



SILVER FISH SUPPLY

Home Delivery Product List

		<u>June</u>	<u>2021</u>
FRESH FISH	<u>Pack</u>	<u>Price</u>	
Sea Bass Fillets 4-5 oz/100-130 gram per Fillet Medium	2 Fillets	£ 3.95	per pkt
Whole Sea Bass 16-18 oz/500-600 gram	1 Fish	£ 3.95	each
Sea Bass Fillets 5-6 oz/140-180 gram per Fillet Large	2 Fillets	£ 4.90	per pkt
Cod Tail Skinned & Boned 8-10oz/200-250 gram	1 pack	£ 5.00	per pkt
Cod Loin Skinned & Boned 8-10oz/200-250 gram	1 pack	£ 5.00	per pkt
Diced Fish Luxury White Fish/Salmon	500 gram	£ 4.50	per pkt
Haddock Fillets Skinned 5-6 oz/140-150 gram per fillet	2 Fillets	£ 4.00	per pkt
Haddock Fillet Skined & Boned 8-10 oz/200-250 gram	1 pack	£ 5.00	per pkt
Hake Fillet Skin on 8-10 oz/200-250 gram	1 pack	£ 6.00	per pkt
Salmon Ptns Skinned 3-4 oz/85-100 gram per portion	2 portions	£ 3.60	per pkt
Salmon Ptns Skinned 5-6 oz/140-160 gram per portion	2 portions	£ 6.30	per pkt
Salmon Ptns Skinned 6-7 oz/170g-190 gram per portion	2 portions	£ 6.90	per pkt
Salmon Ptns Skin On 6-7 oz/170g-190 gram per portion	2 portions	£ 6.50	per pkt
Swordfish Loin Steak 6-7 oz/170-200 gram	1 Loin	£ 5.00	each
Trout Whole 12-14 oz/340-400 gram	1 Fish	£ 4.25	per fish
Trout Fillets (Butterfly) 8-9 oz/200-230 gram	1 Fillet	£ 4.25	each
Trout Fillets (Singles) 90-110 gram per Fillet	2 Fillets	£ 4.25	per pkt
Tuna Loin Steak 6-7 oz/170-200 gram	1 Loin	£ 5.00	each

<i>All the below can be cut to your own specification</i>			
Cod Fillet		£ 20.00	per kg
Dover Soles		Market	Price
Haddock Fillets		£ 20.00	per kg
Hake Fillet		£ 20.00	per kg
Halibut Fillet Loins		£ 35.00	per kg
Lemon Sole Flt		£ 30.00	per kg
Monkfish Fillet Skined		£ 35.00	per kg
Plaice Fillet		£ 20.00	per kg
Salmon Fillets		£ 16.50	per kg
Salmon Whole Fish		Market	Price
Sea Trout Fillets		£20.00	per kg
Turbot Fillet		Market	Price
Natural Smoked Haddock		£ 20.00	per kg

FRESH SHELLFISH	<u>Pack</u>	<u>Price</u>	
Clams in the Shell (Pre Order Only)		Market	Price
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)		£ 4.50	each
Lobsters Live (Pre Order Only)		Market	Price
Lobsters Cooked and Dressed (Ready to Eat) (Pre Order Only)	400-500 grm	£ 27.50	each
Mussels Live Rope Grown	1 kg	£ 4.00	per pkt
Oysters	12s	£ 14.40	per pkt
Oysters	6s	£ 7.20	per pkt
Samphire Grass	100 gram	£ 1.40	per pkt
Brown Shrimps	100 gram	£ 6.25	per pkt
King Scallops Roe on	100 gram	£ 3.75	per pkt
FRESH SMOKED FISH	<u>Pack</u>	<u>Price</u>	
Haddock Skinned & Boned	250 gram	£ 6.00	per pkt
Kippers Manx (Whole)	1 Pair	£ 2.75	per pkt
Plain Mackerel (230-280 gram per pack)	2 fillets	£ 3.50	per pkt
Peppered Mackerel (230-280 gram per pack)	2 fillets	£ 3.65	per pkt
Herb & Garlic Mackerel (230-280 gram per pack)	2 fillets	£ 3.65	per pkt
Salmon Sides Sliced D/Cut	1-1.3 kg	£ 27.50	per side
Cumbrian Smoked Salmon D Cut	100 gram	£ 3.25	per pack
Grants Traditional Scottish Salmon D/cut	200 gram	£ 7.00	per pkt
Hot Smk Salmon Sides	1.1-1.3 kg	£ 35.00	each
Please be aware all fresh fish and shellfish are subject to availability due to weather conditions and sesonal availability			
<i>*For any specific requests please call and we are happy to help source the best fish from the market</i>			
<i>Recommended portion sizes Starter 85-100 gram Main course 140-240 gram</i>			
<i>(1 lb = 450 gram 1kg = 2.2 lb)</i>			

