

Species and availability

Here are over 100 available species, with a guide to their availability and price.

What's available?
And when?

Commercial name	Other commercial names (those in brackets are common names but not legal in the UK)	Latin name or family	Rough guide	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 Engraulidae	Round, Warmwater, Oily, Small	Sardines, Herrings			24	Preserved fillets available year-round											
Barracuda		All species of Sphyræna	Round, Warmwater	Kingfish			29												
Barramundi	(Giant Sea Perch)	Lates calcarifer	Round, Warmwater	Large Wild Sea Bass	Y		29												
Bonito	(Tuna)	All species of Sarda, Auxis, Euthynnus (except Euthynnus (Katsuwonus) pelamis)	Round, Warmwater, Oily	Tuna, Mackerel, Kingfish			34						Q	Q	Q				
Bream (freshwater)		Abramis brama	Round, Freshwater	Carp, Zander	Y		16	Q									Q	Q	Q
Bream (sea)	Gilt Head Bream, Royal Bream, Black Bream, Black Banded Bream, Red Sea Bream, Ray's Bream, Porgy	All species of Sparidae (ex. Boops boops)	Round, Warmwater	Snappers, Emperor, Sea Bass, Redfish	Y		30					Q	Q	Q					
Brill		Scophthalmus rhombus	Flat, Coldwater	Turbot			18				Q	Q							
Carp	Grass Carp, Mirror Carp	All species of Cyprinidae	Round, Freshwater	Perch, Pike	Y		16	Q									Q	Q	Q
Catfish (freshwater)		All species of the families Clariidae, Siluridae & Bagridae	Round, Freshwater		Y		16												
Catfish (sea)	Wolf Fish, Rockfish	All species of Anarhichas	Round, Coldwater	Any Cod-like species			25												
Clams	Razor Clams, Venus Clams, Hard Shell, Amande, Praire	All species of Ensis & Solen, Mercenaria mercenaria, Venus verrucosa	Molluscs (bivalve)	Cockles, Mussels			39												
Clams - Palourdes	Carpet Shell Clams	Venerupis decussata	Molluscs (bivalve)	Other Clams			39												
Cockles		All species of Cerastoderma	Molluscs (bivalve)	Clams			39	Q	Q									Q	Q
Cod		All species of Gadus	Round, Coldwater	Haddock, any Cod-like species	Y		22						Q	Q	Q	Q			
Coley	Saithe, Coalfish	Pollachius virens	Round, Coldwater, Cod-like	Any Cod-like species			23												
Crabs	Brown Crabs	All species of the order Brachyura & the family Lithodidae	Crustacean				37			Q	Q	Q	Q			Q	Q	Q	Q
Crawfish	Spiny Lobster, Rock Lobster	All species of Panulirus, Palinurus & Jasus	Crustacean	Lobster			37												
Crayfish	(Ecrevisse)	All species of the family Astacidae, Parastacidae, Austroastacidae, Cambaridae	Crustacean	Langoustines, King Prawns	Y		37	Preserved tail meat available year-round											
Croakers	Drum, Jewfish	All species of Sciaenidae	Round, Warmwater	Snappers			29												
Cuttlefish		All species of Sepia, Rossia macrosoma	Cephalopods	Squid			40	Q	Q									Q	Q
Dab		Limanda limanda	Flat, Coldwater	Plaice, Flounder			20					Q	Q	Q					
Dogfish	Rock Salmon, Huss, Rock Eel, Rigg, Flake	All species of Galeorhinus, Mustelus, Scyliorhinus, Galeus melastomus, Squalus acanthias	Round, Coldwater, Unique	Shark (for texture)			25												
Dover Sole		Solea solea	Flat, Coldwater	Lemon Sole			19			Q	Q			Q	Q	Q	Q	Q	
Drum	Croakers, Jewfish	All species of Sciaenidae	Round, Warmwater	Snappers			29												

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	Low price (up to £6kg)
	Medium price (£6 - £10kg)
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	Good availability
	Varying availability
	Difficult availability
Q	Best quality Species without any 'Q's are of consistent quality all year

