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This guide gives you an indication of when species are generally available. The seasonality of fish varies around the UK and is affected by changing temperatures. We suggest being flexible as there are always alternatives. Speak to our team for assistance.

Abundant & best value, in season & should be utilised

Should be available, check market influences before purchasing

Out of season, rarely available & may not be value

SPECIES	AVAILABLE AS	CERTIFICATION AVAILABLE	Winter Dec lan Feb	Spring Mar Apr May	Summer	Autumn Sep. Oct. Nov.	FISHING ZONE / COUNTRY CAUGHT
Alaska Pollock	Wild, Frozen	MSC	Dec jan reb	i iai Apr I*iay	jun jui Aug	26b Oct 140V	North East Pacific
Anchovies	Wild, Fresh, Preserved						North East Atlantic, Black Sea
ream - Black	Wild, Fresh						North East Atlantic, Black Sea North East Atlantic
	'						
ream - Gilt Head	Farmed	Global GAP, ASC					Mediterranean
rill	Wild, Fresh			الم التراوي			North East Atlantic
lams - Razor	Wild, Fresh						North East Atlantic
lams - Palourde	Wild, Fresh	MSC MAY-DEC					North East Atlantic
obia	Farmed	Global GAP					Central West Atlantic
ockles	Wild, Fresh	MSC					North East Atlantic
Cod	Wild, Fresh	MSC					North East Atlantic
Cod - Skrei	Wild, Fresh	MSC					North East Atlantic
Coley	Wild, Fresh	MSC					North East Atlantic
Crabs - Brown		1 150					North East Atlantic
	Wild, Fresh						
Crabs - Spider	Wild, Fresh						North East Atlantic
Crayfish	Wild, Fresh, Frozen, Preserved	<u> </u>					China
Cuttlefish	Wild, Fresh						North East Atlantic
Dabs	Wild, Fresh						North East Atlantic
lounder	Wild, Fresh						North East Atlantic
Gurnard - Red/Grey	Wild, Fresh						North East Atlantic
ładdock	Wild, Fresh	MSC					North East Atlantic
łake	Wild, Fresh	MSC					North East Atlantic North East Atlantic
	· ·						
lalibut Farmed	Farmed	Global GAP					North East Atlantic, Onshore Ta
Herrings	Wild, Fresh, Preserved	MSC					North East Atlantic
ohn Dory	Wild, Fresh						North East Atlantic
angoustines	Wild, Fresh, Frozen						North East Atlantic
ing	Wild, Fresh						North East Atlantic
obster - Canadian	Wild, Fresh, Frozen	MSC					North West Atlantic
obster - Native	Wild, Fresh						North East Atlantic
1ackerel	· · · · · · · · · · · · · · · · · · ·						
	Wild, Fresh						North East Atlantic
1ahi Mahi	Wild, Fresh	01.1.1.07.					Indian Ocean
1eagre	Farmed	Global GAP					Mediterranean
1onkfish	Wild, Fresh						North East Atlantic
1ullet - Grey	Wild, Fresh						North East Atlantic
1ullet - Red	Wild, Fresh						North East Atlantic
1ullet - Red - Exotic	Wild, Fresh						Indian Ocean
1ussels	Cultivated	MSC					North East Atlantic
		1 130					
Octopus	Wild, Frozen						North East Atlantic
Dysters - Native	Cultivated						North East Atlantic
Dysters - Rocks	Cultivated						North East Atlantic
angasius	Farmed, Frozen	ASC					Vietnam
laice	Wild, Fresh	MSC					North East Atlantic
ollock	Wild, Fresh						North East Atlantic
outing	Wild, Fresh						North East Atlantic
rawns - Black Tiger	Farmed	GAA-BAP					Vietnam, India
rawns - White	Farmed	GAA-BAP					Ecuador, Vietnam, India
led Drum - Channel Bass	Farmed	Global GAP					Mauritius
almon	Farmed	Global GAP, ASC, RSPCA					North East Atlantic
and Soles	Wild, Fresh						North East Atlantic
ardines	Wild, Fresh	MSC					North East Atlantic
callops - American	Wild, Fresh	MSC					North West Atlantic
callops - Native / Native Dive		1					North East Atlantic
callops - Queenies	Wild, Fresh						North East Atlantic
ea Bass	Wild, Fresh						North East Atlantic
ea Bass	Farmed	Global GAP,ASC					Mediterranean
ea Trout	Wild, Fresh						North East Atlantic
hrimp - Brown	Wild, Fresh, Frozen						North East Atlantic
ay Wings	Wild, Fresh						North East Atlantic
napper - Red	Wild, Fresh						Pacific and Indian Oceans
ole - Farmed	Farmed	Global GAP, BAP					Spain or Iceland
		GIOUAI GAF, BAP					
ole - Dover	Wild, Fresh						North East Atlantic
ole - Lemon	Wild, Fresh						North East Atlantic
ole - Megrim	Wild, Fresh						North East Atlantic
ole - Witch (Torbay)	Wild, Fresh						North East Atlantic
prats	Wild, Fresh						North East Atlantic
quid - Native	Wild, Fresh						North East Atlantic
wordfish	Wild, Fresh						Indian Ocean, South East Pacific
	,						
ilapia	Farmed, Frozen	GAA-BAP					China
rout - ChalkStream®	Farmed	Global GAP, RSPCA					UK
rout Rainbow	Farmed	Global GAP					UK
rout - Sea Reared	Farmed	Global GAP					North East Atlantic
una - Yellow Fin	Wild, Fresh						Indian Ocean, Pacific
una - Big Eye	Wild, Fresh						Indian Ocean, Pacific
urbot	Farmed	Global GAP, BAP					Spain
	Wild, Fresh	UIUUAI UAF, DAF					1
	ı vviid Eresh						North East Atlantic
urbot	· · ·	1					North East Atlantic
urbot Vhelks	Wild, Fresh						
urbot	· · ·						North East Atlantic
urbot Vhelks	Wild, Fresh						