra? Let us know when placing your order and consider it done!

Seafood Platter Kit £ 29.50 each

This kit provides you with everything you need to build your own Fish Shed original seafood platter

Pop it in your freezer so you're ready to plate up this showstopping centre piece at the drop of a hat!

***You're My Lobster Set Menu** £ 50.00

Lobster 3 course set menu for 2 with simple cooking instructions included

Starter : Coquille Saint Jacques

Main : Half a dressed lobster (per person) with lemon herb butter served with herby buttered New Potatoes and Samphire

Dessert : Seasonal

THE RIGHT TOOLS FOR THE JOB			
Oyster Knife		On request	
Fish Pin Boners		On request	

MARINADES	Pack	Price	
Anchovies Fillets in Garlic Oil	200 gram	£ 3.60	per pkt

SOUPS			
Lobster Soup	1 ltr	£ 7.75	each
Fish Soup	1 ltr	£ 6.75	each

Artisan Vinegars			
Smoked Dulce Vinegar		£ 7.00	each
Bere Malt Vinegar		£ 8.00	each
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.

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