



HIGHLAND FISH

DELIVERING THE FINEST LOCAL PRODUCE TO THE CATERING INDUSTRY

HIGHLAND FISH PRODUCT LIST 2015

All products are based on market price & availability and are subject to change without notice.

Description	Pack Size	Price £
FROZEN FISH		
Frozen at Sea Hake Fillet 6 - 9 oz	5 Kg Box	£27.00
Frozen Monk Tail 220 - 250g	5 Kg Box	£49.00
Frozen Sea Bass Fillets 120-140g	Box 20	£37.15
Frozen Swordfish 6 - 8 oz	Box 10	£28.00
IQF Salmon Fillets - Scottish 200 - 220g	Box 10	£23.20
IQF Sibl Cod Fillets 6 - 7 oz	10lb Box	£29.50
IQF Sibl Cod Fillets 8 - 10 oz	10lb Box	£29.50
IQF Sibl Cod Loin 7 - 8oz	10lb Box	£36.80
IQF Sibl Haddock Fillets Low Glaze 6 - 8 oz	10lb Box	£33.00
IQF Sibl Haddock Fillets Low Glaze 8 - 10 oz	10lb Box	£33.00
Pangus 7-8oz	10lb Box	£19.50
Sibl Frozen At Sea Haddock 5 - 8 oz	15lb Box	£48.00
Sibl Icelandic Pollack Fillets 6 - 8 oz	10lb Box	£22.25
Whole Gutted Rainbow Trout 7 - 9 oz	2.5Kg	£12.50
VALUE ADDED FISH		
Battered Calamari Rings	500g	£3.90
Battered Whole Tail Scampi	454g	£4.90
Cod Fish Cakes Breaded 80gm	x30	£13.99
Natural Crumbed Whole Tail Scampi	454g	£3.89
Salmon & Dill Fishcakes 90gm	x24	£17.80
Sibl Cod Battered 200 - 230g	Box 18	£19.90
Sibl Cod Breaded 200 - 230g	Box 18	£19.90
Sibl Haddock Battered 170 - 200g	Box 18	£19.90
Sibl Haddock Breaded 170 - 200g	Box 18	£19.90
Smoked Haddock & Mozzarella Fishcakes 100gm	x24	£16.40
Spicy West Coast Crab Cakes 30gm	x48	£16.50
Thai Natural Breaded Crab Cakes 56gm	x24	£16.40
SMOKED FISH		
Arbroath Smokies	3.2 Kilos	£28.80
Broken Smoked Haddock	Per Kilo	£5.90
Lemon & Parsley Mackerel	Per Kilo	£8.95
Luxury Scottish Balmoral Loin of Smoked Salmon	Per Kilo	£23.00
Luxury Scottish Balvenie Smoked Salmon	Per Kilo	£15.90
Luxury Scottish Banqueting Interleaved Long Trim Smoked Salmon	Per Kilo	£17.99
Luxury Scottish Beetroot Cured Smoked Salmon	Per Kilo	£19.50
Luxury Scottish D Cut Smoked Salmon	Per Kilo	£15.40
Luxury Scottish Gravadlax	Per Kilo	£16.75
Luxury Scottish Hot Smoked Salmon Sides	Per Kilo	£16.80
Luxury Scottish Long Trim Smoked Salmon	Per Kilo	£15.40
Luxury Scottish Unsliced Smoked Salmon	Per Kilo	£15.40
Natural Smoked Mackerel	Per Kilo	£8.95
Peppered Smoked Mackerel	Per Kilo	£8.95
Royal Greenland Smoked Halibut	Per Kilo	£21.99
Smoked Cod	Per Kilo	£8.95
Smoked Eel	100g	£6.95
Smoked Haddock Natural	Per Kilo	£8.95
Smoked Mackerel	Per Kilo	£8.95
Smoked Mussels	Per Kilo	£17.80
Smoked Trout Fillets	500g	£7.90
Whole Kippers Vac Packed Fresh	3.2 Kilos	£23.24
Whole Kippers Vac Packed Frozen	3.2 Kilos	£17.50

Sales & Deliveries

54 Seafield Rd, Longman Industrial Estate, Inverness IV1 1SG
Tel 01463 830058 Mob 07919 370314

Accounts

River Cottage, 12A Ness Walk, Inverness IV3 5SQ
Tel 01463 830057 Fax 01463 229865 Mob 07767 460666

