



SILVER FISH SUPPLY

Home Delivery Product List

November 2020

FRESH FISH	Pack	Price		
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 Fillet Skinned & Boned 8-10 oz/200-250 gram	1 Fillet	£	5.00	per pkt
Cod Loin Skinned & Boned 8-10oz/200-250 gram	1 Loin	£	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 Fillet	£	5.00	per pkt
Hake Fillet Skin on 8-10 oz/200-250 gram	1 Fillet	£	5.00	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	£	5.80	per pkt
Salmon Ptns Skinned 6-7 oz/170g-190 gram per portion	2 portions	£	6.80	per pkt
Trout Whole 12-14 oz/340-400 gram	1 Fish	£	3.50	per fish
Trout Fillets 3-4 oz/90-110 gram per Fillet	2 Fillets	£	3.50	per pkt
Tuna Loin Steak 6-7 oz/170-200 gram	1 Loin	£	4.25	each

<i>All The below Fish can be cut to your own specification</i>	
Cod Fillet	P.O.A.
Dover Soles	P.O.A.
Haddock Fillets	P.O.A.
Hake Fillet	P.O.A.
Halibut	P.O.A.
Lemon Sole Flt	P.O.A.
Monkfish	P.O.A.
Plaice Fillet	P.O.A.
Salmon Fillets	P.O.A.
Salmon Whole Fish	P.O.A.
Turbot	P.O.A.

**P.O.A. = Price on application*

FRESH SHELLFISH	Pack	Price		
Clams in the Shell (Pre Order Only)		£	15.00	kg
Crab Meat White U.K. x 228g (8oz) (Pre Order Only)		£	12.00	per pkt
Crabs Dressed 6 oz/164g approx (Pre Order Only)		£	4.10	each
Lobsters Live (Pre Order Only)			Market	Price
Mussels Live Rope Grown	1 kg	£	4.00	per pkt
Oysters		£	1.00	each
Samphire Grass	100 gram	£	1.40	per pkt
Brown Shrimps	100 gram	£	6.00	per pkt
King Scallops Roe on	100 gram	£	3.60	per pkt

FRESH SMOKED FISH	Pack	Price		
Haddock Skinned & Boned (8oz/200 gram)	2 fillets	£	4.00	per pkt
Kippers Manx (Whole)	1 Pair	£	2.75	per pkt
Plain Mackerel (8-10oz/220-280 gram per pack)	2 fillets	£	3.50	per pkt
Peppered Mackerel (8-10oz/220-280 gram per pack)	2 fillets	£	3.50	per pkt
Herb & Garlic Mackerel (8-10oz/220-280 gram per pack)	2 fillets	£	3.50	per pkt
Salmon Sides Sliced D/Cut	1-1.2	£	27.50	per side
Cumbrian Smoked Salmon Long Sliced	8oz/200 gram	£	6.00	per pack
Cumbrian Smoked Salmon D Cut	4oz/100 gram	£	3.50	per pack
Grants Traditional Scottish Salmon D/cut	8oz/200 gram	£	7.00	per pkt
Royal Balik Salmon Loin Skinned (Pre Order Only)	300-500 gram	£	4.00	per 100 grm

**Please be aware all fresh fish and shellfish are subject to availability due to weather conditions and seasonal availability*

**For any specific requests please call and we are happy to help source the best fish from the markets*

Recommended portion sizes : Starter 85-100 gram / Main course 140-240 gram

(1 lb = 450 gram / 2.2 lb = 1kg)

Please look on line at our seasonal Chart for availabilty

MARINADES	Pack	Price		
Anchovies Fillets in Garlic Oil	8 oz/200 gram	£	3.60	per pkt

SAUCES
<i>New Range Coming For December</i>

FROZEN FISH	Pack	Price		
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
Haddock Flts Skinned 5 oz/140 grm per Fillet	2 Fillets	£	3.60	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/220-240 gram)	1 Loin	£	6.00	each
Mackerel 2 Fillets per pack 5 oz/140-150 grm per pack	2 Fillets	£	3.00	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
Trout Fillets 3-4 oz/90-110 gram per Fillet	2 Fillets	£	3.50	per pack
Tuna Loin 6-8 oz/170-200 gram	1 Loin	£	4.25	each
Scotish Salmon Portions Skinned 5-6 oz /140-170 gram	2 portions	£	5.10	each
Scotish Salmon Portions Skinned 6-7 oz /170-190 gram	2 portions	£	6.30	each
Swordfish Loin Steaks 6-8 oz/170-200 gram	1 Loin	£	4.00	each
Whitebait	454 gram	£	2.75	per pkt

FROZEN SMOKED FISH	Pack	Price		
Natural Haddock Skinned Min 200 grm per pkt	2 portions	£	4.00	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 Smoked Salmon Long Sliced	200 gram	£	6.00	per pack
Cumbrian Smoked Salmon D Cut	100 gram	£	3.50	per pack

