



Coldwater Prawns

COOKED & PEELED

101001	ARCTIC ROYAL	COLDWATER PRAWNS 24 x 454g (400g net) 90/150 - BLACK BAG
101002	ARCTIC ROYAL	COLDWATER PRAWNS 5 x 2kg (1.76kg net) 90/150 - BLACK BAG
101004	ARCTIC ROYAL	COLDWATER PRAWNS 5 x 2kg (1.76kg net) 150/250 - BLUE BAG
101005	ARCTIC ROYAL	COLDWATER PRAWNS 5 x 2kg (1.76kg net) 250/350 - LIGHT BLUE BAG
101010	ARCTIC ROYAL	COLDWATER PRAWNS 5 x 2kg (1.2kg net) 250/350
102017	CLEAR SEAS	COLDWATER PRAWNS 4 x 2.5kg (1.5kg net) 125/175
102005	CLEAR SEAS	COLDWATER PRAWNS 5 x 2kg (1.5kg net) 150/250
103001	GLENMYR	COLDWATER PRAWNS 5 x 2kg (1.2kg net) U150 - BLUE BAG
103005	GLENMYR	COLDWATER PRAWNS 5 x 2kg (1.2kg net) 150/250 - PURPLE BAG
104004	ROYAL GREENLAND	448 COLDWATER PRAWNS 5 x 2kg 90/125 - GOLD BAG
104005	ROYAL GREENLAND	447 COLDWATER PRAWNS 5 x 2kg 100/150 - SILVER BAG
104002	ROYAL GREENLAND	446 COLDWATER PRAWNS 5 x 2kg 125/175 - BLACK BAG
104003	ROYAL GREENLAND	444 COLDWATER PRAWNS 5 x 2kg 175/275 - BLUE BAG

COOKED SHELL-ON

105016	COLDWATER PRAWNS x 5kg 90/120
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Warm Water Prawns

RAW

121036	ARCTIC ROYAL	IQF RAW PEELED & DEVEINED KING PRAWNS 10 x 1kg (700g net) 8/12
121030	ARCTIC ROYAL	IQF RAW PEELED & DEVEINED KING PRAWNS 10 x 1kg (700g net) 13/15
121031	ARCTIC ROYAL	IQF RAW PEELED & DEVEINED KING PRAWNS 10 x 1kg (700g net) 16/20
121032	ARCTIC ROYAL	IQF RAW PEELED & DEVEINED KING PRAWNS 10 x 1kg (700g net) 21/25
121033	ARCTIC ROYAL	IQF RAW PEELED & DEVEINED KING PRAWNS 10 x 1kg (700g net) 26/30
121034	ARCTIC ROYAL	IQF RAW PEELED & DEVEINED KING PRAWNS 10 x 1kg (700g net) 31/40
121035	ARCTIC ROYAL	IQF RAW PEELED & DEVEINED KING PRAWNS 10 x 1kg (700g net) 41/50
125044	ARCTIC ROYAL	IQF RAW PEELED & DEVEINED KING PRAWNS 10 x 1kg (700g net) 16/20 TAIL ON
121079	ARCTIC ROYAL	IQF RAW PEELED & DEVEINED KING PRAWNS 10 x 1kg (700g net) 21/25 TAIL ON
122042	CLEAR SEAS	IQF RAW PEELED & DEVEINED KING PRAWNS 6 x 1kg (800g net) 21/25
122043	CLEAR SEAS	IQF RAW PEELED & DEVEINED KING PRAWNS 6 x 1kg (800g net) 26/30
122044	CLEAR SEAS	IQF RAW PEELED & DEVEINED KING PRAWNS 6 x 1kg (800g net) 31/40

COOKED

121106	ARCTIC ROYAL	IQF COOKED PEELED & DEVIENED KING PRAWNS 5x1kg (900g net) 31/40
121050	ARCTIC ROYAL	IQF COOKED KING PRAWNS 5x907g 31/40 TAIL ON