PRAWNS / SCALLOPS / CRAB

Breaded Queen Scallops	Per Kilo	£10.50
Breaded Torpedo Prawns	500g	£5.50
Brown Shrimp Fresh	100g	£3.80
Brown Shrimp Frozen	454g	£17.99
Butterfly Breaded Prawns	500g	£5.50
Cooked Crevettes	Per Kilo	£14.99
Cooked King Prawns	Per Kilo	£9.80
Cooked King Prawns in Brine	1.5 Kg	£14.90
Cray Fish Tails	1.5 Kg	£16.90
Easy Peel Raw H/less Deveined King Prawns 6 - 8	908g	£11.50
Easy Peel Raw H/less Deveined King Prawns 8 - 12	908g	£9.75
Fresh Crab Claw Meat	Per Kilo	£14.99
Fresh Crab Claws x 10 Aprox	200g	£7.90
Fresh King Scallops	Per Kilo	£19.99
Frozen Dressed Crab	Each	£3.80
Frozen Scallop Half Shell	Per Kilo	£8.00
Frozen Scallop Meat	Per Kilo	£17.50
Frozen Scottish 50 / 50 Crab Meat	454g	£6.90
Frozen Scottish White Crab Meat	454g	£7.50
Hand Dived Scallops in Shell	Per Kilo	£6.90
Icelandic Cooked Prawns 100 - 200	2Kg	£14.99
Icelandic Cooked Prawns 100 - 200	2.5Kg	£18.90
Icelandic Luxury Arctic Royal Prawns	2.5 Kg	£21.50
Icelandic Whole Cooked Prawns Shell On 90 - 120	5 Kilo Box	£24.95
Luxury Tiger Tails in Brine	1.5 Kilos	£14.80
Peeled & Deveined Raw King Prawns 16 - 20	Per Kilo	£11.90
Peeled & Deveined Raw King Prawns 21 - 25	Per Kilo	£9.80
Peeled & Deveined Raw King Prawns 31 - 40	Per Kilo	£8.90
Queen Scallops Fresh	Per Kilo	£14.99
Queen Scallops Frozen IQF	Per Kilo	£11.50
Scottish Medium Single Pincer Crab Claw	500g	£8.90
Tempura Battered Prawns	500g	£6.50
Velvet Crab	Per Kilo	£6.90
Whole Black Tiger Tails Raw 16 - 20	Per Kilo	£8.90
Whole Fresh Brown Crab	Per Kilo	£4.80

CURED HERRING

Roll Mop Herring	3 Kg	£13.50
Roll Mop Herring With Dill	3 Kg	£13.50
Sweet Cured Herring	3 Kg	£13.50
Sweet Cured Herring With Juniper	3 Kg	£13.50
Sweet Cured Herring With Madiera	3 Kg	£13.50
Sweet Cured Herring With Sherry	3 Kg	£13.50

LANGOUSTINE / SCAMPI / LOBSTER

Battered Whole Tail Scampi	454g	£4.90
Fresh Langoustine Tails Mixed Size	Per Kilo	£13.99
Fresh Live Langoustines 16 -20	Per Kilo	£17.99
Fresh Prepared Langoustines 16 -21	Per Kilo	£13.99
Frozen Langoustine Tails 25 - 34	Per Kilo	£13.99
Frozen Langoustine Tails 35 - 50	Per Kilo	£12.85
Frozen Lobster	Per Kilo	£10.00
Frozen Whole Langoustines 16 - 20	Per Kilo	£13.99
Frozen Whole Langoustines 21 - 30	Per Kilo	£12.00
Live Lobster 500 - 1Kg	Per Kilo	£18.00 - £22.00
Natural Crumbed Whole Tail Scampi	454g	£3.89
Scottish Supreme Jumbo Scampi Meat	454g	£8.95
Shellfish Stock Mix	12Kg	£14.00

CLAMS / MUSSELS / COCKLES / OYSTERS

Cooked Clam Meat	Per Kilo	£6.90
Cooked Cockle Meat	454g	£5.20
Fresh Hebridean Oysters	Each	£0.69
Fresh Razor Clams	Per Kilo	£7.90
Fresh Rope Mussels	Per Kilo	£2.20
Luxury Mussel Meat 200 - 300	454g	£2.49
Luxury Seafood Cocktail Mix	Per Kilo	£8.90
Mussels In Natural Juice - Whole Shell	Per Kilo	£2.90
New Zealand Green Lip Half Shell Mussel 30 - 40	Per Kilo	£7.40
Smoked Mussels	Per Kilo	£17.80
Whole Fresh Surf Clams	Per Kilo	£8.90
Whole Frozen Surf Clams	Per Kilo	£4.88

