

See what's come in...

Pollock/Pollack fillet	- £17.50/kg fillet size is broadly a kilo ...four	
portions Hake fillet	-£18.50/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	- £13.50kg 16/20 Head on/Shell on EU certified farms – <u>not</u> from Bangladesh	
Fully Peeled Tiger Prawns	- £16.00kg EU certified farms - <u>not</u> from Bangladesh	
Squid – whole	- £18.00kg Scotland or West Country	
Smoked Salmon	- £30 kg Norway or Scotland - farmed	
Salmon Fillet	- £22 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	- £17.00kg Icelandic or Norwegian	
Scallops – roeless	- £37.00kg USA fresh flown in	
Scallops – roe on	- £1.50 ea Rye	
Oysters	- £1 ea Maldon	BLUE actively doing your bit.
Mussels	- £5.00kg Dorset or Shetlands	GREEN good but not necessarily getting stuck in.
Mackerel	- £10kgHastings/SW/Scotland	
Red Mullet	- £20.00kgDevon/Cornwall	BLACK be aware of the associated note, good eat nonetheless.
John Dory	- £23.00kgDevon/Cornwall	
Tuna – Yellow Fin	- £28kg .£4.50 portion Maldives – fresh but flown in	
Snapper	- £19.00kg – fresh but flown in	
Gurnard	- £10kg UK	
Clams	- £16kg UK/France	
Sardines	- £12.00kg	
Dover Sole	- £28.00kg Hastings	
Dab	-	} All these will be from either Hastings / South Coast or the West Country – all very good value
Plaice	-	
Flounder	-	
Whiting	-	
Coley	-	
Pollock	-	
Lemon Sole	-	
Cuttlefish	-	

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

South coast crab	- Live £12/kg -White meat cooked £17/454g - Brown meat cooked £8.50/454g
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.

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