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Eel (freshwater)		All species of Anguilla	Round, Fresh/Coldwater	Conger	Y		15												
Conger	Conger Eel	All species of Conger	Round, Coldwater	Eel			25												
Emperor	Longnose, Spangled, Yellowtail, Snubnose Emperors	All species of Lethrinus	Round, Warmwater	Breams & Snappers			31												
Escolar	Snake Mackerel	All species of Gempylidae	Round, Warmwater, Game, Oily	Kingfish			34												
Flounder		Platichthys flesus	Flat, Coldwater	Plaice, Dab			20												
Gilt Head Bream	Dorade, Royal Bream	Sparus aurata	Round, Warmwater	Other Sea Breams, Sea Bass	Y		30												
Goatfish		Upeneichthys vlamingii	Round, Warmwater	Red Mullet			32												
Grey Mullet		All species of Mugil, Liza & Chelon	Round, Coldwater	Sea Breams	Y		25												
Groupers	Brown, Black, Red, Strawberry Groupers, (Rock Cod)	All species of Mycteropera & Epinephelus - part of the Serranidae family	Round, Warmwater	Snappers			31												
Gurnards	Red, Grey & Tub Gurnard	Species of the family Triglidae & Peristedion cataphractum	Round, Coldwater	Any Cod-like species			25					Q	Q	Q	Q	Q			
Haddock		Melanogrammus aeglefinus	Round, Coldwater, Cod-like	Any Cod-like species			22		Q	Q	Q			Q	Q	Q			
Hake	Cape Hake, Capensis Hake	All species of Merluccius	Round, Coldwater, Cod-like	Any Cod-like species			23												
Halibut		All species of Hippoglossus	Flat, Coldwater	Turbot, Brill	Y		18												
Herring		Clupea harengus	Round, Coldwater, Oily	Mackerel			24												
Hoki		Macruronus novaezelandiae	Round, Coldwater, Cod-like	Any Cod-like species			23	Fresh is difficult but frozen fillets are available											
Icefish	Toothfish (Antarctic Sea Bass, Chilean Sea Bass)	Disostichus mawsoni, Disostichus eleginoides	Round, Coldwater	Salmon, Sea Bass, Cod			25												
Jack	Trevally, Horse Mackerel, Scad, Pompano, Yellowtail Kingfish	All species of Caranx, Hemicarax, Seriola, Trachurus & Decapterus	Round, Warmwater, Game	Kingfish, Bonito	Y		34												
Jewfish	Croakers, Drum	All species of Sciaenidae	Round, Warmwater	Snappers			29												
Jobfish	Job Jaune, Goldband Jobfish, (King Snapper)	All species of Aphareus, Aprion & Pristipomoides	Round, Warmwater	Snappers			31												
John Dory	St Peter's Fish	Zeus faber	Round, Coldwater, Unique				26												
King Prawns	Most common varieties are Black Tiger, Indian White & Banana King Prawns	All species of the families Penaeidae & Palaemonidae	Crustacean	Langoustines, Crayfish	Y		37	Vast selection of frozen available all year											
Kingfish	King Mackerel	Scomberomorus cavalla	Round, Warmwater, Game, Oily	Tuna, Bonito, Mackerel, Jack	Y		34												
Kingklip		Genypterus capensis	Round, Coldwater	Hake, Ling			-												
Langoustines	Scampi, Dublin Bay Prawns, Norway Lobsters	Nephrops norvegicus	Crustacean	King Prawns			37	Q	Q								Q	Q	Q
Lemon Sole		Microstomus kitt	Flat, Coldwater	Dover Sole, Plaice, Witch			19						Q	Q	Q	Q			
Ling		All species of Molva	Round, Coldwater, Cod-like	Any Cod-like species			23												
Lobster		All species of Homarus	Crustacean	Slipper Lobsters, Crawfish			36												
Slipper Lobster	Moreton Bay Bugs	All species of the family Scyllaridae	Crustacean	Lobster			37												
Mackerel		All species of Scomber	Round, Coldwater, Oily	Herrings			24												
Mahi Mahi	Dolphin Fish	Coryphaena hippurus	Round, Warmwater, Game	Kingfish			35												
Marlin	Most common varieties are White, Black & Blue Marlin	All species of Makaira	Round, Warmwater, Game	Swordfish, Sailfish, Tuna			35												
Meagre	Jewfish, Drum, Croaker	Argyrosomus régus	Round, Warmwater	Sea Bass, Grey Mullet	Y		29												
Megrim	(Sail-Fluke, Whiff)	All species of Lepidorhombus	Flat, Coldwater	Witch, Plaice, Lemon Sole			20												
Monkfish	Anglerfish	Lophius piscatorius, Lophius americanus	Unique, Coldwater	Langoustines (for flavour)			26	Q	Q	Q	Q						Q	Q	Q
Moonfish	Opah	All species of Lampris	Round, Warmwater, Unique	Pomfret			32												
Mussels		All species of the family Mytilidae	Molluscs (bivalve)	Clams	Y		38	Q	Q	Q							Q	Q	Q

