

Superior Shellfish	Typical Quantity	Pack Size	Price
Frozen			
Regal Superior Prawns (Cooked)	100-200	454g	£6.25
Cooked King Prawns (Peeled, tail on)	35-44	500g	£8.50
Raw King Prawns (Headless, easy peel split shell, deveined)	28-35	800g	£12.50
Crevettes (Cooked)	10-15	500g	£11.95
Crevettes (Cooked)	20-30	1kg	£22.95
Shell on Prawns (Cooked)	40-55	454g	£3.25
Brown Shrimp (Cooked & Peeled)	Variable	200g	£9.95
Langoustines (Raw)	7-12	1kg	£19.95
NEW Scampi Peeled Tails (Jumbo Raw)	20-30	454g	£14.95
White Crab Meat (Cooked)	2 servings	200g	£9.25
Brown Crab Meat (Cooked)	2-4 servings	200g	£2.95
Crab Claws (Cooked)	3-6	500g	£7.00
Dressed Crab (Cooked)	1-2 servings	280-300g	£4.95
Spanish Mussels (Full Shell, Cooked)	41-50	1kg	£4.95
Blanched Mussels (Full Shell)	70-110	1kg	£4.00
New Zealand Mussels (Half Shell)	25-35	1kg	£5.75
New Zealand Mussels (Shell off)	55-65	1kg	£6.75
Mussels (Shell off)	Variable	454g	£2.50
Roe Less Scallops (Raw)	25-35	1kg	£19.95
King Scallops (Raw, Roe on)	11-15	454g	£12.95
Queen Scallops on the Half Shell (Raw)	25-37	500g	£8.95
Californian Squid (Raw)	8-12	454g	£2.50
Squid Tubes (Raw)	3-5	1kg	£5.50
Cockles (Cooked)	3-4 servings	454g	£7.00
Seafood Cocktail (Cooked)	3-4 servings	454g	£3.75
Whelks (Cooked)	4 servings	454g	£4.25

Little Extras	Quantity	Weight	Price
Mature Cheddar & Chive Butter	1	100g	£1.99
Gourmet Garlic & Flat Leaf Parsley Butter	1	100g	£1.99
Regal Cool Bag	1	N/A	£3.00
Sushi Making Kit	1	N/A	£24.95

100% Free Range Pork	Quantity	Weight	Price
Unsmoked Back Bacon	6 approx.	250g	£2.95
Apple Smoked Bacon	6 approx.	250g	£3.25
Old English Pork Sausages	6-7	500g	£4.25

At Regal Fish Supplies Ltd we pride ourselves on both professionalism and honesty in all aspects of our business, so in order to safeguard yourself always remember:

Your order will be carefully selected and packed to your specification prior to delivery. Each fresh pack has a removable lid for easy inspection of freshness and quality. In order to ensure complete satisfaction, we recommend you check your delivery is correct and complete upon receipt.

We will never deliver our products to you without your prior consent - we will always contact you via our call centre prior to any delivery in your area to see if you require an order. Please do not accept a delivery on your doorstep unless it has been pre-arranged with us here at Regal Fish Supplies Ltd.

We request that customers promptly report any concerns they may have with regards to our products or the service we provide. Please see our website or contact us for further details on our Customer Care Policy.

We will never sell, lease, distribute or franchise confidential customer information to any other company.

We prefer payment by debit or credit card at time of order (a minimal charge may apply, please see our web site or ask a representative for details) but will accept a cheque (preferable) or cash upon delivery if this is more convenient.

Under certain circumstances our drivers are instructed to leave orders at a customer's premises. We request that customers inform the sales representative at point of ordering, of an acceptable place to leave the order in the event that no one is present to accept delivery. If the customer does not wish to take advantage of this service, please inform the sales representative at the time of placing your order.

Recommend a Friend ...
to our service and receive **£25 or more off your next order!**

See our website or call our office for more details. T's & C's apply

You can also order our products online by visiting www.regalfish.co.uk

Delivery every Wednesday, Thursday & Friday. Carriage charge will apply.

Caution!
Our representatives always carry identification.

Please don't be caught out... Bogus fish salesmen may be operating in your area.



Coming Soon...

Have you tried any products from our **Luxury Fishcakes Range** yet? With four mouth-watering varieties, picking your favourite can prove difficult! If you struggle to choose or have yet to try them then we hope you'll be tempted by our **NEW Limited Edition Mixed Pack** containing four each of our luxury cod, salmon and smoked haddock fishcakes.