SQUID / OCTOPUS

Baby Octopus	Per Kilo	£6.90
Baby Squid Cleaned 10 - 20	Per Kilo	£4.88
Battered Calamari Rings	500g	£3.90
Fresh Squid	Per Kilo	£8.90

Large Squid Tubes Cleaned U5	Per Kilo	£4.88
Lightly Dusted Salt & Pepper Baby Squid	Per Kilo	£8.00
Panko Coated Squid Rings	700g	£7.90

LUXURY FISH

Avruga Caviar	125g Jar	£12.99
Baby Red Mullet Fillets 40 - 80g	Per Kilo	£9.99
Black Lump Roe	100g Jar	£8.50
Cornish Butterfly Sardine Fillets	Per Kilo	£6.90
Cornish Whole Sardines	Per Kilo	£4.99
Fresh Samphire	Per Kilo	£12.99
Fresh Tuna Loin	Per Kilo	£16.00
Frozen Swordfish 200gm x 10	2 Kilo Box	£28.00
Frozen White Bait	Per Kilo	£3.88
Red Lump Roe	100g Jar	£6.50
Red Snapper Fillet Portion 7 - 9 oz Frozen	x 10	£23.99
Salmon Roe	125g Jar	£9.80
Swordfish Portions 6 - 8oz	Box 10	£28.60
Talapia Fillets	Per Kilo	£6.90
Tuna Loin Steak Skinless Boneless 7 - 9 oz	Box 10	£19.99
Wasabi Pearls	100g	£9.99
Whole Frozen Sardines	Per Kilo	£3.99

FRESH & CHILLED FISH

Block Haddock Fillet	Per Kilo	£8.30
Cod Cheeks	Per Kilo	£8.50
Cod Fillet Large Skin On	Per Kilo	£9.50
Coley Fillet	Per Kilo	£5.50
Fish Pie Mix	Per Kilo	£6.90
Frozen Whole Pike	Per Kilo	£6.90
Hake Fillet	Per Kilo	£7.90
Herring Fillets	Per Kilo	£6.50
John Dory	Per Kilo	£10.50
Lemon Sole Fillets - Skinless	Per Kilo	£11.90
Ling Fillet	Per Kilo	£6.90
Mackarel Fillets	Per Kilo	£6.90
Mackarel Whole	Per Kilo	£4.80
Megrim Sole Fillet - Skinless	Per Kilo	£10.90
Monk Cheeks	Per Kilo	£8.50
Monk Tail	Per Kilo	£13.80
Plaice Fillet Skinless Both Sides	Per Kilo	£8.90
Pollack Fillet	Per Kilo	£8.90
Rainbow Trout Fillets	Each	£1.45
Rope Mussels	Per Kilo	£2.20
Scottish Salmon Fillet	Per Kilo	£8.90
Sea Bass Fillet	Each	£1.89
Sea Bream Fillet	Each	£1.89
Sea Bream Whole	Per Kilo	£6.90
Sea Trout Whole	Per Kilo	£7.90
Single Fillet Haddock	Per Kilo	£8.95
White Bait	Per Kilo	£3.88
Whiting Fillets	Per Kilo	£8.30
Whole Brill	Per Kilo	£8.90
Whole Halibut 3-5 Kilo	Per Kilo	£14.90
Whole Lemon Sole	Per Kilo	£8.90
Whole Rainbow Trout	Per Kilo	£6.90
Whole Salmon Guttled	Per Kilo	£6.50
Whole Sea Bass Guttled & Scaled	Per Kilo	£6.50
Whole Turbot 2 - 3 Kilo	Per Kilo	£13.90

GAME & MEATS

Aberdeen Angus Burger - 5 inch / 6 oz	x 24	£29.50
Chicken Breast Grade A	5 Kilos	£22.00
Duck Confit Leg	x 10	£17.00
Duck Legs	Per Kilo	£6.90
Female Duck Breast	Per Kilo	£11.50
Game Pie Mix	Per Kilo	£8.50
Grants Haggis	3lb Stick	£7.80
Male Duck Breast	Per Kilo	£10.90
Original Stornoway Black Pudding	3lb Stick	£9.80
Osso Buco	Per Kilo	£6.00
Pheasant Fillet	Per Kilo	£9.99
Pidgeon Breast	x 10	£9.99
Smoked Venison	250g	£11.99
Venison Burgers 6oz	x 24	£29.50
Venison Diced	Per Kilo	£7.90
Venison Fondue	Per Kilo	£9.50
Venison Haunch Boned & Rolled	Per Kilo	£8.90
Venison Haunch On The Bone	Per Kilo	£7.50
Venison Loin	Per Kilo	£24.50

