

Fresh Fish

Scottish salmon	£6.95/200g portion	£34.95/kg
Haddock	£4.95/200-220g portion	£34.95/kg
Sea bream	£7.50/200g portion Whole two person fish 800g-1kg	£15.00
Line caught Cod	£6.50/200g portion	£32.50/kg
Hake	£5.50/200g portion	£27.50/kg
Wild sea bass	£11.00/200g portion	£55.00/kg
	Whole fish - See daily specials for sizes & prices	
Dover sole	£19.50 per fish (400-450g prepared on the bone)	
	Filletts £16.50 per portion	
Swordfish	£7.50/200g portion	£34.95/kg
Monkfish	£9.00/200g portion	£45.00/kg
	Whole Monkfish tails - ask for availability	
Halibut	£9.50/200g portion	£47.50/kg
Tuna	£9.00/200g steak	£44.95/kg
Mackerel	£4.50 per 2 fillet portion	£13.50/kg (whole fish)
Squid	£6.95/200g portion	£34.95/kg
Fresh fish fingers	£14.95/kg (sold by kg only)	
Fresh fish cakes	£3.50 each (Haddock, salmon, smoked haddock, cod & potato)	
Fresh fish pie mix	£9.95/ 475g bag (Haddock, cod, smoked haddock, salmon & hake/halibut)	

Fresh Frozen - fresh fish blast frozen by us on arrival

Lemon sole fillets	£5.50 each
Dover sole fillets	£10.00 / 200g portion
Wild seabass fillets	£7.50 / 200g portion
Gurnard fillet	£4.50 / 200g portion
Whole Anchovies	£9.95/kg
Cod Cheeks	£9.95/500g
Cornish Turbot fillet	£7.50 / 180g portion
John Dory fillet	£7.50 / 200g portion

Frozen Fish

Lobster Tails	£79.95/kg	
Escargot	£6.95/pack	(8 snails)
Soft Shell Crabs	£5.50 each	
Baby Octopus	£10.95/bag	(1kg bag, 600g approx thawed weight)
Whitebait	£6.95	
Mussels	£10.95	
Squid tubes	£6.95	(1kg bag, approx 600g thawed weight)
Breaded Scampi	£5.95	
Jumbo Scampi	£15.95	(Langoustine tails, not breaded)
Raw peeled King Prawns	£19.95	
Tiger Prawns 8-12c	£16.95	(Medium size, shell on)
Tiger Prawns 6-8c	£19.95	(Large size, shell on)

Caviar

Sevruga Caviar	50g £59.95	125g £149.95
Oscietra Caviar	50g £69.95	125g £175.95

Fresh BBQ Fish Boxes

Box No. 1 £54.95

2 x 200g Swordfish Steaks 2 x 200g Scottish Salmon Fillets

2 x Mixed Fish Kebabs

(Salmon, Swordfish, Monkfish, Scallop, Cod Cheek & King Prawn
marinated in lemon, lime, ginger, chilli, garlic & coriander)

10 x Shell-on Sea Water White King Prawns

Box No. 2 £69.95

2 x 200g Swordfish Steaks 1 x Whole Sea Bream

2 x Mixed Fish Kebabs

(Salmon, Swordfish, Monkfish, Scallop, Cod Cheek & King Prawn
marinated in lemon, lime, ginger, chilli, garlic & coriander)

2 x XL Madagascan Prawns

Box No. 3 £99.95

2 x Whole 500g Lobsters with Garlic Butter
(Par-cooked & ready to finish on BBQ)

2 x 200g Sushi Grade Tuna Steaks 1 x Whole Sea Bream

2 x Mixed Fish Kebabs

(Salmon, Swordfish, Monkfish, Scallop, Cod Cheek & King Prawn
marinated in lemon, lime, ginger, chilli, garlic & coriander)

2 x 200g Squid Portions

Paella Kits

Two Person Kit - £22.95

1kg Paella Rice
1 pack Bridisa Cooking Chorizo (Mild or Picante)
4 Sea Water White King Prawns
200g Cod Cheeks
100g Squid

+ Two Person Paella pan add on £9.95

Four Person Kit - £29.95

1kg Paella Rice
1 pack Bridisa Cooking Chorizo (Mild or Picante)
8 Sea Water White King Prawns
300g Cod Cheeks
200g Squid

+ Four Person Paella pan add on £14.95

Six Person Kit - £37.95

1kg Paella Rice
1 Pack Bridisa Cooking Chorizo (Mild or Picante)
12 Sea Water White King Prawns
400g Cod Cheeks
300g Squid

+ Six Person Paella pan add on £19.95

Eight Person Kit - £49.95

1kg Paella Rice
2 Pack Bridisa Cooking Chorizo (Mild or Picante)
16 Sea Water White King Prawns
500g Cod Cheeks
400g Squid

+ Eight Person Paella pan add on £24.95

Paella add ons

Clams £19.95/kg
Mussels £6.95/kg
Dipped Langoustines £36.95/kg (Par-cooked at sea to prolong shelf life by one week)
Live Langoustines £59.95/kg
Monkfish fillet £44.95/kg
Hake fillet £29.95/kg