We're also launching a handy **NEW Fish Pie Pack** containing quality cubes of pollock, salmon and smoked haddock fillet - perfect for simple wholesome suppers during these cold, dark evenings.

Please ask for details when we call.

REGAL
Fish Supplies Ltd

a Fresh approach to seafood...

Telephone 08453 893978 (local rate)

Telephone 01652 662100

Fax 01652 634790

www.regalfish.co.uk

Office Hours: Monday to Thursday 9.00am - 8.45pm

Friday 9.00am - 7.45pm

Please ask for a full colour brochure

Ardent Road, Falklands Way, Barton upon Humber, North Lincolnshire, DN18 5RN
For latest Terms & Conditions see our web site or send a SAE to the address above

 Find us on Facebook

www.facebook.com/RegalFish

Please note, due to market fluctuations (particularly in the case of fresh fish), prices are subject to change and may vary. Please visit our web site or call our office for up to date prices.

Price List

 **Accredited Employer**

 **INVESTORS IN PEOPLE**

Prepared Seafood	Description	Portions	Min. Pack Weight	Price per Pack
Frozen				
Cod, Cheese & Spring Onion Pie	Cod fillet with a cheddar cheese and spring onion sauce topped with creamy mash and grated cheese	8 (4 Pies)	2.20kg	£15.50
Breaded Haddock Florentine & Kiev Mixed Pack	Skinned & boned haddock fillet portions topped with cheese and spinach sauce or garlic butter sauce, all encased in crispy breadcrumbs	8	1.20g	£12.00
Regal Cod Wellington	Cod fillet portion topped with a cheese, prawn and mushroom sauce all wrapped in a puff pastry case	6	1.23kg	£15.25
Regal Salmon Wellington	Prime salmon fillet coated in a rich seasoned butter sauce all encased in crisp puff pastry	6	1.23kg	£15.95
Regal Smoked Haddock Wellington	Natural smoked haddock fillet portion in a rich cheese and spinach sauce wrapped in crisp flaky pastry	6	1.29kg	£15.95
Regal Select Breaded Cod Loin	Select portions of chunky cod loin coated in a crisp breadcrumb	10	1.20kg	£21.50
Regal Breaded Haddock	Prime fillet of boned haddock with a crunchy ovenbake breadcrumb	10	1.35kg	£18.50
Regal Breaded Plaice Chunky Style	Prime fillet of plaice with a spicy lemon & pepper breadcrumb	10	2.00kg	£17.50
Regal Haddock Toppers	Boned haddock fillet topped with a savoury cheese, prawn and mushroom flavoured sauce finished with a spicy lemon & pepper breadcrumb	8	1.28kg	£17.75
Regal Minted Salmon	Skinned and boned salmon fillet portion in a sweet mint marinade	6	840g	£17.50
Regal Sweet Maple Salmon	Skinned and boned salmon fillet portion in a sweet maple marinade	6	840g	£17.50
Paella	Delicious Spanish Paella with rice and mixed seafood – fry from frozen	1	400g	£2.95
Tuna Tenderloin with Dates & Bacon	Tuna tenderloin filled with a delicious bacon and date stuffing	2	225g	£3.95
NEW Infused Salmon	Quality salmon fillet portion with a zingy outer coating of black pepper and lemon zest with a herbed butter topping	2	340g	£5.95