TAIL ON

125044	ARCTIC ROYAL	IQF RAW PEELED & DEVEINED KING PRAWNS 10 x 1kg (700g net) 16/20 TAIL ON
121079	ARCTIC ROYAL	IQF RAW PEELED & DEVEINED KING PRAWNS 10 x 1kg (700g net) 21/25 TAIL ON
121050	ARCTIC ROYAL	IQF COOKED KING PRAWNS 5x907g 31/40 TAIL ON

RAW HLSO

125173		IQF RAW HEADLESS SHELL ON KING PRAWNS, 12 x 800g (440g Net) 6/8
125174		IQF RAW HEADLESS SHELL ON KING PRAWNS, 10 x 800g (450g Net) 8/12

RAW WHOLE

121112	ARCTIC ROYAL	WHOLE KING PRAWNS 10 x 1kg (600g Net) 16/20 per block
125169	REGATTA	WHOLE KING PRAWNS 6 x 2kg net 20/30
125170	REGATTA	WHOLE KING PRAWNS 6 x 2kg net 30/40
125171	REGATTA	WHOLE KING PRAWNS 6 x 2kg net 40/50
125172	REGATTA	WHOLE KING PRAWNS 6 x 2kg net 50/60



COOKED WHOLE

320013	CREVETTES 6x2kg 10/20
320077	CREVETTES 6x2kg 20/30
320076	CREVETTES 6x2kg 30/40
320079	CREVETTES 6x2kg 40/50
320021	CREVETTES 10x1kg 10/20
320078	CREVETTES 10x1kg 20/30
320075	CREVETTES 10x1kg 30/40
320082	CREVETTES 10x1kg 40/50



Wild Argentinian Prawns

RAW

121090	ARCTIC ROYAL	WILD ARGENTINIAN PEELED & DEVEINED RED SHRIMP 10 x 1kg (800g Net) 20/30
122051	CLEAR SEAS	WILD ARGENTINIAN PEELED & DEVEINED RED SHRIMP 10 x 1kg (800g Net) 20/30
125167	VERAZ	WHOLE WILD ARGENTINIAN RED SHRIMP 6 x 2kg Net 10/20
125166	VERAZ	WHOLE WILD ARGENTINIAN RED SHRIMP 6 x 2kg Net 21/30

COOKED

121120	ARCTIC ROYAL	WILD ARGENTINIAN PEELED & DEVEINED RED SHRIMP 10 x 1kg 30/40
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Added Value

MARINATED PRAWNS

130039	ARCTIC ROYAL	THAI MARINATED RAW KING PRAWNS 31/40 10x500g
130038	ARCTIC ROYAL	GARLIC AND HERB MARINATED RAW KING PRAWNS 31/40 10x500g

COATED PRAWNS

130021	ARCTIC ROYAL	FILO PASTRY WRAPPED KING PRAWNS 10 x 500g - BAP 2*
130022	ARCTIC ROYAL	BUTTERFLY BREADED KING PRAWNS 10 x 500g - BAP 2*
130023	ARCTIC ROYAL	PANKO BREADED TORPEDO KING PRAWNS 10 x 500g - BAP 2*
130024	ARCTIC ROYAL	TEMPURA BATTERED KING PRAWNS 10 x 500g - BAP 2*

BATTERED FISH

230000	ARCTIC ROYAL	BATTERED COD 110-140g x 24 PORTIONS
230001	ARCTIC ROYAL	BATTERED COD 140-170g x 24 PORTIONS
230002	ARCTIC ROYAL	BATTERED COD 170-200g x 18 PORTIONS
230003	ARCTIC ROYAL	BATTERED COD 200-230g x 15 PORTIONS
230004	ARCTIC ROYAL	BATTERED COD 230-290g x 15 PORTIONS

FISH CAKES

430002	YOUNGS	KINGFROST FISH CAKES 2oz (50g) x 60 PORTIONS
430003	YOUNGS	KINGFROST FISH CAKES 3oz (85g) x 36 PORTIONS
430004	YOUNGS	KINGFROST FISH CAKES 4oz (113g) x 24 PORTIONS
430010	PARAMOUNT 21	SMOKED HADDOCK, MOZZARELLA & SPRING ONION (100g) x 24 PORTIONS
430013	PARAMOUNT 21	THAI COD & PRAWN FISH CAKES 4oz (114g) x 24 PORTIONS



