



MATTHEWS BEST BUYS

Mackerel Fillet Portion 180-200g	£3.47each	↓
Lemon Sole Portion 180-200g	£4.65each	

FRESH WHOLE FISH

Bass (Farmed) 400-600g	£13.35kg	
Bones By The Box (5kg Boxes flatfish bones)	£5.88kg	
Bream (Farmed) 400-600g	£11.29kg	
Bass Wild 1-2kg	£26.99kg	
Bass Wild 500-1	£23.46kg	
Brill 1-2kg	£28.17kg	
Brill 3-500g	£15.23kg	
Cuttlefish	£10.53kg	
Cod (Large) 4-7kg	£16.41kg	↑
Coley	£7.23kg	
#REF!	#REF!	£52.33kg ##
Dover Sole 400-500g	£52.33kg	
Gurnard (Medium) (500-700g)	£10.00kg	
Haddock (Small)	£4.65kg	
Haddock (Sm/Med)	£10.17kg	
Hake (Large 2-3kg)	£17.35kg	↓
Hake Medium 1-2kg	£11.70kg	↓
Hake Small 500-1kg	£7.00kg	↓
Halibut (Wild Varied Weight)	POA	#VALUE!
Halibut (Farmed) 3-4kg	POA	£0.00kg
John Dory 1-2 kg	£28.17kg	
John Dory (Medium) 500-1kg	£29.34kg	
John Dory (Small) 300g-500g	£23.46kg	
Lemon Sole (Med) 340g- 450g	£15.23kg	



Lemon Sole (Good/Small) 150g-340g	£12.35kg	
Ling (1-2kg)	£6.47kg	
Mackerel (Large/Medium)	£8.17kg	↓
Megrim Sole (500g-700g)	£16.11kg	
Megrim Sole (300g-500g)	£12.47kg	
Megrim Sole (200g-300g)	£6.47kg	
Monk Tails (2+)	£41.10kg	
Monk Tails (1-2k)	£28.81kg	↓
Monk Tails – 500g-700g	£22.29kg	
Monk Tails – 300g-500g	£22.29kg	
Monk Tails – Size 6 (200-300g)	£22.93kg	
Monk Tails – Size 7 (150-250g)	£19.40kg	
Octopus Large	£13.52kg	
Plaice (Large) 600g+	£22.29kg	
Plaice (Med) 450g-500g	£14.82kg	↓
Plaice (S/Med) 350g-450g	£12.47kg	↓
Pollack 1-2kg	£11.70kg	
Ray Wings (Skinned)	£22.29kg	
Red Mullet 200-300g	#VALUE!	
Salmon Whole 4-5kg	£14.41kg	
Salmon (Loch Duart) 4-5kg	POA	£0.00kg
Salmon Diced	£11.70kg	
Sardines (Whole)	£7.00kg	
Sea Trout 2-4kg Whole	£14.82kg	
Stone Bass 2-3kg	£15.23kg	
Squid	£9.11kg	
Tuna Loins (Sashimi)	£28.17kg	
Tuna (New England Seafood) (Sushi)	£44.63kg	
Trout (Chalk Steam) 2-3kg Whole	£15.76kg	
Turbot 2-3kg	£50.51kg	



Whiting large	£6.06kg
Whiting Medium	£7.06kg
Whiting Small	£6.47kg
White Fish (Diced) Hake-Haddock-Cod Offcuts	£11.70kg
White Fish (Pie mix) ½ Whitefish ¼ Salmon Diced ¼ Smoked Haddock	£15.58kg
Wrasse	#VALUE!
Weaver	#VALUE!

