

Good Availability – Best Value

Varying Availability – Check before buying

Poor Availability – May not be good value / optimum quality

SPECIES	AVAILABLE AS	Winter			Spring			Summer			Autumn			Catch Area
		Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	
Alaska Pollock	Wild, Frozen													North East Pacific
Anchovies	Wild, Fresh, Preserved													North East Atlantic, Black sea
Barramundi	Farmed													Indian Ocean
Bream - Black	Wild, Fresh													North East Atlantic
Bream - Gilt Head	Farmed													Mediterranean
Brill	Wild, Fresh													North East Atlantic
Clams - Razor	Harvested													North East Atlantic
Clams - Palourde	Wild, Fresh													North East Atlantic
Cobia	Farmed													Central West Atlantic
Cockles	Wild, Fresh													North East Atlantic
Cod	Wild, Fresh													North East Atlantic
Cod - Skrei	Wild, Fresh													North East Atlantic
Coley	Wild, Fresh													North East Atlantic
Crabs - Brown	Wild, Fresh													North East Atlantic
Crabs - Spider	Wild, Fresh													North East Atlantic
Crayfish	Farmed													China
Cuttlefish	Wild, Fresh													North East Atlantic
Dabs	Wild, Fresh													North East Atlantic
Flounder	Wild, Fresh													North East Atlantic
Gurnard - Red / Tub / Grey	Wild, Fresh													North East Atlantic
Haddock	Wild, Fresh													North East Atlantic
Hake	Wild, Fresh													North East Atlantic
Halibut Farmed	Farmed													North East Atlantic
Herrings	Wild, Fresh, Preserved													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													North West Atlantic
Lobster - Native	Wild, Fresh													North East Atlantic
Mackerel	Wild, Fresh													North East Atlantic
Mahi Mahi	Wild, Fresh													Indian Ocean
Meagre - Stone Bass	Farmed													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	Harvested													North East Atlantic
Octopus	Wild, Frozen													North East Atlantic
Oysters - Native	Harvested													North East Atlantic
Oysters - Rocks	Farmed													North East Atlantic
Pangasius	Farmed, Frozen													Vietnam
Plaice	Wild, Fresh													North East Atlantic
Pollock	Wild, Fresh													North East Atlantic
Pouting	Wild, Fresh													North East Atlantic
Prawns - Black Tiger	Farmed													Vietnam, India
Prawns - White	Farmed													Ecuador, Vietnam, India
Salmon	Farmed													North East Atlantic
Sand Soles	Flat Fish, Coldwater													North East Atlantic
Sardines	Wild, Fresh													North East Atlantic
Scallops - American	Wild, Fresh													North West Atlantic
Scallops - Native / Native Dived	Wild, Fresh													North East Atlantic
Scallops - Queenies	Wild, Fresh													North East Atlantic
Sea Bass	Farmed													Mediterranean
Sea Trout	Wild, Fresh													North East Atlantic
Shrimp - Brown	Wild, Fresh, Frozen													North East Atlantic
Skate	Wild, Fresh													North East Atlantic
Snapper - Red	Wild, Fresh													Pacific and Indian Oceans
Sole - Farmed	Farmed													Spain
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													China
Trout Rainbow	Farmed													UK
Trout Sea Reared	Farmed													North East Atlantic
Tuna - Yellow Fin	Wild, Fresh													Indian Ocean, Pacific
Turbot	Farmed													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													Australia, Holland