

Wild HARBOUR

PORTION	TYPES OF FISH	SPECIES
BUTTERFLY FILLETS	Small to portion size roundfish	Sardine, Herring, Trout, Seabass, Mackerel and Red Mullet
CANOE FILLETS	Portion size roundfish	Trout, Sea Bass, Sea Bream
ESCALOPES	Fillets of large fish	Salmon & Halibut
FILLETS	Any roundfish or flatfish except large game fish (loins)	Almost all of them! Salmon, Trout and any freshwater fish, any flatfish, any roundfish - cold or warm water
LOINS	Large roundfish and large game fish	Cod, Hake, Tuna, Marlin & Mahi Mahi
PAVES	Large flatfish	Halibut, Turbot & Brill
POCKETED FISH	Portion size flatfish	Plaice, Lemon Sole, Megrim, Witch, Dab & Flounder
QUARTER-CUT FILLETS	Small to medium size flatfish	Plaice, Lemon Sole, Megrim, Turbot, Brill & Chick Halibut
STEAKS (DARNES)	Large roundfish	Salmon, Cod, Hake & Monkfish
STEAKS (TRONCONS)	Large flatfish	Halibut, Turbot & Brill
SUPREMES	Large roundfish and flatfish fillets, loins of large game fish	Salmon, Cod, Halibot, Turbot, Snapper, Barracuda, Barramundi, Tuna, Marlin, Mahi Mahi & Kingfish
WHOLE FISH PAN-READY	Any portion size roundfish or flatfish	Sea Bass, Sea Bream, Trout, Snapper, Emperor, Red Mullet, Mackerel, Dover Sole, Plaice & Lemon Sole.

WHOLE FISH SIZE DEFINITIONS

Small	upto 300g
Portion Size	300-600g
Medium	600g - 3kg
Large	over 3kg