

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			
Octopus		All species of <i>Octopus</i>	Cephalopods	Squid, Cuttlefish			37															
Oysters (Native)		All species of <i>Ostrea</i>	Molluscs (bivalve)	Pacific Oysters	Y		36															
Oysters (Pacific)	Pacific / Rock Oysters, Portuguese Oysters	All species of <i>Crassostrea</i>	Molluscs (bivalve)	Native Oysters	Y		36															
Perch		<i>Perca fluviatilis</i>	Round, Freshwater	Carp, Zander, Pike			40															
Pike		<i>Esox lucius</i>	Round, Freshwater	Zander, Perch	Y		40															
Plaice		<i>Pleuronectes platessa</i>	Flat, Coldwater	Lemon Sole, Flounder, Dab, Megrim			17															
Pollack	Pollock	<i>Pollockius pollachius</i>	Round, Coldwater, Cod-like	Any Cod-like species			20															
Pomfret	Butterfish	All species of <i>Brama</i> , <i>Stromateus</i> & <i>Pampus</i>	Round, Warmwater, Unique	Moonfish			29															
Prawn - Coldwater		<i>Pandalus borealis</i>	Crustacea, Coldwater				34															
Prawn - Warmwater		<i>Pandalus monodon</i>	Crustacea, Coldwater				34															
Red Mullet	Giant Tiger Prawn, Jumbo Tiger Shrimp or Brown Tiger Prawn	All species of <i>Mullus</i>	Round, Warmwater	Goatfish, Snappers			29															
Red Snapper		All species of <i>Lutjanus</i>	Round, Warmwater	Other Snappers			28															
Sablefish	(Black Cod)	<i>Anoptopoma fimbria</i>	Round, Coldwater	Cod is closest			24															
Sailfish		All species of <i>Istiophorus</i>	Round, Warmwater, Game	Marlin			32															
Salmon (far med)	Atlantic Salmon	<i>Salmo salar</i>	Round, Cold/Freshwater, Oil-rich	Sea Trout, Pacific Salmon	Y		38															
Salmon (wild)	Atlantic Salmon	<i>Salmo salar</i>	Round, Cold/Freshwater, Oil-rich	Sea Trout, Pacific Salmon			38															
Salmon, Pacific	Cherry Salmon	<i>Oncorhynchus masou masou</i>	Round, Cold/Freshwater, Oil-rich	Sea Trout, Pacific Salmon			38															
Salmon, Keta	Chum Salmon	<i>Oncorhynchus keta</i>	Round, Cold/Freshwater, Oil-rich	Sea Trout, Pacific Salmon			38															
Salmon, Silver	Coho or Medium Red Salmon	<i>Oncorhynchus kisutch</i>	Round, Cold/Freshwater, Oil-rich	Sea Trout, Pacific Salmon			38															
Salmon, Pink		<i>Oncorhynchus gorbuscha</i>	Round, Cold/Freshwater, Oil-rich	Sea Trout, Pacific Salmon			38															
Salmon, Red	Sockeye Salmon	<i>Oncorhynchus nerka</i>	Round, Cold/Freshwater, Oil-rich	Sea Trout, Pacific Salmon			38															
Salmon, King	Spring, Chinook or Pacific Salmon	<i>Oncorhynchus tshawytscha</i>	Round, Cold/Freshwater, Oil-rich	Sea Trout, Pacific Salmon			38															
Sardines	Pilchards - which are adult Sardines	<i>Sardina pilchardus</i>	Round, Coldwater, Oil-rich, Small	Herrings			21															
Scabbard Fish	Sabre Fish, Silver Sabre, Black Sabre (Ribbon Fish, Espada, Cutlass Fish)	<i>Lepidopus caudatus</i> (silver), <i>Aphanopus carbo</i> (black)	Round, Coldwater, Unique				24															
Scallops	King / Queen / Atlantic / Common	All species of family <i>Pectinidae</i>	Molluscs (bivalve)				36															

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	Best quality Species without any 'Q's are of consistent quality all year