

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

[illegible]

SPECIES	CATEGORY	ALTERNATIVES	FARMED	SEASONALITY											
				Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	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	✓												
Torbay Sole (Witch)	Flat Fish	Lemon Sole, Plaice, Megrim, Dabs													
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	✓												