



SILVER FISH SUPPLY

Home Delivery Product List

FROZEN FISH

<u>Product Description</u>	<u>Pack</u>	<u>Price</u>	
Sea Bass Fillets 4-5 oz (100-130 gram) Medium	2 Fillets	£ 3.95	per pkt
Sea Bass Fillets 5-6 oz (140-180 gram) Large	2 Fillets	£ 4.90	per pkt
Cod Fillet Skinned 6-8 oz (180-200 gram)	2 portion	£ 5.00	per pkt
Cod Loins Skinned 6-7 oz (170-200 gram)	2 portion	£ 3.80	per pkt
Diced White Fish & Salmon	500 grm	£ 4.50	per pkt
Haddock Flts Skinned 5 oz (140 grm)	2 portion	£ 3.60	per pkt
Halibut loin Steaks 7-9 oz (No Bone) (220-240 gram)	1 portion	£ 6.00	each
Mackerel 2 Fillets per pack 140-160 grm	2 Fillets	£ 3.00	per pkt
Plaice Fillet 6-7 oz (170-180 gram)	2 portion	£ 5.00	each
Swordfish Loin Steaks (Approx 180-200 gram)	1 portion	£ 4.00	each
Trout Fillets Skin On 2 Fillets per pack 180 grm	2 Fillets	£ 3.50	per pack
Tuna Loin (Approx 180-200 gram)	1 portion	£ 4.00	each
Scotish Salmon Portions Skinned 5-6oz (140-170 gram)	1 portion	£ 2.55	each
Scotish Salmon Portions Skinned 6-7 oz (180-200 gram)	1 portion	£ 3.50	each
Whitebait	1 lb (454 gram)	£ 2.75	per pkt
Please Contact Office For Weekly Fresh Offers			

SMOKED FISH

<u>Product Description</u>	<u>Pack</u>	<u>Price</u>	
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
Scotish Boned Kippers Boil in Bag x 2 fillets	170 gram	£ 1.30	per pack
Cumbrian Smoked Scottish Salmon Long Sliced	200 gram	£ 5.95	per pack
Cumbrian Smoked Scottish Salmon D Cut	100 gram	£ 3.50	per pack
Please Contact Office For Weekly Fresh Offers			

COATED FISH

<u>Product Description</u>	<u>Pack</u>	<u>Price</u>	
Fish Cakes Chip Shop Style x 6	300 gram	£ 1.75	per pack
Fish Fingers Youngs x 10	250 gram	£ 1.95	per pack
Cod Battered 6-7 oz (170-200 gram)	2 portions	£ 2.34	per pack
Breaded Haddock Fillets 6-7 oz (170-200 gram)	2 portions		
Plaice Gougons Breaded	1lb (454 gram)	£ 4.50	per pack

SHELL FISH

Product Description

	<u>Pack</u>	<u>Price</u>	
Crevettes (Mediterranean Cooked Shell on King Prawns)	1 kg	£ 15.00	per pack
Whole Mussels in the Shell	1 kg	£ 3.05	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 grm	£ 6.95	per bag
Raw King Prawns Peeled Large (Ideal For Curries)	700 grm	£ 12.95	per bag
Raw King Prawns Peeled (Argentinian Reds)	800 grm	£ 14.50	per bag
King Prawns In Filo Pastry	500 gram	£ 6.95	per pack
King Prawns in Tempura Batter	500 gram	£ 7.25	per pack
Breaded Scampi in Nat Crumb Whole Tail	1 lb (454 gram)	£ 4.75	per pack
Breaded Scampi Whitby (3 Way Cook)	700 gram	£ 10.50	per pack
Seafood Cocktail (Mussels,Squid,King Prawns)	800 grm	£ 9.99	per pack
Seafood Stix	1 kg	£ 6.95	per pack
Squid Tubes	700 GRM	£ 5.75	per pack
Potted Brown Shrimps	50 g	£ 3.50	per pack

POTATOES

Product Description

	<u>Pack</u>	<u>Price</u>	
Thick Chips Catering Pack	2.5 kg	£ 2.90	per bag
Curly Fries	680 gram	£ 1.25	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 (Catering Pack)	2.5 kg	£ 3.50	per bag
Aunt Bessi Chunky Potato Croquettes	550 gram	£ 1.50	per bag
Aunt Bessi Roast Potatoes	800 gram	£ 1.90	per bag
Aunt Bessi Home Style Chips	900 gram	£ 1.80	per bag
McCain Potato Smiles	750 gram	£ 1.25	per bag
Spicy Potato Wedges	680 gram	£ 1.09	per bag
All Potatoe product can be cooked in the Oven			

VEGETABLES

Product Description

	<u>Pack</u>	<u>Price</u>	
Asparagus	1 kg	£ 8.25	per bag
Fine Whole Beans	2 lb (907 grams)	£ 1.45	per bag
Broad Beans	2 lb (907 grams)	£ 2.15	per bag
Broccoli	2 lb (907 grams)	£ 1.45	per bag
Carrots Sliced	2 lb (907 grams)	£ 1.05	per bag
Cauliflower	2 lb (907 grams)	£ 1.45	per bag
Sweet Corn	2 lb (907 grams)	£ 1.65	per bag
Mixed Vegetables	2 lb (907 grams)	£ 1.25	per bag
Peas Supreme	2 lb (907 grams)	£ 1.55	per bag
Garden Peas Birdseye	800 grams	£ 3.30	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
Spinach	1 kg	£ 1.50	per bag
Diced Swede	2 lb (907 grams)	£ 1.00	per bag

