# Fish & Seafood

## Cod

<table>
<thead>
<tr>
<th>Skin on, pin bone in</th>
</tr>
</thead>
<tbody>
<tr>
<td>70326 Pier 7 MSC Cod Fillets 144-170g</td>
</tr>
<tr>
<td>70329 Pier 7 MSC Cod Fillets 170-195g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Skinless &amp; boneless</th>
</tr>
</thead>
<tbody>
<tr>
<td>03914 Pier 7 MSC Cod Fillets 68-93g</td>
</tr>
<tr>
<td>04452 Pier 7 MSC Cod Tails 93-119g</td>
</tr>
<tr>
<td>04400 Pier 7 MSC Cod Tails 119-144g</td>
</tr>
<tr>
<td>04402 Pier 7 MSC Cod Tails 144-170g</td>
</tr>
<tr>
<td>04405 Pier 7 MSC Cod Loins 119-144g</td>
</tr>
<tr>
<td>04412 Pier 7 MSC Cod Loins 144-170g</td>
</tr>
<tr>
<td>78864 Pier 7 MSC Cod Fillets Skinless &amp; Boneless 160-184g</td>
</tr>
<tr>
<td>03919 Pier 7 MSC Cod Fillet 93-119g</td>
</tr>
</tbody>
</table>

## Salmon

### Fillets

| 04288 Everyday Favourites Raw Scottish Salmon Portions (Skinless) 140-170g |
| 19790 Young’s Raw Scottish Salmon Fillet 170-200g |

### Smoked

| 21364 Young’s Scottish Smokehouse D-Cut Scottish Smoked Salmon |
| 20038 Young’s Scottish Smokehouse D-Cut Scottish Smoked Salmon |

### Smoked mackerel & kippers

| 20962 Young’s MSC Scottish Smoked Mackerel Fillets 70-100g |
| 20966 Young’s MSC Scottish Peppered Smoked Mackerel Fillets 70-100g |
| 06462 Young’s MSC Boned Kipper Fillets 110-170g |

## Battered cod

### Skinless & boneless

| 37048 Mini Battered Cod Formed Fillets 80-110g |
| 37045 Small Battered Cod Formed Fillets 110-140g |
| 37027 Medium Battered Cod Formed Fillets 140-170g |
| 37486 Large Battered Cod Formed Fillets 170-200g |

## Seabass

| 88990 Seabass Fillets 81-108g |

## Battered haddock

### Skinless & boneless

| 37494 Pier 7 MSC Medium Battered Haddock Formed Fillets 140-170g |

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* Chilled * Frozen * Ambient * Catering Supplies
### Fish & Seafood

#### Battered pollock
- **Skinless & boneless**
  - 37508 Pier 7 MSC Ovenable Small Battered Pollock Formed Fillets 110-140g
  - 1x24
### Warm water prawns
- 27207 King Prawn Raw Peeled & Deveined (16-20) 10x700g*
- 27423 King Prawn Raw Peeled & Deveined (26-30) 10x700g*
#### Coated prawns
- 27108 Everyday Favourites Popcorn Shrimp
  - Raw peeled prawns coated with traditional breadcrumbs 5x1kg*
#### Breaded scampi
- **Everyday Favourites Breaded Whole Scampi Tails**
  - Whole scampi tails in a delicious crispy crumb 10x900g*
#### Breaded cod
- **Skinless & boneless**
  - 37491 Pier 7 Mini Breaded Cod Formed Fillets 80-110g
  - 1x36
- 37490 Pier 7 Medium Breaded Cod Formed Fillets 140-170g
  - 1x24
### Breaded haddock
- **Skinless & boneless**
  - 37498 Pier 7 MSC Medium Breaded Haddock Formed Fillets 140-170g
  - 1x24
- 62082 Pier 7 MSC Breaded Haddock Fillets 170-200g
  - 1x18
#### Breaded scampi
- **Everyday Favourites Breaded Reformed Scampi**
  - 86419

#### Fish fingers
- **Cod**
  - 06427 Everyday Favourites Breaded Minced Cod Fish Fingers 25g
    - Par-fried, minced cod fish fingers coated in light golden breadcrumbs 6x60g*
### Breaded reformed scampi
- 86433 Everyday Favourites Breaded Cod Fillet Fish Fingers 25g
  - Par-fried, 100% cod fish fingers coated in light golden breadcrumbs 6x60g*
#### Goujons
- 62084 Havelok MSC Battered Cod Goujons
  - 5xkg
### Warm water prawns
- 78865 Whitby Wholetail Breaded Scampi (Approx 30/Bag)
  - 10x450g*
- 00819 Resolution Scampi (Approx 30/Bag)
  - Whole scampi tails with a little more breadcrumb for the cost conscious caterer
#### Canned salmon
- 05971 Wild Alaskan Pink Salmon
  - 6x418g
- 05969 Wild Alaskan Red Salmon
  - 6x418g
#### Canned tuna
- 30530 Everyday Favourites Tuna Chunks in Brine
  - 6x1.88kg
- 28769 Everyday Favourites Tuna Chunks in Brine
  - 6x200g
- 59673 Everyday Favourites Tuna Chunks in Brine
  - 12x185g
- 11958 Tuna Chunks in Oil
  - 6x1.7kg
- 08285 Tuna Flakes in Brine
  - 6x1.88kg
### Canned tuna
- 80222 Pole & Line Tuna Chunks in Brine
  - 6x1.88kg

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**Note:** Market Price. Please check prices with your Customer Sales Advisor * Splitable case but splits purchased may be subject to a small surcharge

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