

Cockles MSC Burry Inlet Cockles (*Cerastoderma edule*) from South Wales near Llanelli and Swansea. Managed by restricted licences, Burry Cockles are hand-raked and sieved. MSC-certified. Sept to April

Cod Organically Reared Atlantic Cod (*Gadus morhua*) farmed in Scotland and Norway. Farmed to organic standards. Available fresh all year round

Hake MSC South African Hake (*Merluccius capensis*) The South African Hake fishery was intensively fished after World War II up to the early 1970s, when it went into decline. The decline prompted changes, which led to a gradual recovery that has been controlled largely by means of limitations on catch limit and vessels, and closed fishing areas. This sustainable management is working, and is recognised by the fishery's MSC certification. We offer Smoked Hake Fillets, along with fresh and frozen plain fillets. Available all year round.

Halibut Wild Pacific Halibut (*Hippoglossus stenolepis*) – caught in Alaska and Canada. Line-caught, regulated fisheries with closed season to protect stocks. The Alaskan Fishery is MSC-certified, others are undergoing assessment. The season runs from March to Nov (though the close can be brought forward to ensure stocks remain sustainable)

Halibut Farmed Atlantic Halibut (*Hippoglossus hippoglossus*) - reared in Scotland and Northern Europe. Farmed All year round

Langoustine Langoustine (*Nephrops norvegicus*) is mostly found in Scottish and northern British waters. Over-fishing is very difficult given the accuracy with which the populations are monitored and the fact that egg-carrying females remain in their burrows, thus avoiding the trawlers. This leaves the stocks healthy, well managed and sustainable all year round. All year round, but at their best from Autumn through to Spring.

Lobster Native Lobsters (*Homarus gammarus*) are pot-caught all round the British coast. Pot-catching is selective, and causes minimal damage to the habitat. Berried females are put back except in Cornwall where local fishermen take "pregnant" female lobsters to the National Lobster Hatchery, to give them a chance to release their delicate offspring in captivity, where there are no predators. The young lobsters are then raised to a size where they can be released back into the sea and look after themselves. All year round (but avoid 'berried' females carrying eggs). At their best from late June to August when they become more active and move in-shore with the warmer water.

Mackerel Mackerel (*Scomber scombrus*) is found around the UK from the South West to the North East coasts. In plentiful supply. The South West and Hastings fisheries are MSC-certified and various other North Sea and North Atlantic fisheries are currently in MSC assessment. Available all year round but best quality and availability is July-Oct

Mussels Rope Grown Mussels (all species of *Mytilidae*) Both wild and farmed rope grown mussels require no external feed or intervention, and are part of a healthy ecosystem. All year round, but best from Autumn through to Spring.

Oysters Oysters (Native and Pacific/Rock) Farmed, low environmental impact. Natives available Sept-April, Pacific/Rock all year round.

Prawns - Coldwater

MSC Canadian Prawns (*Pandalus borealis*). Caught by in-shore day boats in the crystal clear cold waters of the Canadian North Atlantic (Newfoundland/Labrador/Davis Strait, the Gulf of St Lawrence and the Scotian Shelf), then cooked, peeled and frozen on-shore. This ensures a sweeter flavour and softer texture than double frozen prawns. MSC-certified. All year round.

Prawns - Warmwater

Warmwater / King Prawns (all species of *Penaeidae*, *Palaemonidae* & *Vanamei*) are grown inland in warm waters around the world. Farmed inland Available all year round.

Red Mullet Red Mullet (all species of *Mullus*) from the English Channel. We avoid Mediterranean fish which are intensively fished, but as water temperatures rise, Red Mullet are found off the South Coast where they are in good supply. Aug-April (avoid May-July when they spawn)

Red Snapper

Red Snapper (*Lutjanus sanguine*) is found in most warm waters. We source fresh from the Indian Ocean along the South Indian Peninsula where the Bay of Bengal meets the Arabian Sea. Using a greater variety eases the pressure on UK species. Sourced from a well-managed fishery, with a fishing ban staggered between the Eastern and Western coasts during the spawning season to protect stocks and maintain availability. All year round

Salmon Organically Reared Shetland Salmon Farmed in fast flowing currents, using chemical-free sustainable feed. RSPCA Freedom Food approved. Fresh available all year round

Sardines Cornish Sardines (*Sardina pilchardus*) Ring-net caught, plentiful stocks. Currently in MSC preassessment. Best quality and availability from August to March.

Scallops

Black Pearl Scallops (*Placopecten magellanicus*) sourced from Maine to the southern border of Virginia in small batches on day boats to ensure freshness and maintain their distinctive, succulent and sweet taste. Hand shucked on the way back to port, they're packed daily and flown directly to the UK. In order to ensure sustainable practices, the fisheries are regulated under a tightly controlled management plan. This includes "Access Areas" which restrict fishing vessels to operate within specific regions that are opened and closed based upon total catch, meat size and days at sea. This ensures productive fisheries that yield consistent large size (adult) meat counts year after year and reduces or eliminates over-fishing or the harvesting of juvenile scallops. Available all year round

Sea Bass Farmed Sea Bass (*Dicentrarchus labrax*) from around the Mediterranean. Farmed Available all year round

Sea Bream Gilt Head Bream / Dorade (*Sparus aurata*) is farmed around the Mediterranean. Farmed Available all year round

Squid Squid (all species of *Loligo*, *Illex* & *Ommastrephes*) from Britain and around the world. Under-utilised, in good supply and selectively fished using the 'jigger' method which is better for the environment than trawling. Available all year round, but at it's best from Oct-Mar. Freezes very well too.

Trout Trout (Rainbow, Brown, Golden) are all farmed in the UK. Farmed inland. Available all year round

Tuna - Yellowfin

Yellowfin Tuna (*Thunnus albacares*) is found in various warm waters, but our only source comes fresh from the Maldives & Sri Lanka. Maldives and Sri Lankan stocks are not endangered, and fished selectively using pole and line-catching methods which are dolphin and turtle friendly. Fresh Yellowfin is available all year round, but can be inconsistent during the Monsoon season (July-Aug).

Turbot Farmed Turbot (*Psetta maxima*) from Scotland, Norway and Spain is excellent quality. Farmed Available all year round