



This guide gives you an indication of when species are generally available. The seasonality of fish varies around the UK and is affected by changing temperatures. We suggest being flexible as there are always alternatives. Speak to our team for assistance.

- Abundant & best value, in season & should be utilised
- Should be available, check market influences before purchasing
- Out of season, rarely available & may not be value

SEAFOOD SEASONALITY

SPECIES	AVAILABLE AS	CERTIFICATION AVAILABLE	Winter			Spring			Summer			Autumn			FISHING ZONE / COUNTRY CAUGHT
			Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	
Alaska Pollock	Wild, Frozen	MSC													North East Pacific
Anchovies	Wild, Fresh, Preserved														North East Atlantic, Black Sea
Bream - Black	Wild, Fresh														North East Atlantic
Bream - Gilt Head	Farmed	Global GAP,ASC													Mediterranean
Brill	Wild, Fresh														North East Atlantic
Clams - Razor	Wild, Fresh														North East Atlantic
Clams - Palourde	Wild, Fresh	MSC MAY-DEC													North East Atlantic
Cobia	Farmed	Global GAP													Central West Atlantic
Cockles	Wild, Fresh	MSC													North East Atlantic
Cod	Wild, Fresh	MSC													North East Atlantic
Cod - Skrei	Wild, Fresh	MSC													North East Atlantic
Coley	Wild, Fresh	MSC													North East Atlantic
Crabs - Brown	Wild, Fresh														North East Atlantic
Crabs - Spider	Wild, Fresh														North East Atlantic
Crayfish	Wild, Fresh, Frozen, Preserved														China
Cuttlefish	Wild, Fresh														North East Atlantic
Dabs	Wild, Fresh														North East Atlantic
Flounder	Wild, Fresh														North East Atlantic
Gurnard - Red/Grey	Wild, Fresh														North East Atlantic
Haddock	Wild, Fresh	MSC													North East Atlantic
Hake	Wild, Fresh	MSC													North East Atlantic
Halibut Farmed	Farmed	Global GAP													North East Atlantic, Onshore Tanks
Herrings	Wild, Fresh, Preserved	MSC													North East Atlantic
John Dory	Wild, Fresh														North East Atlantic
Langoustines	Wild, Fresh, Frozen														North East Atlantic
Ling	Wild, Fresh														North East Atlantic
Lobster - Canadian	Wild, Fresh, Frozen	MSC													North West Atlantic
Lobster - Native	Wild, Fresh														North East Atlantic
Mackerel	Wild, Fresh														North East Atlantic
Mahi Mahi	Wild, Fresh														Indian Ocean
Meagre	Farmed	Global GAP													Mediterranean
Monkfish	Wild, Fresh														North East Atlantic
Mullet - Grey	Wild, Fresh														North East Atlantic
Mullet - Red	Wild, Fresh														North East Atlantic
Mullet - Red - Exotic	Wild, Fresh														Indian Ocean
Mussels	Cultivated	MSC													North East Atlantic
Octopus	Wild, Frozen														North East Atlantic
Oysters - Native	Cultivated														North East Atlantic
Oysters - Rocks	Cultivated														North East Atlantic
Pangasius	Farmed, Frozen	ASC													Vietnam
Plaice	Wild, Fresh	MSC													North East Atlantic
Pollock	Wild, Fresh														North East Atlantic
Pouting	Wild, Fresh														North East Atlantic
Prawns - Black Tiger	Farmed	GAA-BAP													Vietnam, India
Prawns - White	Farmed	GAA-BAP													Ecuador, Vietnam, India
Red Drum - Channel Bass	Farmed	Global GAP													Mauritius
Salmon	Farmed	Global GAP,ASC, RSPCA													North East Atlantic
Sand Soles	Wild, Fresh														North East Atlantic
Sardines	Wild, Fresh	MSC													North East Atlantic
Scallops - American	Wild, Fresh	MSC													North West Atlantic
Scallops - Native / Native Dived	Wild, Fresh														North East Atlantic
Scallops - Queenies	Wild, Fresh														North East Atlantic
Sea Bass	Wild, Fresh														North East Atlantic
Sea Bass	Farmed	Global GAP,ASC													Mediterranean
Sea Trout	Wild, Fresh														North East Atlantic
Shrimp - Brown	Wild, Fresh, Frozen														North East Atlantic
Ray Wings	Wild, Fresh														North East Atlantic
Snapper - Red	Wild, Fresh														Pacific and Indian Oceans
Sole - Farmed	Farmed	Global GAP,BAP													Spain or Iceland
Sole - Dover	Wild, Fresh														North East Atlantic
Sole - Lemon	Wild, Fresh														North East Atlantic
Sole - Megrim	Wild, Fresh														North East Atlantic
Sole - Witch (Torbay)	Wild, Fresh														North East Atlantic
Sprats	Wild, Fresh														North East Atlantic
Squid - Native	Wild, Fresh														North East Atlantic
Swordfish	Wild, Fresh														Indian Ocean, South East Pacific
Tilapia	Farmed, Frozen	GAA-BAP													China
Trout - ChalkStream®	Farmed	Global GAP, RSPCA													UK
Trout Rainbow	Farmed	Global GAP													UK
Trout - Sea Reared	Farmed	Global GAP													North East Atlantic
Tuna - Yellow Fin	Wild, Fresh														Indian Ocean, Pacific
Tuna - Big Eye	Wild, Fresh														Indian Ocean, Pacific
Turbot	Farmed	Global GAP,BAP													Spain
Turbot	Wild, Fresh														North East Atlantic
Whelks	Wild, Fresh														North East Atlantic
Whiting	Wild, Fresh														North East Atlantic
Winkles	Wild, Fresh														North East Atlantic
Yellowtail - Hiramasa	Farmed	ASC, GAA-BAP													Australia, Holland