FRESH FISH FILLETS

Cod Fillets (Large) 1-1.5kg	£38.75kg	↑
Coley Fillet Large	£15.23kg	
Haddock Fillets (Small) 90-120g	£9.35kg	
Haddock Fillets (Sm/Med) 150-200g	£22.29kg	
Hake Fillet (Large 2-3kg)	£37.57kg	
Ling Fillets Skinned (1-2kg)	£10.76kg	
Pollock Fillets Medium	£26.99kg	
Whiting Fillets Large	£13.17kg	
Salmon Fillets (Scaled and pin boned)	£19.93kg	
Sea Trout Fillet 1-1.4kg	£23.46kg	
Trout Fillet (Chalk Steam) 1-1.4kg	£31.52kg	
#REF!	#REF!	##



PORTIONS FOR PROFIT

Bass Portion (Fillet) 180-200g	£6.76each	
Bream Portion (Fillet) 180-200g	£5.59each	
Brill 3-500g Whole Fish Portion	£8.17each	
Cod Loin Portion 180-200g	£7.94each	↑
Cod Loin Portion 160-180g	£7.00each	↑
Coley Loin Portion 150-170g	£2.94each	
Haddock Portion 180-200g	£4.53each	
Haddock Portion 150-170g	£3.82each	
Haddock Fillet Portion 90-110g	£1.76each	
Hake Loin Portion 180-200g	£7.94each	↓
Hake Loin Portion 160-180g	£6.76each	↓
Ling Portion 160g (Skinned)	£2.94each	
Monk Fillet Portion 180-200g	£9.35each	
Pollock Loin Portion 160-180g	£5.00each	
Salmon Loin Portion 160-180g	£4.65each	
Sea Trout Portions 160-180g	£4.94each	
Chalk Stream Trout Portion 160-180g	£5.59each	
Tuna Portions 160g	£5.53each	
Ray Wing Portion 270g	£5.41each	



SHELLFISH

Clams (Palourde)			£15.23kg
Cockles			£12.64kg
Crab Dressed 100g White 60g brown			£11.47each
Crab Meat Brown 500g			£8.82each
Crab Meat White 500g			£45.81each
Crab Meat (Spider) 454g		POA	£0.00each
Crab (Live Local) Jacks	(Cooked whole Available)		£17.58kg
Crab (Live Local) hens	(Cooked whole Available)		£10.70kg
Crab Live (Spider)	(Cooked whole Available)	POA	£0.00kg
Lobsters (Live Local)	(Cooked whole Available)		#VALUE!
Lobsters (Live Local) Large 1.2+ & Cripple	(Cooked whole Available)		£29.34kg
Crab-Shells/Pouches for stock			£5.88each
#REF!		#REF!	#REF! ##
Mussels SCOTTISH 5kg bag			£32.87each
Oysters (Dorset)			£1.18each
Oysters (Porthilly)			£1.18each
Razor Clams			£33.52kg ↓
Scallop Meats (1kg tub)			£37.57each
Scallops 1/2 Shells			£1.35each
Winkles			£10.47kg
Whelks			£10.29kg



SMOKED FISH

Arbroath Smokies	£24.46kg	
Eel Smoked (Skinned) 200g	£15.93each	
Cod Roe (Smoked)	£28.69kg	
Fresh Smoked Mackerel	£28.17kg	
Kipper on the bone (Craster)	£16.41kg	
Kippers on the bone	£11.17kg	
Salmon-Smoked Chappel & Swan (Long Sliced) by kg	£26.46kg	
Salmon-Smoked Chappel & Swan (D-Cut) by kg	£26.46kg	
Salmon-Smoked (D-Cut) sides 1kg	£29.34each	
Salmon-Smoked (Long Sliced) sides 1kg	£29.34each	
Gravadlax D-Cut kg (100g & 200g Packs Available)	£35.81each	
Gravadlax D-Cut kg (Beetroot) (100g & 200g Packs Available)	£38.63kg	
Hot Smoked Salmon Sides	£32.87kg	
Hot Smoked Portions 100g	£5.06each	
Smoked Salmon (long sliced) 100g	£5.41each	
Smoked Salmon Timmings 500g	£12.88each	
Freshly Smoked Haddock Fillets	£22.93kg	↓
Trout (Chalk Steam) Trimmed Smoked Sides	£34.05kg	
Trout (Chalk Steam) long sliced sides Smoked Sides	£34.05kg	