FROZEN COATED FISH	Pack	Price		
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	£	2.50	per pack
Breaded Haddock 6-7 oz (170-200 gram)	2 portions	£	3.20	per pack
Battered Cod Gougons	1 kg	£	10.00	per pack
Plaice Gougons Breaded	454 gram	£	4.50	per pack

FROZEN SHELLFISH	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	454 gram	£	6.75	per pack
Crevettes (Mediterranean Cooked Shell on King Prawns)	1 kg	£	15.00	per pack
Lobsters Cooked	500-550 gram	£	12.50	each
Whole Mussels in the Shell (Uncooked)	1 kg	£	3.05	per pack
Mussel Meat	454 gram	£	2.50	per pack
1/2 Shell New Zealand Green Lip Mussels	1 kg	£	9.00	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	£	6.95	per bag
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	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	£	19.65	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

**50 gram = 2oz*

VEGETABLES	Pack	Price		
Asparagus	1 kg	£	8.25	per bag
Broad Beans	907 gram	£	2.15	per bag
Sweet Corn	907 gram	£	1.65	per bag
Peas Supreme	907 gram	£	1.55	per bag
Honey Glazed Parsnips	600 gram	£	1.50	per bag
Petite Pois Peas	907 gram	£	2.10	per bag
Mushy Peas	907 gram	£	1.35	per bag
Mixed Peppers Diced	907 gram	£	2.00	per bag
Spinach	1 kg	£	1.50	per bag
Diced Swede	907 gram	£	1.00	per bag

**Family Packs Available across a wider range of vegetable products at request*

**907 gram =2 lb*

POTATOES	Pack	Price		
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

**Potatoe products suitable to oven cook*

COATED VEGETABLES	Pack	Price		
Garlic Breaded Mushrooms	450 gram	£	2.10	per bag
Battered Onion Rings	454 gram	£	1.05	per bag
Beer Battered Natural Onion Rings	1 kg	£	4.40	per bag

**Coated vegetable products suitable for frying*

FRUIT	Pack	Price		
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

**Thaw and serve or perfect to throw straight into a smoothie*

PIES	Pack	Price		
Buffet Pork Pies	6 per pack	£	1.65	per pack
Hollands Meat Potato Pies	4 per pack	£	2.95	per pack
Hollands Meat Pies	4 per pack	£	2.95	per pack

CHICKEN	Pack	Price		
Southern Fried Chicken Fillets	8 per pack	£	7.50	per bag
Battered Chicken Nuggets	1 kg	£	4.95	per bag
Southern Fried Chicken Strips	1 kg	£	6.75	per bag

**Chicken products suitable to oven cook*

BAKERY	Pack	Price		
Floured Baps 5"	8 per pack	£	1.50	per pack
Garlic Bread Slices	10 per pack	£	1.30	per pack
Roberts White Sliced Loaf	1	£	1.20	per pack

SPECIALITY BREADS & PASTRIES	Pack	Price		
Sour Dough Pochon Loaf (450 gram)	1	£	2.00	each
Lemon & Rye Bread (330 gram)	1	£	1.25	pkt
Ciabatta (140 gram)	4 per pack	£	2.00	pkt
Croissants (70 gram)	4 per pack	£	2.00	pkt
Pain au Choc (75 gram)	4 per pack	£	2.00	pkt
Pan au Raisin (96 gram)	4 per pack	£	2.00	pkt
Artisan Mixed Bread and Pastry Pack	10 per pack	£	4.50	pkt

**Speciality breads & pastry require a final bake in your oven*

DESSERTS	Pack	Price		
Black Forrest Gateau	12 portion	£	6.95	each
Banoffee Gateau	12 portion	£	6.95	each
Chocolate Fudge Cake	12 portion	£	6.95	each
Strawberry Gateau	12 portion	£	6.95	each
Blackcurrent Cheese Cake	12 portion	£	6.95	each
Mandrin Cheese Cake	12 portion	£	6.95	each
Strawberry Cheese Cake	12 portion	£	6.95	each
Bakewell Tart Pre Portioned	14 portion	£	11.25	each
Banofie Pie Pre Portioned	14 portion	£	12.15	each
New York Cheese Cake Pre Portioned	14 portion	£	12.50	each
Lemon Meringue Pie Pre Portioned	14 portion	£	11.50	each
Tart Au Citron (Lemon Tart) Pre Portioned	14 portion	£	10.70	each

**Please see our cake special board on our web site for something a little different*

DESSERTS INDIVIDUAL	Pack	Price		
Mini Afternoon Tea Assortment (12 Mini Eclairs,12 Choc & Hazelnut Cream Puffs,16 Mini Strawberry Napoleons,15 Brownies with Chocolate Chunks & White Chocolate)	55 per pack	£	8.80	per pack
Dairy Cream Eclairs	6 per pack	£	1.75	per pack
Profiteroles with Chocolate Sauce	16 per pack	£	1.35	per pack
Macarons Classic Flavours	48 per pack	£	20.00	per box

ICE CREAM (Soft Scoop)	Pack	Price		
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	Pack	Price		
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

**Ice Cream prices inclusive of V.A.T.*

ICE	Pack	Price		
Ice Cubes	2 kg	£	1.00	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