COATED VEGETABLES

Product Description

Garlic Breaded Mushrooms

Battered Onion Rings

Beer Battered Natural Onion Rings

<u>Pack</u>	<u>Price</u>	
450 gram	£ 2.10	per bag
454 gram	£ 1.05	per bag
1 kg	£ 4.40	per bag

FRUIT

Product Description

Blackberries

Raspberries

Summerfruits

Strawberries

<u>Pack</u>	<u>Price</u>	
1 kg	£ 4.00	per bag
1 kg	£ 6.00	per bag
1 kg	£ 5.00	per bag
1 kg	£ 4.00	per bag

Pies

Product Description

Buffet Pork Pies

Hollands Meat Potato Pies

Hollands Meat Pies

<u>Pack</u>	<u>Price</u>	
6	£ 1.65	per pack
4	£ 2.95	per pack
4	£ 2.95	per pack

YORKSHIRE PUDDINGS

Product Description

2" Yorkshire Puddings x 12

<u>Pack</u>	<u>Price</u>	
1x12	£ 1.65	per pack

VEGETARIAN

Product Description

Quorn Bacon Style Rashers

Linda McCartney Mozerella Burgers x 2

Linda McCartney Veg Burgers x 4

Linda McCartney Vegetarian Sausage x 6

<u>Pack</u>	<u>Price</u>	
150 gram	£ 3.65	per pack
227 gram	£ 2.50	per pack
200 gram	£ 1.60	per pack
270 gram	£ 2.00	per pack

CHICKEN

Product Description

Chicken Steaks Battered 85 gram

Battered Chicken Nuggets

Southern Fried Chicken Strips

Chicken Breast Large Raw

<u>Pack</u>	<u>Price</u>	
x 12	£ 4.25	per bag
1 kg	£ 4.95	per bag
1 kg	£ 6.75	per bag
per kg	£ 5.00	per kg

MEAT

Product Description

Back Bacon

Sausage Blakemans 8s

Quarter Pound Beef Burgers

<u>Pack</u>	<u>Price</u>	
200 gram	£ 1.50	per pack
454 gram	£ 2.00	per pack
1x4	£ 2.50	per pack

BAKERY

Product Description

<u>Product Description</u>	<u>Pack</u>	<u>Price</u>	
Floured Baps 5"	8	£ 1.50	per pack
Garlic Bread Slices	10	£ 1.30	per pack
Warburtons Toastie Loaf 800g	1	£ 1.50	per pack

Artisan Bread & Pastry

Product Description

<u>Product Description</u>	<u>Pack</u>	<u>Price</u>	
Lemon & Rye Bread 330 gram	2	£ 2.20	pkt
Rye & Cereal (Nordic) Half Baguette 12 gram	2	£ 1.10	pkt
Seed & Cereal Half Baguette 120 gram	2	£ 1.00	pkt
Ciabatta 140 gram	2	£ 1.00	pkt
Croissants 70 gram (Ready To Bake)	4	£ 2.00	pkt
Pain au Choc 75 gram (Ready To Bake)	4	£ 1.50	pkt
Pain au Raisin 110 gram (Ready To Bake)	4	£ 2.00	pkt

All the above speciality breads need to be cooked in the oven

DESSERTS

Product Description Vittles Desserts

<u>Product Description Vittles Desserts</u>	<u>Pack</u>	<u>Price</u>	
Bakewell Tart	14 portion	£ 11.25	each
Banofie Pie	14 portion	£ 12.15	each
Choc Fudge Brownie Traybake	14 portion	£ 9.95	each
Carrot Cake	14 portion	£ 7.50	each
New York Cheese Cake	14 portion	£ 12.50	each
Lemon Meringue Pie	14 portion	£ 11.50	each
Tart Au Citron (Lemon Tart)	14 portion	£ 10.70	each

GLUTEN FREE & VEGAN

Product Description

<u>Product Description</u>	<u>Pack</u>	<u>Price</u>	
GF Bakewell Tart	14 portion	£ 13.35	each
Vegan Cold Set Vanilla Cheese Cake	14 portion	£ 18.50	each

Many more cakes available plus special offers available

DESSERTS INDIVIDUAL

Product Description

<u>Product Description</u>	<u>Pack</u>	<u>Price</u>	
Mini Afternoon Tea Assortment (12 Mini Eclairs, 12 Choc & Hazelnut Cream Puffs, 16 Mini Strawberry Napoleons, 15 Brownies with Chocolate Chunks & White Chocolate)	55	£ 8.80	per pack
Dairy Cream Eclairs	6	£ 1.69	per pack
Profiteroles with Sauce	16	£ 1.35	per pack
Macarons Classic Flavours	1x48	£ 19.50	per box

ICE CREAM

Product Description

<u>Product Description</u>	<u>Pack</u>	<u>Price</u>	
Vanilla Ice Cream	2 ltr	£ 2.10	each
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

Product Description

English Lakes Toffee Fudge Ice Cream

Pack

4 ltr

Price

£ 10.90

each

Luxury Range

Cool Briannia 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.

ICE

Product Description

Ice Cubes

Pack

2 kg

Price

£ 1.00

per pack

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

Delivery twice a week to the Fylde Coast Area

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