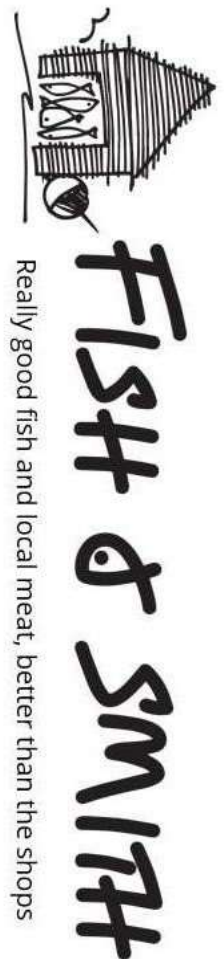


# See what's come in...



- Pollock/Pollack fillet - £9.50/kg fillet size is broadly a kilo ...four portions
- Hake fillet - £15.50/kg or £3.50 per portion
- Tilapia Fillet - £2.50 ea - farmed
- 400-600g Sea Bass Whole - £7.00 ea Greece - farmed,
- 400-600g Sea Bass Fillet - £3.75 ea Greece - farmed
- Sea Bream Whole - £6.00 ea Greece-farmed, 400-600g
- Sea Bream Fillet - £3.50 ea Greece - farmed
- Monkfish - £28.00kg Cornwall/Scotland
- Black Tiger Prawns - £12.50kg 16/20 Head on/Shell on EU certified farms – not from Bangladesh
- Fully Peeled Tiger Prawns- £15.50kg EU certified farms - not from Bangladesh
- Squid – whole - £14.00kg Scotland or West Country
- Smoked Salmon - £30 kg Norway or Scotland - farmed
- Salmon Fillet - £20 kg Norway or Scotland - farmed
- Salmon portion - £3.50 ea Norway or Scotland - farmed
- Atlantic Cod fillet - £16.00kg Icelandic or Norwegian
- Cod portions - £3.50 each
- Sea Trout - £2.50 each portion Smoked
- Haddock - £14.00kg Icelandic or Norwegian
- Scallops – roeless - £35.00kg USA fresh flown in
- Scallops – roe on - £1.50 ea Rye
- Oysters - £1 ea Maldon
- Mussels - £5.00kg Dorset or Shetlands
- Mackerel - £10kgHastings/SW/Scotland
- Red Mullet - £15.00kgDevon/Cornwall
- John Dory - £17.00kgDevon/Cornwall
- Tuna – Yellow Fin - £28kg .£4.50 portion Maldives – fresh but flown in
- Snapper - £13.00kg – fresh but flown in
- Gurnard - £10kg UK
- Clams - £14kg UK/France
- Sardines - £12.00kg
- Dover Sole - £26.00kg Hastings
- Dab - -
- Plaice - -
- Flounder - -
- Whiting - -
- Coley - -
- Pollock - -
- Lemon Sole - -
- Cuttlefish - -

All these will be from either Hastings / South Coast or the West Country – all very good value

**NEW**  
 FISHCAKES – fresh, handmade 200g £4 each  
 POTTED SHRIMP £4 per pot

- South coast crab - Live £8.50/kg  
 -White meat cooked £15/454g - Brown meat cooked £6.50/454g
- Fish Pie 'Luxury' Mix - £14.50 for a one kilo bag – feeds about six
- Fish Stock - £4 for a pot

Simply ask me for further information on origin, catch method, feed etc ...happy to fill in the gaps.

*Please bear in mind that weather and seasonality dictate market prices so please use these prices as an indication and I'll do my best.*

BLUE	<i>actively doing your bit.</i>
GREEN	<i>good but not necessarily getting stuck in.</i>
BLACK	<i>be aware of the associated note, good eat nonetheless.</i>

## How to order

1. **Think...** what you'd like to eat (email/phone me for inspiration)
2. **Contact...** [kit@fishandsmith.com](mailto:kit@fishandsmith.com) to say you'd like e.g. "Sea Bass for 4 people" **before close of Friday**
3. **Collect...** on Saturday morning from my Fish Shed at The Bell in Ticehurst and pay for it then.

Simple!



## How to contact Kit

kit@fishandsmith.com and phone 07767 317593 or 01580 200476

## Pay on Collection - Saturday morning, Ticehurst

You're a small group and I'm relying on everyone to remember to come and collect their order from me on Saturday morning 9am - 12 from my Fish Shed at [The Bell, Ticehurst](#).

## Where to collect from

The Bell Inn, High Street, Ticehurst, East  
Sussex, TN5 7AS