DELI ITEMS

Anchovies in Oil 1kg Tub		£14.05each	↑
Anchovies in Oil 200g		£4.47each	
Anchovies in Oil 200g (Garlic)		£4.53each	
Anchovies in Oil 200g (Oriental)		£4.53each	
Anchovies in Oil 200g (Provençal)		£4.49each	
Anchovies in Oil (Hot Smoked) 125g	POA	£0.00each	
Caviar (Arenkha) Smoked Herring Roe 120g jar		£13.99each	
Caviar Exmoor (Cornish Salted Baerii) 10g pot		£17.05each	
Caviar Exmoor (Cornish Salted Imperial Beluga) 10g pot		£45.81each	
Caviar Exmoor (Cornish Salted Imperial Oscietra) 10g pot		£22.29each	
Caviar (Keta) Salmon Roe 100g jar		£17.46each	
Caviar (Trout Roe) 90g jars		£10.29each	
Samphire (1kg)		£15.23kg	↓
Shrimp Brown 100g		£6.59each	
Squid Ink Jar 50cl		£15.23each	
Squid ink Sachet .25g		£0.41each	
Cray Fish Tails in Brine		£21.76each	
Coldwater Prawns in Brine		£22.93each	
King Prawns in Brine		£22.93each	
Herring Roll Mops		£25.81each	↓

MISCELLANEOUS

Ice by the box		£1.76each	
Perforated Papper (500 sheets)		£58.04each	
Vac Pac Bags Various Sizes	POA	£0.00each	
Poly Boxes (20kg Size) (Shallow Hake)		£8.49each	
Poly Boxes (12kg Size) (2 stone)		£3.35each	
Poly Boxes (6kg Sizes) (1 stone)		£2.29each	



FROZEN SPECIAL OFFERS

Prawn Black Tiger H/L/P&D (16/20) 1kg bag (Gold)	£11.70each
Salmon (Skinned & Diced) 1kg bags 500g packs Available	£11.70each

FROZEN BEST SELLERS

Crab (Soft Shell) 12,14,18 & 24 Per kg 1kg box	£34.05each
Crevettes Whole 20/30 per kg 1kg box	£15.23each
Haddock Fillets (Naturally Smk) 3.18kg box	£56.45each
Haddock Fillets 170-200g S/On B/L 4.54kg box	£69.33each
Haddock Fillets 170-200g S/L B/L 4.54kg box	£76.38each
Hake Fillets (170-200g) IQF 4.50kg box SLBL	£55.86each
Mackerel Smoked Fillets 3.18kg box	£58.74each
Mussel Meat 1kg Bag	£7.00each
Pollack Fillets 170-200g IQF 4.50g box SLBL	£41.10each
Prawn (100/150 per 454g) 2.0kg Bag	£35.22each
Prawn Black Tiger H/L/P&D (16/20) 1kg bag (Seahawk)	£14.05each
Prawn Black Tiger H/L/P&D (16/20) 1kg bag (Gold)	£11.70each
Prawn Black Tiger H/On (16/20) 1kg box	£10.53each
Prawn Cooked S/On (90/120) 5kg Box	£39.93each
Scampi (Gold) Wholetail 454g Bag	£7.00each
Scampi (Seahwk) Wholetail Breaded 450g bag	£7.64each
Squid (Salt & Pepper) 1kg Bag	£12.35each
Squid Tubes Cleaned Large 1kg bag	£6.47each
Squid(Small)Cleaned 10/20kg Premium 1kg bag	£12.35each
Whitebait 454g bag	£4.12each
	£0.00each
	£0.00each
	£0.00each
	£0.00each