FISH FINGERS

230022	YOUNGS	BREADED MINCED COD FISH FINGER 25g x 6 x 60 PIECES MSC
230023	YOUNGS	BREADED COD FILLET FINGERS 25g x 6 x 60 PIECES MSC
230024	YOUNGS	BREADED MINCED COD FISH FINGER 56g x 60 PIECES MSC
230025	YOUNGS	JUMBO BATTERED COD FISH FINGERS 70g x 36 PIECES MSC

SQUID

300059	ARCTIC ROYAL	BATTERED SQUID RINGS 12 x 500g
300061	ARCTIC ROYAL	SOY & CHILLI PINEAPPLE CUT SQUID 5 x 1kg
300062	ARCTIC ROYAL	SALT & PEPPER PINEAPPLE CUT SQUID 5 x 1kg



Scampi

BREADED

240016	ARCTIC ROYAL	WHOLETAIL SCAMPI 10 x 454g
240001	MIDDLETON	WHOLETAIL SCAMPI 10 x 454g
240007	WHITBY	BREADED SCAMPI 10 x 450g
240008	WHITBY	EXTRA LARGE BREADED SCAMPI 10 x 450g

BATTERED

240012	WHITBY	SCAMPI IN BATTER 10 x 450g
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UNCOATED

240004	ARCTIC ROYAL	PEELED SCAMPI 20/30 10 x 454g
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WHOLE

320051		WHOLE RAW LANGOUSTINE 6x1kg 17/20
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Whitefish

COD

211079	ARCTIC ROYAL	SKINLESS BONELESS COD LOINS 5/6oz (140/170g) x 10's
211078	ARCTIC ROYAL	SKINLESS BONELESS COD LOINS 6/7oz (170/200g) x 10's
211085	ARCTIC ROYAL	SKINLESS BONELESS COD LOINS 7/8oz (200/230g) x 10's
211014	ARCTIC ROYAL	SKINLESS BONELESS COD FILLET 5/6oz (140/170g) x 25 PORTIONS
211015	ARCTIC ROYAL	SKINLESS BONELESS COD FILLET 6/7oz (170/200g) x 20 PORTIONS
211016	ARCTIC ROYAL	SKINLESS BONELESS COD FILLET 7/8oz (200/230g) x 18 PORTIONS
211017	ARCTIC ROYAL	SKINLESS BONELESS COD FILLET 8/10oz (230/280g) x 15 PORTIONS
211013	ARCTIC ROYAL	SKINLESS BONELESS COD FILLET 10/12oz (280/340g) x 12 PORTIONS

HADDOCK

212034	ARCTIC ROYAL	HADDOCK FILLETS, SKINNED & BONED 5/6oz (140-170g) x 25 PORTIONS MSC
212035	ARCTIC ROYAL	HADDOCK FILLETS, SKINNED & BONED 6/7oz (170-200g) x 20 PORTIONS MSC
212036	ARCTIC ROYAL	HADDOCK FILLETS, SKINNED & BONED 7/8oz (200-230g) x 18 PORTIONS
212043	ARCTIC ROYAL	HADDOCK FILLETS, SKINNED & BONED 8/10oz (230-280g) x 15 PORTIONS
212046	ARCTIC ROYAL	HADDOCK FILLETS, SKINNED & BONED 8/10oz (280-340g) x 12 PORTIONS
212037	ARCTIC ROYAL	HADDOCK FILLETS, SKIN-ON & BONELESS 5/6oz (140-170g) x 25 PORTIONS
212038	ARCTIC ROYAL	HADDOCK FILLETS, SKIN-ON & BONELESS 6/7oz (170-200g) x 20 PORTIONS
212039	ARCTIC ROYAL	HADDOCK FILLETS, SKIN-ON & BONELESS 7/8oz (200-230g) x 18 PORTIONS
212040	ARCTIC ROYAL	HADDOCK FILLETS, SKIN-ON & BONELESS 8/10oz (230-280g) x 15 PORTIONS
212041	ARCTIC ROYAL	HADDOCK FILLETS, SKIN-ON & BONELESS 10/12oz (280-340g) x 12 PORTIONS

