



MATTHEWS BEST BUYS

Hake Loin Portion 180-200g	£3.35kg
Crab Meat 500g 50/50 Split White & Brown	£27.28each

FRESH WHOLE FISH

Bass (Farmed) 400-600g		£14.05kg	
Bones By The Box (5kg Boxes flatfish bones)		£5.88kg	
Bream (Farmed) 400-600g		£12.47kg	
Bass Wild 1-2kg	N/A	£0.00kg	
Bass Wild 500-1	N/A	£0.00kg	
Brill 1-2kg		£31.69kg	↓
Brill 3-500g		£23.46kg	
Cuttlefish		£10.00kg	
Cod (Large) 5-6kg		£15.88kg	
Dog Fish	POA	£0.00kg	
Dover Sole 400-500g		£40.69kg	↓
Gurnard (Medium) (500-700g)		£13.94kg	
Haddock (Small)		£4.17kg	↓
Haddock (Sm/Med)		£9.23kg	
Hake (Large 2-3kg)		£10.53kg	↑
Hake Medium 1-2kg	N/A	£0.00kg	
Hake Small 500-1kg	POA	£0.00kg	
Halibut (Wild Varied Weight)	POA	£0.00kg	
Halibut (Farmed) 3-4kg	POA	£0.00kg	
John Dory 1-2 kg	POA	£0.00kg	
John Dory (Medium) 500-1kg		£23.46kg	
John Dory (Small) 300g-500g		£28.17kg	
Lemon Sole (Med) 340g- 450g		£25.17kg	
Lemon Sole (Good/Small) 150g-340g		£14.05kg	



Ling (1-2kg)		£6.70kg	
Mackerel (Large/Medium)	N/A	£0.00kg	
Megrim Sole (500g-700g)		£14.05kg	
Megrim Sole (300g-500g)		£15.23kg	
Megrim Sole (200g-300g)	POA	£0.00kg	
Monk Tails (2+)	POA	£30.52kg	
Monk Tails (1-2k)		£32.22kg	
Monk Tails – 500g-700g	POA	£0.00kg	
Monk Tails – 300g-500g		£28.81kg	↑
Monk Tails – Size 6 (200-300g)		£25.28kg	↓
Monk Tails – Size 7 (150-250g)		£21.76kg	
Octopus		£15.23kg	
Plaice (Large) 600g+		£14.29kg	
Plaice (Med) 450g-500g		£17.93kg	
Plaice (S/Med) 350g-450g		£12.88kg	
Pouting		£2.59kg	
Ray Wings (Skinned)		£23.34kg	
Red Mullet 200-300g		£23.87kg	↓
Salmon Whole 4-5kg		£15.23kg	
Salmon (Loch Duart) 4-5kg	POA	£0.00kg	
Salmon Diced		£11.70kg	
Sardines (Whole)		£4.65kg	
Sea Trout 2-4kg Whole		£15.88kg	
Stone Bass 2-3kg		£15.52kg	
Squid		£16.17kg	
Tuna Loins (Sashimi)		£23.23kg	
Tuna (New England Seafood) (Sushi)		£44.63kg	
Trout (Chalk Steam) 2-3kg Whole		£14.41kg	
Turbot 2-3kg		£57.57kg	
Whiting large		£7.06kg	



Whiting Medium	£7.06kg
Whiting Small	£5.29kg
White Fish (Diced) Hake-Haddock-Cod Offcuts	£5.82kg
White Fish (Pie mix) ½ Whitefish ¼ Salmon Diced ¼ Smoked Haddock	£15.58kg
Wrasse	£4.23kg
Weaver	£5.76kg

FRESH FISH FILLETS

Cod Fillets (Large) 1-1.5kg	£35.22kg	
Haddock Fillets (Small) 90-120g	£9.35kg	
Haddock Fillets (Sm/Med) 150-200g	£20.29kg	
Hake Fillet (Large 2-3kg)	£24.64kg	↓
Ling Fillets (1-2kg)	£11.47kg	
Pouting Fillets	£6.47kg	
Whiting Fillets large	£15.52kg	
Salmon Fillets (Scaled and pin boned)	£22.93kg	
Salmon fillet (Loch Duart)	£0.00kg	
Sardines (Head on Scale & Gut)	£7.00kg	
Sardines (Head off Scale & Gut)	£8.82kg	
Sardines (Butterfly)	£10.53kg	
Sea Trout Fillet 1-1.4kg	£26.87kg	
Trout Fillet (Chalk Steam) 1-1.4kg	£23.46kg	



PORTIONS FOR PROFIT

Bass Portion (Fillet) 180-200g		£6.59each	
Bream Portion (Fillet) 180-200g		£5.82each	
Brill 3-500g Whole Fish Portion		£6.94each	
Cod Loin Portion 180-200g		£7.41each	
Cod Loin Portion 160-180g		£6.70each	
Haddock Portion 180-200g		£4.12each	
Haddock Portion 150-170g		£3.70each	
Haddock Fillet Portion 90-110g		£1.35each	
Hake Loin Portion 180-200g		£5.00each	↓
Hake Loin Portion 160-180g		£4.53each	↓
Lemon Sole Portion 180-200g		£5.70each	
Monk Fillet Portion 180-200g		£10.29each	↓
Mackerel Fillet Portion 180-200g	Frozen Available	£0.00each	
Salmon Loin Portion 160-180g		£4.29each	
Sea Trout Portions 160-180g		£4.65each	
Chalk Stream Trout Portion 160-180g		£4.65each	
Tuna Portions 160g		£5.64each	
Ray Wing Portion 270g		£5.00each	



SHELLFISH

Clams (Palourde)			£15.23kg
Cockles			£19.93kg
Crab Dressed 100g White 60g brown			£11.47each
Crab Meat Brown 500g			£8.82each
Crab Meat White 500g			£46.86each
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)		£58.74kg ↓
Lobsters (Live Local) Large 1.2+ & Cripple	(Cooked whole Available)		£52.86kg
Crab-Shells/Pouches for stock			£5.88each
Mussels WESTCOUNTRY 2kg bag			£12.70each
Mussels WESTCOUNTRY 5kg bag			£31.75each
Oysters (Dorset)			£1.35each
Oysters (Porthilly)			£1.35each
Razor Clams			£32.87kg
Scallop Meats (1kg tub)			£38.75each
Scallops 1/2 Shells			£1.35each
Winkles			£10.47kg
Whelks			£9.53kg



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	£28.17kg
Salmon-Smoked Chappel & Swan (D-Cut) by kg	£28.17kg
Salmon-Smoked (D-Cut) sides 1kg	£28.81each
Salmon-Smoked (Long Sliced) sides 1kg	£28.81each
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	£25.70kg
Trout (Chalk Steam) Trimmed Smoked Sides	£35.22kg
Trout (Chalk Steam) long sliced sides Smoked Sides	£35.22kg



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		£25.70each
Caviar (Keta) Salmon Roe 100g jar		£17.46each
Caviar (Trout Roe) 90g jars		£11.76each
Samphire (1kg)		£15.88kg
Shrimp Brown 100g		£7.00each
Squid Ink Jar 50cl		£15.23each
Squid ink Sachet .25g		£0.41each
Cray Fish Tails in Brine		£23.46each
Coldwater Prawns in Brine		£24.64each
King Prawns in Brine	N/A	£0.00each
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

Mackerel Fillet Portion 180-200g	£3.88each
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	£29.34each
Prawn (100/150 per 454g) 2.0kg Bag	£32.87each
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	£12.88each
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