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 we request a minimum of 3 days notice please and offer collection only</i>			
Breakfast Box Smoked Salmon Royale		£ 20.00	Box
<i>Cumbrian Smoked Salmon, Hollandaise Sauce, Lemon & Rye Bread, Mini Danish Assortment, Free Range Eggs, Orange Juice.</i>			
Coquille St Jacques	2 portions	£ 6.00	pkt
<i>Scallop shell packed with Scallops in a creamy white sauce surrounded by a piping of mash potato and a sprinkling of cheese</i>			
<i>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!</i>			
Coquille St Jacques GLUTEN FREE	2 portions	£ 6.00	pkt
<i>Scallop shell packed with Scallops in a creamy white sauce surrounded by a piping of mash potato and a sprinkling of cheese</i>			
<i>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!</i>			
Great Friday Fish Box		£ 45.00	Box
<i>4 Bass Fillets, 2 Haddock Fillets, 2 Salmon Portions 2 Tuna Loins, 4 Scallops, 500 grm Luxery Diced Fish, Hollandaise Sauce, Beurre Blanc Sa</i>			
*Lobsters Cooked and Dressed	400-500 grm	£ 27.50	each
<i>We've taken away all the mess and hard work for you by dressing it so its ready to eat with no shell cracking required!</i>			
<i>You can either this baby cold as it comes or pop it under the grill with a delicious sauce or butter.</i>			
<i>Provided in a tin tray to save you the washing</i>			
<i>Serves 2 as a starter or 1 as a main course</i>			
Meal Box (Set Menu For 2)		£ 40.00	
Meal Box (Set Menu For 2) Luxery Upgrade		£ 45.00	
Picnic By The Sea (Poached Salmon)		£ 40.00	
<i>Cooked Salmon, Hand Picked White Crab Meat, Cumbrian Smoked Salmon, Smoked Mackerel Pate, Selection Of Artisan Breads,</i>			
<i>Greenland Peeed Prawns, Traditionaly Churned Butter, Selcetion Of Afternoon Cakes, Mari-Rose Sauce.</i>			
Picnic By The Sea (Cumbrian Hot Smoked Salmon)		£ 40.00	
<i>Cumbrian Hot Smoked Salmon, Hand Picked White Crab Meat, Cumbrian Smoked Salmon, Smoked Mackerel Pate,</i>			
<i>Greenland Peeed Prawns, Selection Of Artisan Breads, Traditionaly Churned Butter, Selcetion Of Afternoon Cakes, Mari-Rose Sauce.</i>			

Smoked Macerel Pate	150 grm	£ 4.50	
Hot Cumbrian Smoked Salmon Pate	150 grm	£ 4.50	
*Seafood Platter		£ 29.50	each
<i>Ready to serve platter packed with Cockles, Crevettes, Dressed Crab, Mussels, Prawns, Shell on Prawns and Shrimps</i>			
<i>Serves 2 as a starter or 1 as a main course</i>			
<i>Fancy adding a little extra? Let us know when placing your order and consider it done!</i>			
*Build Your Own Seafood Platter Kit		£ 25.00	each
<i>This kit provides you with everything you need to build your own platter as described above</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>			
Cooked Dressed Salmon Platter	1.3 kg	£ 29.50	each
<i>Ready to eat cooked Salmon fillet garnished with Crevettes, Cucumber, Lemon and Parsley</i>			
<i>Serves 8-10</i>			

