

SPECIES AND AVAILABILITY

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

Commercial name	Other commercial names	Latin name or family	Form	Alternatives	Commercially farmed	Rough price	Page number	Availability guide														
								J	F	M	A	M	JN	JY	A	S	O	N	D			
Anchovy		All species of <i>Engraulidae</i>	Round, warmwater, oily, small	Sardine, herring		LOW	36	Preserved fillets available year round														
Barracuda		All species of <i>Sphyraena</i>	Round, warmwater	Kingfish		MED	41															
Barramundi	Giant sea perch	<i>Lates calcarifer</i>	Round, warmwater	Large wild sea bass	Y	MED	41															
Bonito	Tuna	All species of <i>Sarda</i> , <i>Auxis</i> , <i>Euthynnus</i> (except <i>Euthynnus [Katsuwonus] pelamis</i>)	Round, warmwater, oily	Tuna, mackerel, kingfish		MED	47															
Bream (freshwater)		<i>Abramis brama</i>	Round, freshwater	Carp	Y	LOW	63															
Bream (sea)	Gilthead bream, royal bream, black bream, black banded bream, red sea bream, Ray's bream, porgy	All species of <i>Sparidae</i> (except <i>Boops boops</i>)	Round, warmwater	Snapper, emperor, sea bass	Y	LOW	42															
Brill		<i>Scophthalmus</i>	Flat, coldwater	Turbot		MED	29															
Carp	Common carp, grass carp, mirror carp	All species of <i>Cyprinidae</i>	Round, freshwater	Perch, pike	Y	LOW	63															
Catfish (freshwater)		All species of <i>Clariidae</i> , <i>Siluridae</i> and <i>Bagridae</i>	Round, freshwater			LOW	63															
Catfish (sea)	Wolfish, rockfish	All species of <i>Anarhichas</i>	Round, coldwater	Any cod-like species		LOW	37															
Clam	Razor clam, venus clam, hard shell, amande, praire	All species of <i>Enis</i> and <i>solen</i> , <i>Mercenaria mercenaria</i> , <i>Venus verrucosa</i>	Molluscs (bivalve)	Cockle, mussel		LOW	55															
Clam (palourdes)	Carpet shell clam	<i>Venerupis decussata</i>	Molluscs (bivalve)	Other clam		HI	55															
Cockle		All species of <i>Cerastoderma</i>	Molluscs (bivalve)	Clam		LOW	54															
Cod		All species of <i>Gadus</i>	Round, coldwater	Haddock, any cod-like species	Y	LOW	33															
Coley	Saithe, coalfish	<i>Pollachius virens</i>	Round, coldwater, cod-like	Any cod-like species		LOW	34															
Conger	Conger eel	All species of <i>Conger</i>	Round, coldwater	Ling		LOW	n/a															
Crab	Brown crab, velvet crab, king crab, spider crab	All species of the order <i>Brachyura</i> and <i>Lithodidae</i>	Crustacean			MED	52															
Lobster (Spiny or Rock)	Crawfish	All species of <i>Panulirus</i> , <i>Palinurus</i> and <i>Jasus</i>	Crustacean			HI	51															
Crayfish	Crayfish (freshwater)	All species of <i>Procambarus clarkii</i>	Crustacean	Langoustine, king prawn	Y	HI	51	Preserved tail meat available year round														
Croaker	Drum, jewfish	All species of <i>Sciaenidae</i>	Round, warmwater	Snapper		MED	41															

