

What's available?
And when?

Species and availability

Here is a guide to the availability and price of over 100 species.

Commercial name	Other commercial names (those in brackets are common names but not legal in the UK)	Latin name or family	Form	Alternatives	Commercially farmed	Rough price guide	Details on page...	Availability guide													
								J	F	M	A	M	Jn	Jy	A	S	O	N	D		
Anchovies		All species of the family <i>Engraulidae</i>	Round, Warmwater, Oil-rich, Small	Sardines, Herrings			21	Preserved fillets available year-round													
Barracuda		All species of <i>Sphyraena</i>	Round, Warmwater	Kingfish			26														
Barramundi	(Giant Sea Perch)	<i>Lates calcarifer</i>	Round, Warmwater	Large Wild Sea Bass	Y		26														
Bonito	(Tuna)	All species of <i>Sarda</i> , <i>Auxis</i> , <i>Euthynnus</i> (except <i>Euthynnus (Katsuwonus) pelamis</i>)	Round, Warmwater, Oil-rich	Tuna, Mackerel, Kingfish			31						Q	Q	Q						
Bream (freshwater)		<i>Abramis brama</i>	Round, Freshwater	Carp, Zander	Y		40	Q								Q	Q	Q	Q		
Bream (sea)	Gilthead Bream, Royal Bream, Black Bream, Black Banded Bream, Red Sea-Bream, Ray's Bream, Porgy	All species of <i>Sparidae</i> (ex. <i>Boops boops</i>)	Round, Warmwater	Snappers, Emperor, Sea Bass	Y		27					Q	Q	Q							
Brill		<i>Scophthalmus rhombus</i>	Flat, Coldwater	Turbot			15				Q	Q									
Carp	Grass Carp, Mirror Carp	All species of <i>Cyprinidae</i>	Round, Freshwater	Perch, Pike	Y		40	Q								Q	Q	Q	Q		
Catfish (freshwater)		All species of the families <i>Clariidae</i> , <i>Siluridae</i> & <i>Bagridae</i>	Round, Freshwater		Y		40														
Catfish (sea)	Wolffish, Rockfish	All species of <i>Anarhichas</i>	Round, Coldwater	Any Cod-like species			22														
Clams	Razor Clams, Venus Clams, Hard Shell, Amande, Praire	All species of <i>Ensis</i> & <i>Solan</i> , <i>Mercenaria mercenaria</i> , <i>Venus verrucosa</i>	Molluscs (bivalve)	Cockles, Mussels			36														
Clams - Palourdes	Carpet Shell Clams	<i>Venerupis decussata</i>	Molluscs (bivalve)	Other Clams			36														
Cockles		All species of <i>Cerastoderma</i>	Molluscs (bivalve)	Clams			36	Q	Q									Q	Q	Q	
Cod		All species of <i>Gadus</i>	Round, Coldwater	Haddock, any Cod-like species	Y		19						Q	Q	Q	Q					
Coley	Saithe, Coalfish	<i>Pollachius virens</i>	Round, Coldwater, Cod-like	Any Cod-like species			20														
Conger	Conger Eel	All species of <i>Conger</i>	Round, Coldwater				22														
Crabs	Brown Crabs	All species of the order <i>Brachyura</i> & the family <i>Lithodidae</i>	Crustacean				34			Q	Q	Q	Q			Q	Q	Q	Q		
Crawfish	Spiry Lobster, Rock Lobster	All species of <i>Penulirus</i> , <i>Palinurus</i> & <i>Jasus</i>	Crustacean	Lobster			34														
Crayfish	(Ecrevisse)	All species of the family <i>Astacidae</i> , <i>Parastacidae</i> , <i>Austroastacidae</i> , <i>Cambaridae</i>	Crustacean	Langoustines, King Prawns	Y		34	Preserved tail meat available year-round													
Croakers	Drum, Jewfish	All species of <i>Sciaenidae</i>	Round, Warmwater	Snappers			26														
Cuttlefish		All species of <i>Sepia</i> , <i>Rossia macrosoma</i>	Cephalopods	Squid			37	Q	Q										Q	Q	
Dab		<i>Limanda limanda</i>	Flat, Coldwater	Plaice, Flounder			17					Q	Q	Q							
Dover Sole		<i>Solea solea</i>	Flat, Coldwater	Lemon Sole			16			Q	Q			Q	Q	Q	Q	Q	Q		
Drum	Croakers	All species of <i>Sciaenidae</i>	Round, Warmwater	Snappers	Y		26														

This information is provided as a guide only. Prices and availability fluctuate daily.

	Low price (up to £6kg)
	Medium price (£6 - £10kg)
	High price (£10kg+)

	Good availability
	Varying availability
	Poor availability
Q	Time of best quality Species without any 'Q's are of consistent quality all year