SEABASS

340009	ARCTIC ROYAL	SEABASS FILLETS, SKIN-ON & BONELESS 10 x 2 PORTIONS 90-120g
340010	ARCTIC ROYAL	SEABASS FILLETS, SKIN-ON & BONELESS 5 x 1kg (800g Net) 100-140g
340012	ARCTIC ROYAL	SEABASS FILLETS, SKIN-ON & BONELESS 5 x 1kg (800g Net) 130-190g

POLLOCK & PANGA

213024	ARCTIC ROYAL	POLLOCK FILLETS, SKINNED & BONED 4/5oz (110-140g) x 30 PORTIONS MSC
213025	ARCTIC ROYAL	POLLOCK FILLETS, SKINNED & BONED 5/6oz (140-170g) x 25 PORTIONS MSC
213026	ARCTIC ROYAL	POLLOCK FILLETS, SKINNED & BONED 6/7oz (170-200g) x 20 PORTIONS MSC BASA
213036	ARCTIC ROYAL	PANGA / BASA FILLET, SKINNED & BONED 6/8oz (170-230g) 10 x 1kg (800g Net)



Frozen at Sea

COD

FAS COD FILLETS, SKINLESS, Pin Bone In, 8/16oz 3 x 6.81kg net

FAS COD FILLETS, SKINLESS, Pin Bone In, 16/32oz 3 x 6.81kg net

FAS COD FILLETS, SKINLESS, Pin Bone In 8/16oz 2 x 9kg net

FAS COD FILLETS, SKINLESS, Pin Bone In, 16/32oz 2 x 9kg net

Due to the fast-changing nature of Frozen at Sea products we quote on a "Market Price" basis only. Please get in touch with us for a full range of specifications and sizes.



Coated Fish

BATTERED FISH

230000	ARCTIC ROYAL	BATTERED COD 110-140g x 24 PORTIONS
230001	ARCTIC ROYAL	BATTERED COD 140-170g x 24 PORTIONS
230002	ARCTIC ROYAL	BATTERED COD 170-200g x 18 PORTIONS
230003	ARCTIC ROYAL	BATTERED COD 200-230g x 15 PORTIONS
230004	ARCTIC ROYAL	BATTERED COD 230-290g x 15 PORTIONS

FISH CAKES

430002	YOUNGS	KINGFROST FISH CAKES 2oz (50g) x 60 PORTIONS
430003	YOUNGS	KINGFROST FISH CAKES 3oz (85g) x 36 PORTIONS
430004	YOUNGS	KINGFROST FISH CAKES 4oz (113g) x 24 PORTIONS
430010	PARAMOUNT 21	SMOKED HADDOCK, MOZZARELLA & SPRING ONION (100g) x 24 PORTIONS
430013	PARAMOUNT 21	THAI COD & PRAWN FISH CAKES (114g) x 24 PORTIONS



FISH FINGERS

230022	YOUNGS	BREADED MINCED COD FISH FINGER 25g x 6 x 60 PIECES MSC
230023	YOUNGS	BREADED COD FILLET FINGERS 25g x 6 x 60 PIECES MSC
230024	YOUNGS	BREADED MINCED COD FISH FINGER 56g x 60 PIECES MSC
230025	YOUNGS	JUMBO BATTERED COD FISH FINGERS 70g x 36 PIECES MSC

BREADED

230043	ARCTIC ROYAL	PRE-FRIED BREADED PLAICE 140/170g x 24 PORTIONS
230044	ARCTIC ROYAL	PRE-FRIED BREADED PLAICE 170/200g x 18 PORTIONS
230045	ARCTIC ROYAL	PRE-FRIED BREADED PLAICE 200/230g x 15 PORTIONS
230046	ARCTIC ROYAL	PRE-FRIED BREADED PLAICE 230/290g x 15 PORTIONS