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FROZEN FISH	<u>Pack</u>	<u>Price</u>	
Sea Bass Fillets 4-5 oz/100-130 gram per Fillet Medium	2 Fillets	£ 3.95	per pkt
Sea Bass Fillets 5-6 oz/140-180 gram per Fillet Large	2 Fillets	£ 4.95	per pkt
Cod Fillet Skinned 6-8 oz/170-200 gram per Fillet	2 Fillets	£ 5.00	per pkt
Cod Loins Skinned 6-7 oz/170-200 gram per Loin	2 Loins	£ 4.00	per pkt
Diced White Fish & Salmon	500 grm	£ 4.50	per pkt
Dover Soles whole Skinned	320-360 gram	£ 6.50	each
Haddock Flts Skinned 5 oz/140 grm per Fillet	2 Fillets	£ 2.00	per pkt
Haddock Fillets Skinned 6-8 oz/180-200 grm per Fillet	2 Fillets	£ 5.50	per pkt
Halibut loin Steaks (No Bone) 7-9 oz/200-220 gram)	1 Loin	£ 7.00	each
Mackerel 2 Fillets per pack 5 oz/140-150 grm per pack	2 Fillets	£ 4.00	per pkt
Plaice Fillet 6-7 oz/170-180 gram per Fillet Skin on	2 Fillets	£ 5.00	per pkt
Plaice Fillet 12-14 oz/280-300 gram per Fillet Skin on	2 Fillets	£ 8.25	per pkt
Swordfish Loin Steaks 6-8 oz/160-200 gram	1 Loin	£ 5.00	each
Trout Fillets Skin On 2 Fillets per pack 180 grm	2 Fillets	£ 4.00	per pack
Tuna Loin 6-8 oz/180-220 gram	1 Loin	£ 5.00	each
Scotish Salmon Portions Skinned 5-6 oz /140-170 gram	2 portions	£ 5.20	each
Scotish Salmon Portions Skinned 7-8 oz /200-220 gram	2 portions	£ 7.30	each
Whitebait	454 gram	£ 2.75	per pkt
FROZEN SMOKED FISH	<u>Pack</u>	<u>Price</u>	
Natural Haddock Skinned Min 250 grm per pkt	2 portions	£ 5.50	per pack
Manx Kippers 150-180 grm (2 Kippers per Pack)	1 pair	£ 2.50	per pair
Boned Kippers Boil in Bag x 2 fillets	170 gram	£ 1.30	per pack
Cumbrian Traditional Smoked Salmon D Cut	200 gram	£ 6.50	per pack
Cumbrian Smoked Salmon D Cut	100 gram	£ 3.50	per pack
FROZEN COATED FISH	<u>Pack</u>	<u>Price</u>	
Fish Cakes Chip Shop Style Youngs	6	£ 1.75	per pack
Fish Fingers Youngs	10	£ 1.95	per pack
Cod Battered 6-7 oz (170-200 gram)	2 portions	£ 2.90	per pack
Breaded Haddock 6-7 oz (170-200 gram)	2 portions	£ 3.80	per pack
Battered Cod Gougons	1 kg	£ 10.00	per pack
Plaice Gougons Breaded	454 gram	£ 5.50	per pack