White Fish	Typical Quantity	Min. Order	Price per 1kg from
Fresh			
Cod Fillets	2-4 Fillets	1kg	£11.75
Cod Fillets Boned	2-4 Fillets	1kg	£13.30
Cod Fillets Skinned & Boned	2-4 Fillets	1kg	£14.10
Cod Tails	4-5 Tails	1kg	£12.00
Cod Loin	3-5 Loins	1kg	£18.95
Cod Steaks	3-5 Steaks	1kg	£12.50
Haddock Fillets	3-5 Fillets	1kg	£10.50
Haddock Fillets Boned	3-4 Fillets	1kg	£12.10
Haddock Fillets Skinned & Boned	3-5 Fillets	1kg	£12.90
Haddock Tails	3-6 Tails	1kg	£11.50
Haddock Loin	3-5 Loins	1kg	£15.00
Haddock Steaks	4-5 Steaks	1kg	£11.25
Coley Fillets	1-3 Fillets	1kg	£9.00
Coley Fillets Boned	1-3 Fillets	1kg	£9.90
Coley Fillets Skinned & Boned	1-3 Fillets	1kg	£10.60
Ling Fillets Boned	1-3 Fillets	1kg	£9.95
Monkfish Tail	1-3 Tails	1kg	£21.00
Monkfish Fillets	2-4 Fillets	1kg	£26.00
Ray Wings	2-4 Wings	1kg	£13.50
Ray Middles	2-3 Middles	1kg	£16.00
Ray Knobs	Varies	1kg	£9.50
Whiting Fillets	3-6 Fillets	1kg	£9.25
Whiting Fillets Boned	3-6 Fillets	1kg	£10.20
Sea Bass Whole	1 Fish	min 400g prior to gutting	£4.95
Sea Bass Fillets	7-10 Fillets	1kg	£20.00
Catfish Fillets	1-3 Fillets	1kg	£10.50
Tilapia Fillets (boned & descaled)	4-6 Fillets	500g	TBC
Tilapia Fillets (boned & descaled)	8-12 Fillets	1kg	TBC
Tilapia Fillets (boned & descaled)	16-24 Fillets	2kg	TBC

White Fish (cont...)	Typical Quantity	Min. Order	Price per 1kg from
Fresh			
Redfish Fillets	3-5 Fillets	1kg	£12.00
Redfish Whole	1-3 Fish	1kg	£8.00
Frozen			
Haddock Fillets (boned)	3-7 Fillets	1kg	£9.75
Cod Loin (sknd & bnd)	5-7 Loins	1kg	£12.75
Hake Fillets (sknd & bnd)	8-10 Fillets	1kg	£10.00
Hoki Fillet Portions (sknd & bnd)	5-8 Fillets	1kg	£9.25

Oil Rich Fish	Typical Quantity	Min. Order	Price per 1kg from
Fresh			
Trout Whole	2-3 Fish	1kg	£7.95
Trout Fillets	2-4 Fillets	1kg	£13.95
Mackerel Whole	2-3 Fish	1kg	seasonal
Salmon Fillet	Variable	1kg	£16.75
Salmon Fillet (boned)	Variable	1kg	£17.00
120-140g Vacuum Packed Salmon Fillet Portion (boned)	1 Portion	1 Portion	£2.60 per portion
Salmon Steaks	4-5 Steaks	1kg	£14.50
Salmon Whole	1 Fish	2kg	£11.00 per kilo
Frozen			
Organic Salmon (boned)	4 Portions	600g	£13.75
Sardines Whole (ungutted)	10-15 Fish	1kg	£3.00
Whitebait Whole			£3.50 for 454g
Cobia Loin Portions (sknd & bnd)	2 Portions	250-300g	£5.95



Our natural smoked cod and haddock fillets have been awarded PGI status as a traditionally produced Grimsby product.

Snacks & Light Lunches	Description	Quantity per Pack	Pack Weight	Price per Pack
Frozen				
Lemon Sole Goujons	Skinned & boned lemon sole strips in a spicy lemon & pepper breadcrumb	20-22	454g	£6.60
Lime & Chilli Cod Goujons	Chunky skinned & boned cod fingers in a tangy lime & chilli breadcrumb	18-20	454g	£6.25
Monkfish Goujons	Strips of tasty monkfish fillet coated in a zingy lemon and pepper breadcrumb coating	20-22	454g	£6.60
Haddock Goujons	Skinned & boned prime haddock fillet fingers coated with a lemon and pepper breadcrumb	18-20	454g	£5.65
Plaice Goujons	Quality plaice fillet strips wrapped in a crunchy golden crumb	20-22	454g	£5.25
Crab Cakes with Sweet Chilli Dip	Bite sized breaded cakes with a delicious blend of crabmeat, mayonnaise and sweetcorn	12	315g	£4.25
Cod Fishcakes	Cod, potato and seasoning wrapped in a natural breadcrumb	24	2.04kg	£7.25
Salmon Fishcakes	Salmon, cod, potato and seasoning wrapped in a natural breadcrumb	24	1.34kg	£6.00
Thai Salmon Fishcakes	Prime salmon fillet and mashed potato infused with traditional Thai spices and finished with a crunchy golden breadcrumb	12	1.02kg	£8.65
Regal Smoked Haddock, Leek & Wholegrain Mustard Fishcakes	A blend of natural smoked haddock and whitefish blended with creamy mashed potato, leeks, cheddar cheese and a touch of wholegrain mustard all wrapped in a crisp crumb coating	12	1.02kg	£8.25
Regal Luxury Salmon Fishcakes	Chunks of salmon fillet blended with creamy mashed potatoes & chives and coated in a unique, crisp '3 way cook' breadcrumb crunchy Japanese style crumb	12	1.02kg	£8.25
Regal Luxury Cod Fishcakes	Cod fillet and creamy mash in a crispy '3 way cook' breadcrumb coating	12	1.02kg	£7.95
Ovenbake Breaded Scampi	Delicious wholetails of scampi encased in an ovenbake crispy crumb coating	17-26	400g	£5.75
Filo Prawns	Succulent king prawns marinated in soy sauce and individually wrapped in crispy filo pastry. Deep fry only	30 Approx	500g	£5.95
King Prawns in Garlic Sauce	Raw, peeled and deveined king prawns individually coated in a creamy seasoned garlic sauce	30 Approx	TBC	£8.50
Battered Squid Rings	Squid rings coated in an ovenbake batter	15-20	500g	£3.50
Potted Shrimps	Peeled shrimps encased in a lightly spiced butter	1	50g	£2.50
Seafood Sticks	Individually frozen and wrapped ready to eat crab flavoured fish sticks	64 sticks	960g	£6.40
Breaded Mussels	Succulent mussels coated in a crunchy, slightly spicy breadcrumb - oven bake from frozen	100-200	1kg	£6.95