Flat Fish

PLAICE

370008	ARCTIC ROYAL	PLAICE FILLETS 5/6oz (140-170g) 4.54kg
370028	ARCTIC ROYAL	PLAICE FILLETS 6/7oz (170-200g) 4.54kg
370029	ARCTIC ROYAL	PLAICE FILLETS 7/8oz (200-230g) 4.54kg
370010	ARCTIC ROYAL	PLAICE FILLETS 8/10oz (230-290g) 4.54kg
370011	ARCTIC ROYAL	PLAICE FILLETS 10/12oz (290-340g) 4.54kg
230043	ARCTIC ROYAL	PRE-FRIED BREADED PLAICE (140-170g) x 24 PORTIONS
230044	ARCTIC ROYAL	PRE-FRIED BREADED PLAICE (170-200g) x 18 PORTIONS
230045	ARCTIC ROYAL	PRE-FRIED BREADED PLAICE (200-230g) x 15 PORTIONS
230046	ARCTIC ROYAL	PRE-FRIED BREADED PLAICE (230-290g) x 15 PORTIONS

LEMON SOLE

370003	LEMON SOLE FILLETS 6/8oz (170-230g) x 4.54kg
370004	LEMON SOLE FILLETS 8/10oz (230-290g) x 4.54kg



Exotic Fish

RED SNAPPER

280019 ARCTIC ROYAL RED SNAPPER FILLET PORTIONS, SKIN ON 6/8oz (170-230g) x 10 PORTIONS



Whitebait, Blanchbait, Mackerel & Sardines

WHITEBAIT/BLANCHBAIT

340077	PARAMOUNT 21	WHITEBAIT 20 x 454g MSC
230057	PARAMOUNT 21	BLANCHBAIT 18 x 454 MSC

SARDINES

340005		WHOLE MACKEREL 400-600g X10kg
340025		WHOLE MACKEREL 400-600g X20kg

SARDINES

340074	ARCTIC ROYAL	WHOLE SARDINES, IQF 12/15 PER KG, 10 x 1kg net
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Game Fish

TUNA

340003	ARCTIC ROYAL	TUNA LOIN PORTIONS, SKINLESS & BONELESS - 6/8oz (170-230g) x 10 PORTIONS
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SWORDFISH

270005	ARCTIC ROYAL	SWORDFISH LOIN STEAKS, SKINLESS BONELESS - 6/8oz (170-230g) x 10 PORTIONS
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Salmon

SKINLESS & BONELESS

260044		SALMON FILLET PORTIONS 5/6oz (140-160g) x 10 PORTIONS
260007	ARCTIC ROYAL	SALMON FILLET PORTIONS 6/7oz (170-200g) x 10 PORTIONS
260008	ARCTIC ROYAL	SALMON FILLET PORTIONS 7/8oz (200-230g) x 10 PORTIONS

SMOKED

250068		SKINLESS ICELANDIC SMOKED SALMON (D CUT) 25 x 200g
250067		SKINLESS ICELANDIC SMOKED SALMON SIDES (D CUT) 10 x 1kg



Smoked Fish

HADDOCK

250069	SMOKED HADDOCK PORTION 3/5oz (80-130g) x 24 PORTIONS
250001	SMOKED HADDOCK FILLETS 340g+ x 3kg UNDYED / NATURAL COLOUR
250002	SMOKED HADDOCK FILLETS 340g+ x 3kg DYED YELLOW / GOLDEN COLOUR

SALMON

250068	SKINLESS ICELANDIC SMOKED SALMON (D CUT) 25 x 200g
250067	SKINLESS ICELANDIC SMOKED SALMON SIDES (D CUT) 10 x 1kg

KIPPERS

250025	ARCTIC ROYAL	WHOLE KIPPERS x 3kg
250040	ARCTIC ROYAL	KIPPER FILLETS x 3kg 200-260g MSC
250003		MANX KIPPERS x 3kg

MACKEREL

250008	SMOKED MACKEREL FILLETS x 3kg
250009	SMOKED & PEPPERED MACKEREL FILLETS x 3kg



Seabass

SKIN-ON & BONELESS

340009	ARCTIC ROYAL	SKIN-ON & BONELESS SEABASS FILLETS 90-120g 10 x 2 PORTIONS
340010	ARCTIC ROYAL	SKIN-ON & BONELESS SEABASS FILLETS 100-140g 5 x 1kg
340012	ARCTIC ROYAL	SKIN-ON & BONELESS SEABASS FILLETS 130-190g 5 x 1kg