FROZEN SHELL FISH	Pack	Price	
Cockle Meat	1 kg	£ 18.00	per pack
Clams in the Shell	1 kg	£ 3.65	per pack
Crabmeat 50% White meat 50% Dark Meat	1 lb/454 gram	£ 6.75	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	£ 3.05	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)	400 gram	£ 7.10	per bag
Atlantic Prawns Cooked Large (Ideal For Prawn Cocktail)	200 gram	£ 3.55	per bag
Atlantic Shell On Prawns	500 gram	£ 7.00	per bag
Raw Large King Prawns 6-8 per pack Sea Water	800 gram	£ 29.00	per pack
Raw King Prawns Peeled Large (Ideal For Curries)	700 gram	£ 12.95	per bag
Raw King Prawns Peeled (Argentinian Reds)	800 gram	£ 14.50	per bag
King Prawns In Filo Pastry	500 gram	£ 7.50	per pack
King Prawns in Tempura Batter	500 gram	£ 7.25	per pack
Breaded Scampi Whole Tail	454 gram	£ 5.00	per pack
Breaded Scampi Whitby (3 Way Cook)	700 gram	£ 10.50	per pack
Breaded Scampi Whitby Finest	1 lb/454 gram	£ 6.75	per pack
Seafood Cocktail (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	700 grm	£ 22.00	per pack
Scallops Baby Queenies roe on	500 grm	£ 11.50	per pack
Squid Tubes	700 gram	£ 5.75	per pack
Potted Brown Shrimps	2 oz/50 gram	£ 3.75	per pack

FROZEN VEGETABLES	<u>Pack</u>	<u>Price</u>	
Asparagus	1 kg/2.2 lb	£ 8.25	per bag
Broad Beans	2 lb/907 grams	£ 2.15	per bag
Whole Beans	2.5 kg/5 lb	£ 3.50	per bag
Broccoli	2.5 kg/5 lb	£ 4.40	per bag
Cauliflower	2.5 kg/5 lb	£ 3.15	per bag
Sliced Carrots	2.5 kg/5 lb	£ 2.15	per bag
Sweet Corn	2.5 kg/5 lb	£ 4.25	per bag
Cut Leeks	1 kg/2.2 lb	£ 1.40	per bag
Mixed Vegetables	2.5 kg/5 lb	£ 3.15	per bag
Whole Baby Onions	2 lb/907 grams	£ 1.65	per bag
Garden Peas	2.5 kg/5 lb	£ 4.15	per bag
Honey Glazed Parsnips	600 grams	£ 1.50	per bag
Petite Pois Peas	2 lb/907 grams	£ 2.10	per bag
Mushy Peas	2 lb/907 grams	£ 1.35	per bag
Mixed Peppers Diced	2 lb/907 grams	£ 2.00	per bag
Leaf Spinach Portions	1 kg	£ 1.50	per bag
Button Sprouts	2.5 kg/5 lb	£ 4.15	per bag
Diced Swede	2 lb (907 grams)	£ 1.00	per bag
<i>*Family Packs Available across a wider range of vegetable products at request</i>			
FROZEN POTATOES PRODUCTS	<u>Pack</u>	<u>Price</u>	
Thick Cut Chips (Family Pack)	2.5 kg	£ 3.00	per bag
Aunt Bessi Home Style Chips	900 gram	£ 1.80	per bag
Aunt Bessi Mashed Potato	650 gram	£ 1.75	per bag
Mashed Potato (Family Pack)	2.5 kg	£ 3.50	per bag
Aunt Bessi Roast Potatoes	800 gram	£ 1.90	per bag
Spicy Potato Wedges	680 gram	£ 1.09	per bag
<i>*Potatoe products suitable to oven cook</i>			
FROZEN COATED VEGETABLES	<u>Pack</u>	<u>Price</u>	
Garlic Breaded Mushrooms	450 gram	£ 2.10	per bag
Battered Onion Rings	1 lb/454 gram	£ 1.05	per bag
Beer Battered Natural Onion Rings	1 kg	£ 4.40	per bag
<i>*Coated vegetable products suitable for frying</i>			
FROZEN FRUIT	<u>Pack</u>	<u>Price</u>	
Blackberries	1 kg	£ 4.00	per bag
Raspberries	1 kg	£ 6.00	per bag
Fruits of the Forrest (Summer Fruits)	1 kg	£ 5.00	per bag
Strawberries	1 kg	£ 4.00	per bag
<i>*Thaw and serve or perfect to throw straight into a smoothie</i>			

