



BASICS



WHOLE RAINBOW TROUT (1KG)

Whole Rainbow Trout gutted and descaled air blast frozen.

Contents: 1kg - Aprox 3-4

SKU: AT-F-RT-1

Price: £11.50

Categories: [Fish](#), [Basics](#)



TUNA SUPREME (X2)

Finest tuna steak individually air blast frozen

Contents: 2

SKU: AT-F-TS-2

Price: £6.20

Categories: [Fish](#), [Basics](#)



TROUT FILLET (1KG)

Trout fillet

Contents: 1kg - Aprox 3-4

SKU: AT-F-RT-1-1

Price: £17.20

Categories: [Fish](#), [Basics](#)



TILAPIA FISH FILLET (1KG)

Finest Tilapia fillet individually air blast frozen.

Contents: 1kg - Aprox 4-5

SKU: AT-F-TF-1

Price: £11.90

Categories: [Fish](#), [Basics](#)



STUFFED BREADED LEMON SOLE (X2)

Breaded Lemon Sole, with cheese, prawns, mushrooms, white wine sauce.

Contents: 2

SKU: AT-F-SBLS-2

Price: £5.80

Categories: [Battered & Breaded](#), [Fish](#), [Basics](#)



SMOKED MACKEREL (X6)

Finest Smoked Mackerel, air blast frozen

Contents: 6

SKU: AT-F-SM-6

Price: £13.50

Categories: [Fish](#), [Basics](#)



SEABASS FILLETS (1KG)

Skin on Seabass Fillets individually quick frozen.

Contents: 1kg - Approx 5-6

SKU: AT-F-SBF-1

Price: £19.50

Categories: [Fish](#), [Basics](#)



SALMON SHANTIE (X2)

Salmon with Broccoli in a Creamy Dill Sauce Coated in Breadcrumbs

Contents: 2

SKU: AT-F-SSH-2

Price: £4.50

Categories: [Fish](#), [Basics](#)



RED SNAPPER (X2)

Finest Red Snapper steaks, individually air blast frozen

Contents: 2

SKU: AT-F-RS-2

Price: £6.40

Categories: [Fish](#), [Basics](#)



POLLOCK FILLETS

Finest Haddock Skinned and Boned

Contents: 1kg - Aprox 6

SKU: AT-F-PLF-1

Price: £14.50

Categories: [Fish](#), [Basics](#)



PLACE FILLETS (1KG)

Ideal for poaching in milk and serving with a mild sauce.

Contents: 1kg - Aprox 6

SKU: AT-F-PF-1

Price: £12.50

Categories: [Fish](#), [Basics](#)



PEPPERED SMOKED MACKEREL (X6)

Finest Peppered Smoked Mackerel, air blast frozen

Contents: 6

SKU: AT-F-PSM-6

Price: £13.50

Categories: [Fish](#), [Basics](#)



PEPPERED HADDOCK (X2)

Finest haddock fillet lightly dusted with a twist of lemon & black cracked pepper.

Contents: 2

SKU: AT-F-PH-2

Price: £4.50

Categories: [Fish](#), [Basics](#)



NATURAL SMOKED HADDOCK FILLETS (1KG)

Natural smoked haddock smoked the traditional way with no added colourings

Contents: 1kg - Aprox 4-5

SKU: AT-F-NSHF-1

Price: £17.50

Categories: [Fish](#), [Basics](#)



MONK FISH TAILS (1KG)

Finest Cod Skinned and Boned

Contents: 1kg - Aprox 6

SKU: AT-F-MFT-1

Price: £13.20

Categories: [Fish](#), [Basics](#)



MACKEREL FILLETS (1KG)

Finest Mackerel fillets, air blast frozen

Contents: 1kg

SKU: AT-F-MF-1

Price: £13.50

Categories: [Fish](#), [Basics](#)



LUXURY SMOKED HADDOCK & SPRING ONION FISHCAKE (X6)

Luxury Smoked Haddock Fishcake, premium Smoked Haddock Fillet Fishcakes coated in a light oatmeal crumb.

Contents: 6

SKU: AT-F-LSHF-6

Price: £8.50

Categories: [Fish](#), [Basics](#), [Everyday](#)



LEMON SOLE FILLETS (1KG)

Lemon Sole fillets a delicate sweet white flesh best cooked simply pan fried and served with a light sauce.

Contents: 1kg

SKU: AT-F-LS-1

Price: £17.20

Categories: [Fish](#), [Basics](#)



LEMON & PEPPER LEMON SOLE FILLET (X2)

Skinless boneless sole fillets in a dusted lemon & pepper flavoured coating.

