



MATTHEWS BEST BUYS

Hake Medium 1-2kg	£10.88each	
Bream Portion (Fillet) 180-200g	£2.94each	↓

FRESH WHOLE FISH

Bass (Farmed) 400-600g	£13.35kg	
Bones By The Box (5kg Boxes flatfish bones)	£5.88kg	
Bream (Farmed) 400-600g	£11.94kg	
Bass Wild 1-2kg	£31.69kg	
Bass Wild 500-1	£0.00kg	
Brill 1-2kg	£29.34kg	
Brill 3-500g	£17.05kg	↓
Cuttlefish	£8.17kg	↓
Cod (Large) 5-6kg	£15.23kg	
Coley	£7.23kg	
#REF!	#REF!	#REF! ##
Dover Sole 400-500g	£49.98kg	↑
Gurnard (Medium) (500-700g)	£7.64kg	↓
Haddock (Small)	£6.47kg	
Haddock (Sm/Med)	£12.35kg	
Hake (Large 2-3kg)	£14.46kg	
Hake Medium 1-2kg	£10.88kg	
Hake Small 500-1kg	POA	#VALUE!
Halibut (Wild Varied Weight)	POA	£0.00kg
Halibut (Farmed) 3-4kg	POA	£0.00kg
John Dory 1-2 kg	£37.57kg	↑
John Dory (Medium) 500-1kg	£32.34kg	↑
John Dory (Small) 300g-500g	£20.82kg	
Lemon Sole (Med) 340g- 450g	£27.64kg	
Lemon Sole (Good/Small) 150g-340g	£11.47kg	↓
Ling (1-2kg)	£6.70kg	

Last Updated At
17:54 on 17/07/2026

Retail



Mackerel (Large/Medium)		£23.46kg	↑
Megrim Sole (500g-700g)		£11.70kg	↓
Megrim Sole (300g-500g)		£10.88kg	↓
Megrim Sole (200g-300g)		£7.00kg	
Monk Tails (2+)		£33.52kg	↑
Monk Tails (1-2k)		£26.99kg	
Monk Tails – 500g-700g	POA	£19.93kg	
Monk Tails – 300g-500g		£24.99kg	↑
Monk Tails – Size 6 (200-300g)		£19.93kg	↓
Monk Tails – Size 7 (150-250g)		£21.76kg	
Octopus Large		£11.17kg	
Plaice (Large) 600g+		£21.11kg	
Plaice (Med) 450g-500g		£16.11kg	↓
Plaice (S/Med) 350g-450g		£13.94kg	↑
Pollack 1-2kg		£14.29kg	↑
Ray Wings (Skinned)		£22.29kg	
Red Mullet 200-300g		£32.75kg	
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		£13.82kg	
Stone Bass 2-3kg		£15.23kg	
Squid		£17.58kg	
Tuna Loins (Sashimi)		£29.34kg	
Tuna (New England Seafood) (Sushi)		£44.63kg	
Trout (Chalk Steam) 2-3kg Whole		£14.41kg	
Turbot 2-3kg		£35.22kg	
Whiting large		£7.06kg	
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	£35.22kg	
Coley Fillet Large	£15.88kg	
Haddock Fillets (Small) 90-120g	£14.05kg	
Haddock Fillets (Sm/Med) 150-200g	£26.99kg	
Hake Fillet (Large 2-3kg)	£33.28kg	
Ling Fillets Skinned (1-2kg)	£14.70kg	
Pollock Fillets Medium	£31.16kg	↑
Whiting Fillets Small	£15.23kg	
Salmon Fillets (Scaled and pin boned)	£19.93kg	
Sea Trout Fillet 1-1.4kg	£23.11kg	
Trout Fillet (Chalk Steam) 1-1.4kg	£23.46kg	
#REF!	#REF!	##

PORTIONS FOR PROFIT



Bass Portion (Fillet) 180-200g	£3.53each	↓
Bream Portion (Fillet) 180-200g	£2.94each	↓
Brill 3-500g Whole Fish Portion	£6.94each	
Cod Loin Portion 180-200g	£7.00each	
Cod Loin Portion 160-180g	£6.47each	
Coley Loin Portion 150-170g	£3.47each	
Haddock Portion 180-200g	£5.47each	
Haddock Portion 150-170g	£4.65each	
Haddock Fillet Portion 90-110g	£1.76each	
Hake Loin Portion 180-200g	£6.76each	
Hake Loin Portion 160-180g	£6.06each	
Ling Portion 180-200g (Skinned)	£3.47each	
Monk Fillet Portion 180-200g	£8.17each	
Pollock Loin Portion 160-180g	£7.64each	↑
Salmon Loin Portion 160-180g	£4.35each	
Sea Trout Portions 160-180g	£4.65each	
Chalk Stream Trout Portion 160-180g	£5.17each	
Tuna Portions 160g	£5.82each	
Ray Wing Portion 270g	£5.82each	

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	£48.80each



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)	£29.34kg
Lobsters (Live Local) Large 1.2+ & Cripple	(Cooked whole Available)	£29.34kg
Crab-Shells/Pouches for stock		£5.88each
Mussels WESTCOUNTRY 2kg bag		£12.23each
Mussels WESTCOUNTRY 5kg bag		£30.58each
Oysters (Dorset)		£1.39each
Oysters (Porthilly)		£1.39each
Razor Clams		£32.87kg
Scallop Meats (1kg tub)		£35.28each
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	£26.75kg
Salmon-Smoked Chappel & Swan (D-Cut) by kg	£26.75kg
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	£28.17kg
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	£13.52each
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)	£15.88kg
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	£26.99each

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	£44.10each
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	#VALUE!



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