Fresh Groceries & Store Cupboard Items

Fresh Veg

Fresh Fruit & Veg box £35.00 (48 hours notice please!)
(Selection including potatoes, carrots, parsnips, cabbage, onions, garlic, lettuce,
cherry tomatoes, bananas, apples, pineapple, spring onions, oranges, lemons, aubergine
- selection subject to change, apologies we cannot change the items)

Sapphire £24.95/kg

Heritage tomatoes £10.95/kg (sold by kg only)

Vine tomatoes £7.95/kg

Breads

Bread Ahead Sourdough £4.95 (White / brown)

Homemade Rosemary Focaccia £7.50

Focaccia of the Day £7.50 (See specials for daily selection)

Dairy & Eggs

2 litre milk £2.00 (Semi-skimmed & whole)

Salted/Unsalted Butter £2.00

Free range eggs 50p each

Ortiz Tinned Fish & Soups

Ortiz canned Bonito £9.95

Ortiz canned Tuna £8.95

Ortiz canned Sardines £5.95

Ortiz canned Anchovies £5.95

Fish soup £6.95

Lobster soup £9.95

Crab soup £8.95

Fresh Home-made Fish Stock £4.95 / 550ml (comes frozen)

Brindisa Gazpacho £6.50

Store Cupboard Tomatoes & Jarred Vegetables

Navarrico Chickpeas	£4.95
Navarrico White Haricot Beans	£4.95
Navarrico White Asparagus	£8.95
Navarrico Butterbeans	£6.95
Navarrico Artichoke Hearts	£11.95
Navarrico Lentils	£4.95
Navarrico Whole Piquillo Red Peppers	£9.95
Mutti Polpa Finely Chopped Tomatoes	£1.95
Mutti San Marzano Peeled Tomatoes	£3.50
Mutti Concentrated Tomato Puree	£1.95
Perello Gordal Olives 150g	£3.95
Pickled Garlic Cloves	£4.95
Pickled Caperberries	£3.95
Pickled Capers	£3.95
Pickled Gherkins	£3.95
Pickled Hot Guindilla Green Peppers	£3.95

Oils, Vinegars & Sauces

Extra Virgin Olive Oil (1 litre tin)	£15.95
Smoked Aioli	£4.95
Smoked Mayonnaise	£4.95
Red Wine Vinegar	£4.50
White Wine Vinegar	£4.50
Reims Champagne Vinegar	£5.95
Sherry Vinegar	£4.95
Kikkoman Soy Sauce	£4.95
Wasabi Paste	£2.50
Sushi Ginger	£3.50
Dijon Mustard	£2.95
Tiptree Wholegrain Mustard	£3.50
Tiptree Quite Hot Ketchup	£3.50
Tiptree Brown Sauce	£3.50
The Condiment Co. Mayonnaise	£3.95
The Condiment Co. Garlic Mayonnaise	£3.95
The Condiment Co. Lemon Mayonnaise	£3.95
The Condiment Co. Chilli Mayonnaise	£3.95
The Condiment Co. Hollandaise	£3.95
The Condiment Co. Dill Mustard	£3.95
The Condiment Co. Tartare	£3.95
Bastarda Hot Green Pepper Sauce	£7.50
Bastarda Hot Red Pepper Sauce	£7.50

Salts, Herbs & Spices

Drogheria & Alim Pink Himalayan Salt Mill	£3.95
Drogheria & Alim Sea Salt Mill	£3.95
Drogheria & Alim Chilli Mill	£3.95
Drogheria & Alim Garlic Mill	£3.95
Drogheria & Alim Black Peppercorn Mill	£3.95
La Chinata Hot Smoked Paprika	£3.50
La Chinata Mild Smoked Paprika	£3.50
Saffron (0.5g)	£4.95

Chorizo & Cured Meats

Chorizo - cooking, natural or picante	£5.95
Mini Cooking Chorizo	£5.95
Black Pudding Morcilla de Burgos	£8.50
Mini Black Pudding Morcilla de Burgos	£8.50
Pancetta	£6.95/250g piece

Rices & Pastas

Paella Rice 1kg	£5.95
Arborio Rice 1kg	£5.95
Venere Nero 'Black' Risotto Rice 500g	£5.95
Rummo Spaghetti No. 3	£3.50
Rummo Linguine No. 13	£3.50
Rummo Gluten Free Spaghetti No. 3	£3.95

Cheeses

Gourmet Cheese

Cornish Yarg £34.95/kg

Brie de Meures £29.95/kg

Keens Cheddar £29.95/kg

Cashel Blue £32.60/kg

Ticklemore Goats Cheese £39.95/kg

Colston Bassett Stilton £29.95/kg

Delice des Cremiers £36.95/kg (Soft cheese similar to Vacherin)

Spanish Cheese

Valdeon Picos de Europa Blue £29.95/kg

Villarejo Manchego £39.95/kg

Erresenda Organic Raw Milk £34.95/kg