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Kingfish	King mackerel	<i>Scomberomorus cavalla</i>	Round, warmwater, game, oily	Bonito, mackerel, jack	Y	MED	47	Vast selection of frozen available year round														
Kingklip		<i>Genypterus capensis</i>	Round, coldwater	Hake, ling		MED	n/a															
Langoustine	Scampi, Dublin Bay prawn, Norway lobster	<i>Nephrops norvegicus</i>	Crustacean	King prawn		MED	52	●	●										●	●	●	
Lemon sole		<i>Microstomus kitt</i>	Flat, coldwater	Dover sole, plaice, witch		MED	30	●	●					●	●	●	●					
Ling		All species of <i>Molva</i>	Round, coldwater, cod-like	Any cod-like species		LOW	34															
Lobster		All species of <i>Homarus</i>	Crustacean	Slipper lobster, crawfish		HI	51															
Lobster (slipper)	Moreton Bay bugs	All species of <i>Scyllaridae</i>	Crustacean	Lobster		HI	51															
Mackerel		<i>Scombrus scombrus</i>	Round, coldwater, oily	Herring		LOW	35															
Mahi mahi	Dolphinfish	<i>Coryphaena hippurus</i>	Round, warmwater, game	Kingfish		MED	48															
Marlin	Most common varieties are white, black and blue marlin	All species of <i>Makaira</i>	Round, warmwater, game	Sailfish		MED	48															
Meagre	Drum, croaker	<i>Argyrosomus regius</i>	Round, warmwater	Sea bass, grey mullet	Y	MED	41															
Megrim	Sail-fluke, whiff, Cornish sole	All species of <i>Lepidorhombus</i>	Flat, coldwater	Witch, plaice, lemon sole		LOW	31															
Monkfish	Anglerfish	<i>Lophius species</i>	Coldwater, unique	Langoustine (for flavour)		HI	38	●	●	●	●								●	●	●	
Moonfish	Opah	All species of <i>Lampris</i>	Round, warmwater, unique	Tuna		HI	44															
Mussel		All species of <i>Mytilidae</i>	Molluscs (bivalve)	Clam	Y	LOW	53	●	●	●									●	●	●	
Octopus		All species of <i>Octopus</i>	Cephalopods	Squid, cuttlefish		MED	57															
Oyster (native)		All species of <i>Ostrea</i>	Molluscs (bivalve)	Pacific oyster	Y	HI	54															
Oyster (Pacific)	Pacific/rock oyster, Portuguese oyster	All species of <i>Crassostrea</i>	Molluscs (bivalve)	Native oyster	Y	HI	54															
Perch		<i>Perca fluviatilis</i>	Round, freshwater	Zander, pike		MED	63															
Pike		<i>Esox lucius</i>	Round, freshwater	Zander, perch	Y	LOW	63															
Plaice		<i>Pleuronectes platessa</i>	Flat, coldwater	Lemon sole, flounder, dab, megrim		LOW	31															
Pollack	Pollock, lythe	<i>Pollachius pollachius</i>	Round, coldwater, cod-like	Any cod-like species		LOW	34															

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Pomfret	Butter fish	All species of <i>Brama</i> , <i>Stromateus</i> and <i>Pampus</i>	Round, warmwater, unique	Pollack, haddock		HI	44	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Prawn (coldwater)		<i>Pandalus borealis</i>	Crustacea, coldwater			HI	52	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Prawn (warmwater)	Giant tiger prawn, jumbo tiger shrimp or brown tiger prawn	<i>Pandalus monodon</i>	Crustacea, coldwater			HI	52	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Red mullet		All species of <i>Mullus</i>	Round, warmwater	Goatfish, snapper		HI	44	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Red snapper		All species of <i>Lutjanus</i>	Round, warmwater	Other snapper		HI	43	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Sablefish	Black cod	<i>Anoplopoma fimbria</i>	Round, coldwater	Cod, Chilean sea bass		HI	37	Only sold frozen													
Sailfish		All species of <i>Istiophorus</i>	Round, warmwater, game	Marlin		MED	48	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Salmon (farmed)	Atlantic salmon	<i>Salmo salar</i>	Round, cold/freshwater, oily	Sea trout	Y	LOW	59	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Salmon (wild)	Atlantic salmon	<i>Salmo salar</i>	Round, cold/freshwater, oily	Sea trout		HI	59	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Salmon (Pacific)	Cherry salmon	<i>Oncorhynchus masou masou</i>	Round, cold/freshwater, oily	Sea trout		MED	59	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Salmon (keta)	Chum salmon	<i>Oncorhynchus keta</i>	Round, cold/freshwater, oily	Sea trout		MED	59	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Salmon (silver)	Coho or red salmon	<i>Oncorhynchus kisutch</i>	Round, cold/freshwater, oily	Sea trout		MED	59	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Salmon (pink)		<i>Oncorhynchus gorbuscha</i>	Round, cold/freshwater, oily	Sea trout		MED	59	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Salmon (red)	Sockeye salmon	<i>Oncorhynchus nerka</i>	Round, cold/freshwater, oily	Sea trout		MED	59	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Salmon (king)	Spring, chinook or Pacific salmon	<i>Oncorhynchus tshawytscha</i>	Round, cold/freshwater, oily	Sea trout		MED	59	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Sardine	Pilchard – which is an adult sardine	Various species	Round, coldwater, oily, small	Herring		LOW	36	●	●	●	●	●	●	●	●	●	●	●	●	●	●
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			MED	n/a	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Scallop	King, queen, Atlantic, common	All species of <i>Pectinidae</i>	Molluscs (bivalve)		Y	HI	54	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Sea bass (farmed)		<i>Dicentrarchus labrax</i>	Round, warmwater	Gilthead bream	Y	MED	35	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Sea bass (wild)		<i>Dicentrarchus labrax</i>	Round, coldwater	Gilthead bream		MED	25	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Sea bass (striped American)	Rockfish	<i>Morone saxatilis</i>	Round, freshwater	Sea bass, gilthead bream	Y	MED	63	●	●	●	●	●	●	●	●	●	●	●	●	●	●

