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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

SPECIES	AVAILABLE AS	CERTIFICATION AVAILABLE	Winter Dec Jan	Feb Mar Apr May	Summer	Autumn Sep Oct No	
Alaska Pollock	Wild, Frozen	MSC					North East Pacific
Anchovies	Wild, Fresh, Preserved						North East Atlantic, Black Se
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							North East Atlantic
/	Wild, Fresh	MCC					
Haddock	Wild, Fresh	MSC					North East Atlantic
Hake	Wild, Fresh	MSC					North East Atlantic
Halibut Farmed	Farmed	Global GAP					North East Atlantic, Onshor
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	N46.0					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	JUUJAI GAF, AJC, KJECA					North East Atlantic
		MCC					
Sardines Seellana American	Wild, Fresh	MSC					North East Atlantic
Scallops - American	Wild, Fresh	MSC					North West Atlantic
	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 Pa
Tilapia Trout ChalleStream®	Farmed, Frozen	GAA-BAP					China
Trout - ChalkStream®	Farmed	Global GAP, RSPCA					
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
		1					North East Atlantic
	Wild, Fresh						
Whiting Winkles	Wild, Fresh Wild, Fresh						North East Atlantic