FROZEN CHICKEN PRODUCTS	<u>Pack</u>	<u>Price</u>	
Southern Fried Chicken Fillets	8x120 gram	£ 7.50	per bag
Battered Chicken Nuggets	1 kg	£ 4.95	per bag
Southern Fried Chicken Strips	1 kg	£ 6.75	per bag
<i>*Chicken products suitable to oven cook</i>			
FROZEN BAKERY	<u>Pack</u>	<u>Price</u>	
Floured Baps 5"	8	£ 1.50	per pack
Garlic Bread Slices	10	£ 1.30	per pack
FROZEN SPECIALITY BREADS & PASTRIES	<u>Pack</u>	<u>Price</u>	
Sour Dough Pochon Loaf (450 gram)	1	Sold Out	
Lemon & Rye Bread (330 gram)	1	£ 1.25	pkt
Ciabatta (140 gram)	4	£ 2.00	pkt
Croissants (70 gram)	4	£ 2.00	pkt
Pain au Choc (75 gram)	4	£ 2.00	pkt
Pan au Raisin (96 gram)	4	£ 2.00	pkt
Assortmant of Mini Danish Gourmandises	16	£ 6.00	pkt
Artisan Bread Pack		Please	ask
<i>*Speciality breads & pastry require a final bake in your oven</i>			

FROZEN DESSERTS	<u>Pack</u>	<u>Price</u>	
Black Forrest Gateau	12 portion	£ 6.50	each
Banoffee Gateau	12 portion	£ 6.50	each
Chocolate Fudge Cake	12 portion	£ 6.50	each
Strawberry Gateau	12 portion	£ 6.50	each
Blackcurrent Cheese Cake	12 portion	£ 6.50	each
Mandrin Cheese Cake	12 portion	£ 6.50	each
Strawberry Cheese Cake	12 portion	£ 6.50	each
<i>Please see our monthly cake special board on our Facebook and Instagram</i>			
FROZEN INDIVIDUAL DESSERTS	<u>Pack</u>	<u>Price</u>	
High Tea Mini Afternoon Tea Assortment	43	£ 7.50	per pack
(16 Mini Slices, 9 Custard Eclairs, 8 Black Forrest Rolls, 10 Strawberry Puffs)			
Dairy Cream Eclairs	6	£ 1.75	per pack
Profiteroles with Chocolate Sauce	16	£ 1.35	per pack
Macarons Classic Flavours	16	£ 10.00	per box

ICE CREAM (Soft Scoop)	<u>Pack</u>	<u>Price</u>	
Vanilla Ice Cream	4 ltr	£ 3.99	each
Strawberry Ice Cream	4 ltr	£ 4.10	each
Chocolate Ice Cream	4 ltr	£ 4.10	each
Mint Choc Ice Cream	4 ltr	£ 4.75	each
ENGLISH LAKES ICE CREAM	<u>Pack</u>	<u>Price</u>	
Cool Brtiannia 1 litre	1 ltr	£ 4.50	each
Death by Chocolate 1 litre	1 ltr	£ 4.50	each
Double Jersey Vanilla 1 litre	1 ltr	£ 4.50	each
Mint Chocolate Chip 1 litre	1 ltr	£ 4.50	each
Raspberry Pavlova 1 litre	1 ltr	£ 4.50	each
Real Strawberry 1 litre	1 ltr	£ 4.50	each
Thunder Lightning 1 Litre	1 ltr	£ 4.50	each
Vegan Madagascan Vanilla Ice Cream	2 ltr	£ 13.80	each
Vanilla Lite Diabetic Ice Cream	2 ltr	£ 8.88	each
Sorbet Full Range Please Ask	2 ltr	P.O.A.	each
<i>*Ice Cream prices inclusive of V.A.T.</i>			
ICE	<u>Pack</u>	<u>Price</u>	
Ice Cubes	2 kg	£ 1.10	per pack

We stock many more products so please call if you need anything
specific on 01253 343308

If you have any allergy worries please contact us for more
information.

We are happy to help.

Check Facebook and silverfishltd.co.uk for more updates of what
is available.

WWW.silverfishltd.co.uk