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Snapper	Red, emperor, ruby, pink, king, moses, crimson, flag, mangrove, silk, yellowtail, five line snapper	All species of <i>Lutjanidae</i>	Round, warmwater	Emperor, sea bream		MED	43															
Sprat (European)		<i>Sprattus sprattus</i>	Round, coldwater, oily, small	Anchovy, whitebait, sardine		LOW	36	•	•											•	•	
Squid	Calamari	All species of <i>Loligo</i> , <i>Illex</i> , <i>Ommastrephes</i>	Cephalopods	Cuttlefish, octopus		MED	57															
Tilapia (orange, red and black)	Orange and black tilapia	All species of <i>Tilapia</i> and <i>Oreochromis</i>	Round, freshwater	Sea bream	Y	LOW	63															
Trevally	Jack, horse mackerel, scad, pompano, yellowtail kingfish	All species of <i>Caranx</i> , <i>Hemicaranx</i> , <i>Seriola</i> , <i>Trachurus</i> and <i>Decapterus</i>	Round, warmwater, game	Kingfish, bonito	Y	MED	48															
Trout (brown)		<i>Salmo trutta</i>	Round, freshwater, oily	Sea trout, rainbow trout, salmon	Y	LOW	59															
Trout (rainbow)		<i>Oncorhynchus mykiss</i>	Round, freshwater, oily	Sea trout, brown trout, salmon	Y	MED	60															
Trout (sea)	Salmon trout	<i>Salmo trutta</i>	Round, cold/freshwater, oily	Brown trout, rainbow trout, salmon	Y	MED	60															
Tuna	Yellowfin, skipjack	<i>Thunnus albacares</i> , <i>Euthynnus pelamix</i>	Round, warmwater, game, oily	Marlin, bonito		LOW	47															
Turbot		<i>Psetta maxima</i>	Flat, coldwater	Brill	Y	HI	29															
Wahoo		<i>Acanthocybium solandri</i>	Round, warmwater, game, oily	Kingfish, bonito		LOW	47															
Whelk	Sea snail	All species of <i>Buccinum</i>	Molluscs (univalve)	Winkle		LOW	55						•	•	•	•	•					
Whitebait		<i>Sprattus sprattus</i> , <i>Clupea harengus</i>	Round, coldwater, oily, small	Sprat		LOW	36	•	•												•	•
Whiting		<i>Merlangius merlangus</i>	Round, coldwater, cod-like	Any cod-like species		LOW	34	•	•						•	•	•	•	•	•	•	•
Winkle		All species of <i>Littorina</i>	Molluscs (univalve)	Whelk		LOW	55						•	•	•	•						
Witch	Torbay sole	<i>Glyptocephalus cynoglossus</i>	Flat, coldwater	Lemon sole, plaice, megrim		LOW	31															
Wrasse	Ballan wrasse, cuckoo wrasse	All species of <i>Labridae</i>	Round, coldwater	Snapper		LOW	37															
Zander	Pike-perch	<i>Stizostedion lucioperca</i>	Round, freshwater	Perch, pike	Y	MED	63															