continues

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Octopus		All species of Octopus	Cephalopods	Squid, Cuttlefish			40												
Orange Roughy		Hoplostethus atlanticus	Round, Coldwater	Any Cod-like species			27												
Oysters (Native)		All species of Ostrea	Molluscs (bivalve)	Pacific Oysters	Y		39					Closed season							
Oysters (Pacific)	Pacific / Rock Oysters, Portuguese Oysters	All species of Crassostrea	Molluscs (bivalve)	Native Oysters	Y		39												
Parrot Fish		All species of Scaridae	Round, Warmwater	Wrasse, Snappers			32												
Perch		Perca fluviatilis	Round, Freshwater	Carp, Zander, Pike			16												
Pike		Esox lucius	Round, Freshwater	Zander, Perch	Y		16												
Plaice		Pleuronectes platessa	Flat, Coldwater	Lemon Sole, Flounder, Dab, Megrim			20					Q	Q	Q					
Pollack	Pollock	Pollachius pollachius	Round, Coldwater, Cod-like	Any Cod-like species			23												
Pomfret	Butterfish	All species of Brama, Stromateus & Pampus	Round, Warmwater, Unique	Moonfish			32												
Red Mullet		All species of Mullus	Round, Warmwater	Goatfish, Snappers			32												
Red Snapper		Lutjanus spp.	Round, Warmwater	Other Snappers			31												
Redfish	Ocean Perch, Rose Fish (Norwegian Haddock)	All species of Sebastes & Helicolenus	Round, Coldwater	Any Cod-like species, Snappers			27												
Sablefish	(Black Cod)	Anoplopoma fimbria	Round, Coldwater	Cod is closest			27	Only sold frozen											
Sailfish		All species of Istiophorus	Round, Warmwater, Game	Sword, Marlin			35												
Salmon (farmed)	Atlantic Salmon	Salmo salar	Round, Cold/Freshwater, Oily	Sea Trout, Pacific Salmon	Y		14												
Salmon (wild)	Atlantic Salmon	Salmo salar	Round, Cold/Freshwater, Oily	Sea Trout, Pacific Salmon			14												
Salmon, Pacific	Cherry Salmon	Oncorhynchus masou masou	Round, Cold/Freshwater, Oily	Sea Trout, Pacific Salmon			14												
Salmon, Keta	Chum Salmon	Oncorhynchus keta	Round, Cold/Freshwater, Oily	Sea Trout, Pacific Salmon			14												
Salmon, Silver	Coho or Medium Red Salmon	Oncorhynchus kisutch	Round, Cold/Freshwater, Oily	Sea Trout, Pacific Salmon			14												
Salmon, Pink		Oncorhynchus gorbuscha	Round, Cold/Freshwater, Oily	Sea Trout, Pacific Salmon			14												
Salmon, Red	Sockeye Salmon	Oncorhynchus nerka	Round, Cold/Freshwater, Oily	Sea Trout, Pacific Salmon			14												
Salmon, King	Spring, Chinook or Pacific Salmon	Oncorhynchus tshawytscha	Round, Cold/Freshwater, Oily	Sea Trout, Pacific Salmon			14												
Sardines	Pilchards - which are adult Sardines	Sardina pilchardus	Round, Coldwater, Oily, Small	Herrings			24	Q	Q	Q	Q						Q	Q	Q
Scabbard Fish	Sabre Fish, Silver Sabre, Black Sabre (Ribbon Fish, Espada, Cutlass Fish)	Lepidopus caudatus (silver), Aphanopus carbo (black)	Round, Coldwater, Unique				27												
Scallops	King / Queen / Atlantic / Common	All species of Pectinidae	Molluscs (bivalve)				39									Q	Q		
Sea Bass (farmed)		Dicentrarchus labrax	Round, Warmwater	Gilt Head Bream	Y		29	Q	Q					Q	Q	Q	Q	Q	Q
Sea Bass (wild)		Dicentrarchus labrax	Round, Warmwater	Barramundi			29												