Squid & Octopus

SQUID TUBES

300010	CLEAR SEAS	SQUID TUBES 10 x 1kg (600g Net) U5 - Illex
300090	CLEAR SEAS	SQUID TUBES 10 x 1kg (600g Net) U5 - Gigas

SQUID RINGS

300075	ARCTIC ROYAL	RAW SQUID RINGS 5 x 1kg (800g Net)
300059	ARCTIC ROYAL	BATTERED SQUID RINGS 12 x 500g

PINEAPPLE CUT SQUID

300062	ARCTIC ROYAL	SALT & PEPPER PINEAPPLE CUT SQUID 5 x 1kg
300061	ARCTIC ROYAL	SOY & CHILLI PINEAPPLE CUT SQUID 5 x 1kg

STUFFED BABY SQUID

300016	ARCTIC ROYAL	STUFFED BABY SQUID 10 x 1kg 10/20
300015	ARCTIC ROYAL	STUFFED BABY SQUID 10 x 1kg 21/40

WHOLE OCTOPUS

300082		RAW OCTOPUS 12kg CATCH WEIGHT 1/2kg
300080		RAW OCTOPUS 12kg CATCH WEIGHT 2/3kg
300083		RAW OCTOPUS 12kg CATCH WEIGHT 3/4kg



Mussels, Cockles, Clams & Whelks

MUSSELS

310001	CONNEMARA	WHOLE SHELL MUSSELS MARINIÈRE 10 x 450
310008	CLEAR SEAS	MUSSEL MEAT 20 x 500g 100/200
310009	ARCTIC ROYAL	MUSSEL MEAT 10 x 1kg
310011	CONNEMARA	IRISH WHOLE SHELL MUSSELS 5 x 1kg - STANDARD SIZE
310056	ARCTIC ROYAL	CHILEAN WHOLE SHELL MUSSELS 5 x 1kg - EXTRA LARGE (60/80)
310068		NEW ZEALAND GREENLIP 1/2 SHELL MUSSELS 12 x 800g net 40/60/kg

COCKLES

310004	CLEAR SEAS	COCKLE MEAT 20 x 454g
310032	CLEAR SEAS	COCKLE MEAT 10 x 1kg

CLAMS

310002		CLAM MEAT 10 x 1kg
310058		WHOLE CLAMS IN SHELL 10 x 1kg

WHELKS

310020	ARCTIC ROYAL	WHELK MEAT 10 x 1g
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Speciality

SEAFOOD COCKTAIL

360015 ARCTIC ROYAL COOKED SEAFOOD COCKTAIL 10 x 1kg (800g net, king Prawns, squid rings & mussels)

FISH PIE MIX

360035 FISH PIE MIX 20 x 400g (Equal parts Atlantic salmon, dyed smoked haddock & cod)



Scallops

SCALLOPS	
310061	KING SCALLOPS ROELESS 26 x 300g
310017	QUEENIE SCALLOPS ROE ON 20 x 500g
310028	QUEENIE SCALLOPS ROE ON 10 x 1kg



Lobster & Crab

LOBSTER

320056	ROYAL GREENLAND	WHOLE CANADIAN LOBSTER - RAW, 500-550g x 5kg
320058	ROYAL GREENLAND	WHOLE CANADIAN LOBSTER - COOKED, 500-550g x 4.54kg
890752		RAW LOBSTER TAILS x 4.54kg 110-140g

CRAB

320000		STANDARD WHITE CRABMEAT 20 x 454g
320059		COOKED CRAB CLAWS, SHELL ON 4 x 500g
320060		WHOLE COOKED DRESSED CRAB 130g x 50 CRABS
320070		50/50 CRABMEAT 10 x 454g



Surimi

350002	MACRAE	CRAB STICKS 10 x 1kg (64 PIECES)
350005	MACRAE	CRAB FLAKES 10 x 1kg