



This guide gives you an indication of when species are generally available. The seasonality of fish varies around the UK as well as being affected by changing temperatures, so be flexible - there are always alternatives

		ALTERNATIVES	0	SEASONALITY							
SPECIES	CATEGORY		FARMED	Jan Feb	Mar Apr				Oct N	Nov Dec	
Anchovies	Round Fish, Warmwater	Sprats									
Arctic Char	Round Fish, Freshwater	Sea Trout, Rainbow Trout, Salmon	√								
Barracuda	Round Fish, Warmwater	Kingfish									
Barramundi	Round Fish, Warmwater	Wild Sea Bass, Meagre	√								
Bream - Black	Round Fish, Warm & Coldwater	Other Bream, Sea Bass									
Bream - Gilt Head	Round Fish, Warmwater	Other Bream, Sea Bass	√								
Bream - Red	Round Fish, Warmwater	Other Bream, Sea Bass									
Brill	Flat Fish	Turbot									
Carp	Freshwater	Perch, Pike	√								
Catfish (Freshwater)	Round Fish, Freshwater	Tilapia, Pangasius	√								
Clams	Shellfish - Molluscs	Cockles, Mussels									
Cockles	Shellfish - Molluscs	Clams									
Cod	Round Fish, Coldwater	Haddock or any Cod-like species	√								
Coley	Round Fish, Coldwater	Any Cod-like species									
Conger (Eel)	Round Fish, Coldwater										
Crabs (Brown)	Shellfish - Crustacean										
Crawfish	Shellfish - Crustacean	Lobster									
Crayfish	Shellfish - Crustacean	Langoustines, King Prawns	√								
Cuttlefish	Shellfish - Cephalopods	Squid									
Dab	Flat Fish	Torbay Sole, Plaice, Flounder									
Dover Sole	Flat Fish	Lemon Sole									
Emperor	Round Fish, Warmwater	Breams, Snappers									
Flounder	Flat Fish	Plaice, Dab									
Grey / Silver Mullet	Round Fish, Coldwater	Sea Breams									
Grouper	Round Fish, Warmwater	Snappers									
Gurnard	Round Fish, Coldwater	Any Cod-like species									
Haddock	Round Fish, Coldwater, Cod-like	Any Cod-like species									
Hake	Round Fish, Coldwater, Cod-like	Any Cod-like species									
Halibut	Flat Fish	Turbot, Brill	√								
Herring	Round Fish, Coldwater	Mackerel									
Hoki	Round Fish, Coldwater, Cod-like	Any Cod-like species									
John Dory	Round Fish, Coldwater										
Kingfish	Game Fish	Tuna, Mackerel									
Langoustines	Shellfish - Crustacean	King Prawns, Crayfish									

CDECUEC	CATEGORY	ALTERNIATIVES	1ED	2790014000	SEASONALITY										
SPECIES	CATEGORY	ALTERNATIVES	FARMED	Jan	Feb N	1ar Ap	or May	Jun	Jul	Aug	Sep	Oct	Nov I	Dec	
Lemon Sole	Flat Fish	Dover Sole, Plaice, Torbay Sole													
Ling	Round Fish, Coldwater, Cod-like	Any Cod-like species													
Lobster - Canadian	Shellfish - Crustacean	Native Lobsters, Crawfish													
Lobster - Native	Shellfish - Crustacean	Canadian Lobsters, Crawfish													
Mackerel	Round Fish, Coldwater	Herring, Kingfish													
Mahi Mahi	Game Fish	Yellowtail Kingfish													
Marlin	Game Fish	Swordfish, Sailfish, Tuna													
Meagre (Stone Bass)	Round Fish, Warmwater	Sea Bass, Grey Mullet	✓												
Megrim	Flat Fish	Torbay Sole, Plaice, Lemon Sole													
Monkfish	Round Fish, Coldwater	Langoustines (for flavour)													
Mussels	Shellfish - Molluscs	Clams	✓												
Octopus	Shellfish - Cephalopods	Squid, Cuttlefish													
Oysters (Native)	Shellfish - Molluscs		✓												
Oysters (Pacific)	Shellfish - Molluscs		✓												
Pangasius	Round Fish, Freshwater	Catfish, Tilapia, Cod-like species	✓												
Pike	Round Fish, Freshwater	Zander, Perch	✓												
Plaice	Flat Fish	Lemon Sole, Dab, Megrim, Torbay Sole													
Pollack (Alaskan)	Round Fish, Coldwater, Cod-like	Any Cod-like species													
Pollock	Round Fish, Coldwater, Cod-like	Any Cod-like species													
Pouting (Bib)	Round Fish, Coldwater, Cod-like	Whiting or Any Cod-like species													
Prawns	Shellfish - Crustacean	Langoustines, Crayfish	✓												
Red Mullet	Round Fish, Warmwater	Goatfish, Snappers													
Red Snapper	Round Fish, Warmwater	Other Snappers													
Salmon (Farmed Atlantic)	Round Fish, Cold/Freshwater	Sea Trout, Pacific Salmon	✓												
Salmon (Wild Atlantic)	Round Fish, Cold/Freshwater	Sea Trout, Pacific Salmon													
Salmon (Wild Pacific)	Round Fish, Cold/Freshwater	Atlantic Salmon, Sea Trout													
Sardines	Round Fish, Coldwater	Herrings													
Scallops	Shellfish - Molluscs														
Sea Bass (Farmed)	Round Fish, Warmwater	Gilt Head Bream	✓												
Sea Bass (Wild)	Round Fish, Warmwater	Farmed Sea Bass, Meagre, Barramundi													
Sprats	Round Fish, Coldwater	Anchovies, Whitebait, Sardines													
Squid	Shellfish - Cephalopods	Cuttlefish, Octopus													
Swordfish	Game Fish	Marlin, Sailfish, Tuna													
Tilapia - Orange & Black	Round Fish, Freshwater	Sea Breams, Pangasius	\checkmark												
Torbay Sole (Witch)	Flat Fish	Lemon Sole, Plaice, Megrim, Dabs					Т								
Trout - Brown, Rainbow, Golden	Round Fish, Freshwater	Sea Trout, Salmon, Arctic Char	✓												
Trout - Sea TROUT	Round Fish, Cold/Freshwater	Brown Trout, Salmon, Arctic Char	✓												
Tuna (Yellowfin)	Game Fish	Swordfish, Marlin, Bonito													
Turbot	Flat Fish	Brill	✓												
Whelks	Shellfish - Molluscs	Winkles													
Whitebait	Round Fish, Coldwater	Sprats													
Whiting	Round Fish, Coldwater, Cod-like	Pouting or Any Cod-like species													
Yellowtail Kingfish	Game Fish	Jacks	✓												
Zander	Round Fish, Freshwater	Perch, Pike	✓												