Contents: 2

SKU: AT-F-LPLS-2

Price: £4.70

Categories: [Fish](#), [Basics](#)



JUMBO BREADED COD FISH FINGERS (X6)

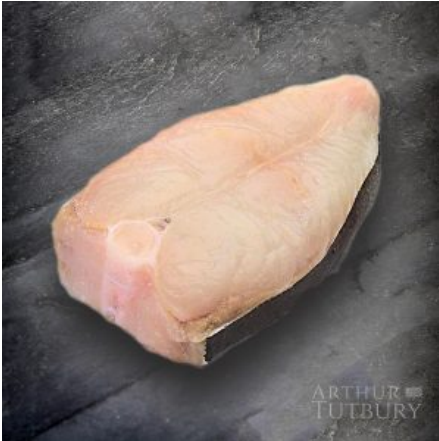
Jumbo Breaded Cod Fish Fingers. individually air blast frozen

Contents: 6

SKU: AT-F-JFF-6

Price: £6.25

Categories: [Battered & Breaded](#), [Fish](#), [Basics](#), [Everyday](#)



HALIBUT STEAKS (X2)

Finest Greenland halibut steak individually air blast frozen

Contents: 2

SKU: AT-F-HBS-2

Price: £10.20

Categories: [Fish](#), [Basics](#)



HAKE FILLETS (1KG - APROX 6)

Finest Haddock Skinned and Boned

Contents: 1kg - Aprox 6

SKU: AT-F-HKF-1

Price: £13.80

Categories: [Fish](#), [Basics](#)



HADDOCK TOPPERS (X2)

Haddock fillet, topped with a cheese slice & coated in breadcrumbs

Contents: 2

SKU: AT-F-HT-2

Price: £4.80

Categories: [Fish](#), [Basics](#)



HADDOCK SHANTIES (X2)

Haddock fillet in a creamy cheese and ham sauce, coated in a breadcrumb

Contents: 2

SKU: AT-F-HS-2

Price: £4.65

Categories: [Fish](#), [Basics](#)



HADDOCK LEMON & PARSLEY (X2)

Finest haddock fillet lightly dusted, a twist of lemon & parsley

Contents: 2

SKU: AT-F-LPH-2

Price: £4.50

Categories: [Fish](#), [Basics](#)



HADDOCK KIEV (X2)

Haddock fillet, topped with a garlic & herb sauce, coated in breadcrumbs.

Contents: 2

SKU: AT-F-HK-2

Price: £4.80

Categories: [Battered & Breaded](#), [Fish](#), [Basics](#)



HADDOCK FLORENTEEN (X2)

Finest Pieces of Smoked Haddock with a Spinach and Cheddar Cheese Sauce

Contents: 2

SKU: AT-F-HF-2

Price: £4.80

Categories: [Fish](#), [Basics](#)



HADDOCK FILLETS (COPY)

Finest Haddock Skinned and Boned

Contents: 1kg - Aprox 6

SKU: AT-F-HF-1-2

Price: £14.50

Categories: [Fish](#), [Basics](#)



HADDOCK FILLETS (1KG - APROX 6)

Finest Haddock Skinned and Boned

Contents: 1kg - Aprox 6

SKU: AT-F-HF-1

Price: £15.00

Categories: [Fish](#), [Basics](#)



FAROE ISLAND SALMON (X2)

Luxury creamy Salmon raised in the crystal waters of the Faro Isles.
Catch Area 27

Contents: 1.55kgs

SKU: AT-F-FS-6

Price: £6.49

Categories: [Christmas](#), [Fish](#), [Basics](#)



COD LOIN (1KG - APROX 6)

Finest Cod Skinned and Boned

Contents: 1kg - Aprox 6

SKU: AT-F-CL-1

Price: £13.50

Categories: [Fish](#), [Basics](#)



COD FILLETS (1KG - APROX 6)

Finest Cod Skinned and Boned

Contents: 1kg - Aprox 6

SKU: AT-F-CF-1

Price: £13.50

Categories: [Fish](#), [Basics](#)



CHUNKY BREADED PLAICE (X2)

Finest Chunky Bready Plaice Fillets individually air blast frozen

Contents: 2

SKU: AT-F-CBP-2

Price: £6.00

Categories: [Battered & Breaded](#), [Fish](#), [Basics](#)



CHUNKY BREADED HADDOCK (X2)

Finest Chunky Bready Haddock Fillets individually air blast frozen

Contents: 2

SKU: AT-F-CBH-2

Price: £6.40

Categories: [Battered & Breaded](#), [Fish](#), [Basics](#), [Everyday](#)



CHUNKY BREADED COD (X2)

Finest Chunky Bready Cod Fillets individually air blast frozen

Contents: 2

SKU: AT-F-CBC-2

Price: £3.85

Categories: [Battered & Breaded](#), [Fish](#), [Basics](#), [Everyday](#)



BUBBLY TEMPURA KING PRAWNS (500G)

Marinated King Prawn, tail fan on coated in a tempura batter

Contents: 2

SKU: AT-F-BTKP-500

Price: £10.30

Categories: [Fish](#), [Basics](#)



BREADED WHOLE TAIL SCAMPI (500G)

Finest Breaded Whole Tail Scampi individually air blast frozen

Contents: 500g

SKU: AT-F-BWTS-0.5

Price: £9.20

Categories: [Battered & Breaded](#), [Fish](#), [Basics](#), [Shellfish & Seafood](#)



BREADED COD FISHCAKES (X6)

Luxury Breaded Smoked Cod, Crispy Bacon and Brie Fishcake

Contents: 2

SKU: AT-F-BCF-4

Price: £8.50

Categories: [Battered & Breaded](#), [Fish](#), [Basics](#)



BEER BATTERED COD FILLETS (X2)

Finest Beer Battered Cod Fillets individually air blast frozen

Contents: 2

SKU: AT-F-BBCF-2

Price: £5.40

Categories: [Battered & Breaded](#), [Fish](#), [Basics](#), [Everyday](#)