

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 – <u>not</u> from Bangladesh
Fully Peeled Tiger Prawns	- £15.50kg EU certified farms - <u>not</u> 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	- £19.00kg 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	- £15.00kg Devon/Cornwall
John Dory	- £17.00kg Devon/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	-

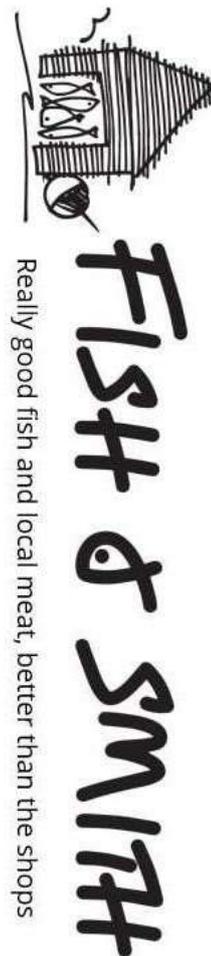
All these will be from either Hastings / South Coast or the West Country – all very good value

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	- £15.50 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	actively doing your bit.
GREEN	good but not necessarily getting stuck in.
BLACK	be aware of the associated note, good eat nonetheless.

How to order

1. **Think...** what you'd like to eat (email/phone me for inspiration)
 2. **Contact...** 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

