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
Emperor	Longnose, Spangled, Yellowtail, Snubnose Emperors	All species of *Lethrinus*	Round, Warmwater	Breams & Snappers			28												
Escolar	Snake Mackerel	All species of family Gempylidae	Round, Warmwater, Game, Oil-rich	Kingfish			31												
Flounder		*Platichthys flesus*	Flat, Coldwater	Plaice, Dab			17												
Gilthead Bream	Dorade, Royal Bream	*Sparus aurata*	Round, Warmwater	Other Sea Breams, Sea Bass	Y		27												
Goatfish		*Upeneichthys vlamingii*	Round, Warmwater	Red Mullet			29												
Grey Mullet		All species of *Mugil, Liza* & *Chelon*	Round, Coldwater	Sea Breams	Y		22												
Gurnards	Red, Grey & Tub Gurnard	Species of the family *Triglidae* & *Peristedion cataphractum*	Round, Coldwater	Any Cod-like species			22					Q	Q	Q	Q	Q			
Haddock		*Melanogrammus aeglefinus*	Round, Coldwater, Cod-like	Any Cod-like species	Y		19		Q	Q	Q			Q	Q	Q			
Hake	Cape Hake, Capensis Hake	All species of *Merluccius*	Round, Coldwater, Cod-like	Any Cod-like species			20												
Halibut		All species of *Hippoglossus*	Flat, Coldwater	Turbot, Brill	Y		15												
Herring		*Clupea harengus*	Round, Coldwater, Oil-rich	Mackerel			21												
Hoki		*Macruronus novaezelandiae*	Round, Coldwater, Cod-like	Any Cod-like species			20	Fresh is difficult but frozen fillets are available											
Icefish	Toothfish (Antarctic Sea Bass, Chilean Sea Bass)	*Dissostichus mawsoni, Dissostichus eleginoides*	Round, Coldwater	Salmon, Sea Bass, Cod			22												
Jack	Trevally, Horse Mackerel, Scad, Pompano, Yellowtail Kingfish	All species of *Caranx, Hemicaranx, Seriola, Trachurus* & *Decapterus*	Round, Warmwater, Game	Kingfish, Bonito	Y		31												
Jobfish	Job Jaune, Goldband Jobfish, (King Snapper)	All species of *Aphareus, Aprion* & *Pristipomoides*	Round, Warmwater	Snappers			28												
John Dory	St Peter's Fish	*Zeus faber*	Round, Coldwater, Unique				23												
King Prawns	Most common varieties are Black Tiger, Indian White & Banana King Prawns	All species of the families *Penaeidae* & *Palaemonidae*	Crustacean	Langoustines, Crayfish	Y		34	Vast selection of frozen available all year											
Kingfish	King Mackerel	*Scomberomorus cavalla*	Round, Warmwater, Game, Oil-rich	Bonito, Mackerel, Jack	Y		31												
Kingklip		*Genypterus capensis*	Round, Coldwater	Hake, Ling			-												
Langoustines	Scampi, Dublin Bay Prawns, Norway Lobsters	*Nephrops norvegicus*	Crustacean	King Prawns			34	Q	Q								Q	Q	Q
Lemon Sole		*Microstomus kitt*	Flat, Coldwater	Dover Sole, Plaice, Witch			16						Q	Q	Q	Q			
Ling		All species of *Molva*	Round, Coldwater, Cod-like	Any Cod-like species			20												
Lobster		All species of *Homarus*	Crustacean	Slipper Lobsters, Crawfish			33												
Slipper Lobster	Moreton Bay Bugs	All species of the family Scyllaridae	Crustacean	Lobster			34												
Mackerel		*Scombrus scombrus*	Round, Coldwater, Oil-rich	Herrings			21												
Mahi Mahi	Dolphin Fish	*Coryphaena hippurus*	Round, Warmwater, Game	Kingfish			32												
Marlin	Most common varieties are White, Black & Blue Marlin	All species of *Makaira*	Round, Warmwater, Game	Sailfish			32												
Meagre	Drum, Croaker	*Argyrosomus regius*	Round, Warmwater	Sea Bass, Grey Mullet	Y		26												
Megrim	(Sail-Fluke, Whiff)	All species of *Lepidorhombus*	Flat, Coldwater	Witch, Plaice, Lemon Sole			17												
Monkfish	Anglerfish	*Lophius* species	Unique, Coldwater	Langoustines (for flavour)			23	Q	Q	Q	Q						Q	Q	Q
Moonfish	Opah	All species of *Lampris*	Round, Warmwater, Unique	Pomfret			29												
Mussels		All species of the family *Mytilidae*	Molluscs (bivalve)	Clams	Y		35	Q	Q	Q							Q	Q	Q