Coming Soon: Mouth-watering range of marinated herrings and other seafood products from Orkney Herring

Smoked Fish	Typical Quantity	Min. Order	Price per 1kg from
Fresh			
Smoked Haddock Fillets (natural or yellow)	2-4 Fillets	1kg	£13.60
Smoked Haddock Fillets Boned (natural or yellow)	2-4 Fillets	1kg	£14.10
Smoked Cod Fillets (natural or yellow)	2-4 Fillets	1kg	£13.50
Smoked Cod Fillets Boned (natural or yellow)	2-4 Fillets	1kg	£14.85
Finnan Haddock on the Bone (48 hrs notice required)	2-3 Fish	1kg	£13.60
Golden Cutlets (48 hrs notice required)	3-5 Cutlets	1kg	£12.80
Smoked Salmon			£6.50 for 227g
Smoked Salmon			£12.25 for 454g
Vacuum Packed Smoked Mackerel Plain			£3.05 for 225-250g
Vacuum Packed Smoked Mackerel Peppered			£3.20 for 225-250g
Frozen			
Smoked Kippers on the Bone			£12.95 for 2kg
Smoked Kipper Fillets			£14.95 for 2kg
Manx Style Kippers			£13.50 for 2kg
Hot Smoked Salmon			£7.50 for a min. 200g
Smoked Trout Fillets			£8.50 per 500g
Regal Smokies			£25.00 per 3.18kg
Smoked Salmon Bacon			£3.95 per 170g

Flat Fish	Typical Quantity	Min. Order	Price per 1kg from
Fresh			
Halibut Steaks	3-4 Steaks	1kg	£25.00
Halibut Fillets	2-3 Fillets	1kg	£24.00
Turbot Whole	1 Fish	1.5kg	£16.00
Plaice Fillets Boned	4-6 Fillets	1kg	seasonal
Plaice on the Bone	2-3 Fish	1kg	seasonal
Frozen			
Dover Sole (Whole)	1-2 Fish	1kg	£21.00
Plaice Fillets	5-9 Fillets	1kg	£10.00
Lemon Sole Fillets (bnd)	5-7 Fillets	1kg	TBC

Exotic Fish	Typical Quantity	Min. Order	Price per 1kg from
Fresh			
Tuna Loin Portions	3-5 Portions	1kg	£21.50
Frozen			
Oreo Fillets (sknd & bnd)	9-16 Fillets	1kg	£10.50
Tuna Loin Portions	5 Portions	1kg	£12.50
Red Snapper Fillet Portions (boned)	5 Portions	850g	£15.75

Due to the nature of these products, fish highlighted in red are subject to weight variance and may weigh slightly more or less than the weight requested; if you have a preference please inform your sales representative at time of order. The price will be adjusted on delivery according to the exact weight of the product supplied. All fish highlighted in blue may be supplied frozen if fresh is unavailable on the day; please state at time of ordering if this is not acceptable