





## 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 - Aprox 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](#)