Venison Minced	Per Kilo	£6.95
Venison Saddle On The Bone	Per Kilo	£13.99
Venison Sausages	400g Pack	£5.00
Venison Topside Steaks	Per Kilo	£15.99
Wild Boar Sausages	5 Kilo Box	£38.00

DRY GOODS

Anchovies - Chilli	Per Kilo	£9.50
Anchovies - Meditereanean	Per Kilo	£8.50
Arborio Risotto Rice	Per Kilo	£3.20
Balsamic Glaze	380ml	£6.50
Beetroot Juice	Per Bottle	£4.80
Black Olives in Herb Oil	1 Kilo	£9.99
Blinis	5x48	£18.99
Cajun Seasoning	500g	£5.90
Caper Berries in White Wine Vinegar	1.65Kg	£8.40
Chorizo Pampaloma	Per Kilo	£9.99
Chorizo Rosario Sausage	Per Kilo	£8.30
Coconut Milk	400ml	£1.45
Cooking Wine Red	10 Ltr	£19.00
Cooking Wine White	10 Ltr	£19.00
Cous Cous	Per Kilo	£2.70
De Checco Linguini Pasta	Per Kilo	£2.60
Dill Sauce	Per Jar	£2.35
Extra Virgin Cold Pressed Rapeseed Oil	5 Ltr	£15.85
Garlic Oil	1 Ltr	£5.80
Gnocchi	500g	£1.50
Green Olives in Herb Oil	1 Kilo	£9.99
Intense Onion Powder	600g	£6.65
Knorr Fish Stock Paste	Per Kilo	£14.95
Lemon Balsamic Glaze	500ml	£6.90
Lemon Infused Rapeseed Oil	500ml	£5.80
Lemon Juice	1 Ltr	£3.08
Lilliput Caper Berries	400g	£9.99
Lime Juice	1 Ltr	£3.32
Maldon Flaky Sea Salt	1.5 Kg	£11.50
Natural Breadcrumbs	3 Kilos	£5.90
Pickled Pink Ginger	500g	£5.00
Polenta	500g	£2.90
Quails Eggs	x12	£2.90
Raspberry Balsamic Glaze	500ml	£6.90
Rice Noodles	400g	£1.50
Saffron Strands	1g	£5.90
Semi Sundried Cherry Tomatoes in Herb Olive Oil	1kg	£14.95
Serrano Ham Interleaved	500g	£8.90
Skewers 90mm	x 100	£2.90
Sliced Smoked Panchetta	500g	£8.90
Smoked Pancetta	Per Kilo	£13.50
Smoked Paprika	250g	£6.90
Straight Cut Frying Chips	10Kg	£13.99
Truffle Oil	250ml	£17.60

ASIAN RANGE

Black Bean Sauce	2.2 Ltr	£9.99
Dark Soy Sauce	1.9 Ltr	£6.90
Harissa Spicy Meze Paste	1.5Kg	£12.00
Hoi Sin Sauce	2.1 Ltr	£9.80
Japanese Sushi Rice	2.26 Kg	£14.00
Japanese White Rice Vinegar	710ml	£6.00
Japanese Wonton Sheets 200g	x 1	£1.80
Jasmin Rice	10Kg	£19.95
Light Soy Sauce	1.9 Ltr	£6.90
Original Thai Sweet Chilli Sauce	2.2 Ltr	£9.99
Oyster Sauce	2.2 Ltr	£9.00
Panko Breadcrumbs	Per Kilo	£5.90
Panko Breadcrumbs	10 Kilo	£39.00
Peking Duck Sauce	2.2 Ltr	£9.99
Plum Sauce	2.6 Ltr	£9.50
Prawn Crackers	1 Kilo	£13.00
Spring Roll Wrappers x 40	Each	£2.85
Squid Ink	Sachet	£0.90
Sushi Mat	Each	£0.90
Sushi Nori Seaweed 25g	x 10	£1.98
Tempura Batter	700g	£5.65
Teriyaki Sauce	2.2 Ltr	£9.25
Thai Green Curry Paste	Per Kilo	£6.90
Thai Red Paste	Per Kilo	£6.90
Thai Yellow Curry Sauce	Per Kilo	£6.90
Tom Yum Shrimp Paste	400g	£6.35
Udon Japanese Fuku Noodles 600g	x 10	£19.98
Vermicelli Rice Noodles	400g	£1.40
Wasabi Paste	43g	£1.90