



# Fresh fish and seafood seasonality calendar

Good availability

Varying availability

Difficult availability

Not available

£ Best price

Q Good quality

Fish	J	F	M	A	M	J	J	A	S	O	N	D
Amberjack (yellow tail)												
Black Bream												
Brill	£			Q	Q	Q	Q	Q				
Clams - Manila	Q	Q	Q						Q	Q	Q	Q
Clams - Razors	Q	Q	Q						Q	Q	Q	Q
Cockles	Q	Q	Q						Q	Q	Q	Q
Cod			£		£							
Skrei Cod		£	£									
Coley			£	£	£							
Crab - Brown										Q		
Cuttlefish												
Dover Sole				£	£							
Gilt Head Bream - Farmed												
Grey Mullet												
Gurnard												
Haddock			£		£							
Hake		£	£			£	£					
Halibut - Farmed												
Herring												
John Dory												
Lemon Sole				£	£							
Lobster - Canadian					£	£						
Lobster - Native						£	£	£				
Mackerel					£/Q	£/Q	£/Q					
Meagre - Farmed												

Fish	J	F	M	A	M	J	J	A	S	O	N	D
Megrim				£	£							
Monkfish							£	£	£	£		
Mussels	Q	Q	Q						Q	Q	Q	Q
Oysters - Native												
Oysters - Rock												
Plaice				£	£	£	£	£	£			
Pollock	£	£										
Ray - Thornback, Spotted												
Red Mullet - European												
Red Mullet - Exotic												
Salmon - Farmed												
Sardines - Cornish	£	£							£	£	£	£
Scallops - UK Waters (Roeless)												
Scallops - Import (Roeless)									£			
Sea Bass - Farmed												
Wild Sea Bass												
Sea Trout - Loch Sea Reared												
Squid - European												
Swordfish												
Rainbow Trout - Farmed												
Tuna												
Turbot - Farmed												
Turbot - Wild												
Whiting												
Witch												

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