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Striped American Sea Bass	Rockfish	Morone saxatilis	Round, Freshwater	Sea Bass, Gilt Head Bream	Y		16												
Sea Bream	Gilt Head Bream, Royal Bream, Black Bream, Black Banded Bream, Red Sea Bream, Ray's Bream, Porgy	All species of Sparidae (ex. Boops boops)	Round, Warmwater	Snappers, Emperor, Sea Bass, Redfish	Y		30												
Sea Trout	Salmon Trout	Salmo trutta trutta	Round, Cold/Freshwater, Oily	Brown Trout, Salmon	Y		15												
Shark - Porbeagle		Lamna nasus	Round, Warmwater, Game	Sword, Marlin			34												
Shark - Mako		Isurus oxyrinchus	Round, Warmwater, Game	Sword, Marlin			34												
Shark - Tope		Galeorhinus galeus	Round, Warmwater, Game	Sword, Marlin			34												
Skate	Rays, Roker	All species of Raja	Unique, Coldwater	Shark (texture)			27												
Snappers	Red, Emperor, Ruby, Pink, King, Moses, Crimson, Flag, Mangrove, Silk, Yellowtail & Five Line Snapper	All species of Lutjanidae	Round, Warmwater	Emperors, Sea Breams, Groupers			31												
Sprats		Sprattus sprattus	Round, Coldwater, Oily, Small	Anchovies, Whitebait, Sardines			24	Q	Q									Q	Q
Squid	(Calamari)	All species of Loligo, Illex, Ommastrephes	Cephalopods	Cuttlefish, Octopus			40	Q	Q	Q							Q	Q	Q
Swordfish		Xiphias gladius	Round, Warmwater, Game	Marlin, Shark, Sailfish, Tuna			35												
Tilapia - Orange & Black	Orange & Black Tilapia	All species of Tilapia & Oreochromis	Round, Freshwater	Sea Breams	Y		16												
Trevally	Jack, Horse Mackerel, Scad, Pompano, Yellowtail Kingfish	All species of Caranx, Hemibarax, Seriola, Trachurus & Decapterus	Round, Warmwater, Game	Kingfish, Bonito	Y		34												
Trout - Brown		Salmo trutta trutta	Round, Freshwater, Oily	Sea Trout, Rainbow Trout, Salmon	Y		15												
Trout - Rainbow		Oncorhynchus mykiss	Round, Freshwater, Oily	Sea Trout, Brown Trout, Salmon	Y		15												
Tuna	Bluefin, Yellowfin, Bigeye & Alabcore Tuna	All species of Thunnus	Round, Warmwater, Game, Oily	Swordfish, Marlin, Bonito			33												
Turbot		Psetta maxima	Flat, Coldwater	Brill	Y		18												
Wahoo		Acanthocybium solandri	Round, Warmwater, Game, Oily	Kingfish, Bonito			34												
Whelks		All species of Buccinum	Molluscs (univalve)	Winkles			39					Q	Q	Q	Q	Q			
Whitebait		Clupea harengus	Round, Coldwater, Oily, Small	Sprats			24	Q	Q									Q	Q
Whiting		Merlangius merlangus	Round, Coldwater, Cod-like	Any Cod-like species			23	Q	Q					Q	Q	Q	Q	Q	Q
Winkles		All species of Littorina	Molluscs (univalve)	Whelks			39					Q	Q	Q	Q				
Witch	Torbay Sole	Glyptocephalus cynoglossus	Flat, Coldwater	Lemon Sole, Plaice, Megrim			20												
Wrasse	Ballan Wrasse, Cuckoo Wrasse	All species of Labridae	Round, Warmwater	Parrot Fish, Snappers			32												
Zander	Pike-perch	?????	Round, Freshwater	Perch, Pike	Y		16												

