

# NEPTUNE'S LARDER

SEAFOOD SPECIALIST



**THE HARBOUR  
PORT SETON**

**Phone** 01875 819191  
**Mobile** 07785 931 839

[www.neptuneslarder.co.uk](http://www.neptuneslarder.co.uk)

## **FANCY SOMETHING A BIT DIFFERENT?**

If what you're looking for isn't listed let us know, if you want it, we'll get it!

## **FRESH FISH VACUUM PACKED**

Orders big & small we'll deliver them all

## **NOT SURE HOW TO COOK YOUR FISH OR STUCK FOR IDEAS?**

Log onto: [www.fishisthedish.co.uk](http://www.fishisthedish.co.uk)

## **CONTACT DETAILS**

Phone  
**01875 819191**

Mobile  
**07785 931 839**

Email Address  
[info@neptuneslarder.co.uk](mailto:info@neptuneslarder.co.uk)

**Address** Neptune's Larder  
The Harbour  
Port Seton  
EH32 0DS

## **OVEN BAKE PRODUCTS**

**Salmon, Lemon & Dill Fishcakes**  
(Oven bake 220°C 25-30 mins)  
Each £1.00

**Smoked Haddock with Spring Onion  
Fishcakes**  
(Oven bake 220°C 25-30 mins)  
Each £1.00

**Whitefish Fishcakes**  
(Oven bake 220°C 25-30 mins)  
Each £0.50

**Battered Haddock** (formed/shaped)  
(Oven bake 220°C 30 mins)  
Each £1.95

**Breaded Wholetail Scampi**  
(Oven bake 210°C 30 mins)  
260g £3.50

**\*\*Most products are vacuum packed, prices are approximate and will vary according to weight – Fresh Fish suitable for Home freezing\*\***

## **FRESH FISH**

<b>Haddock Fillets</b>	
2 x 140/175g	£5.95
<b>Cod Fillets</b>	
2 x 200g	£6.25
<b>Monkfish Fillets</b>	
2 x 130g	£7.95
<b>Lemon Sole Fillets (skinned)</b>	
2 x 110g	£7.70
<b>Witch Sole Fillets (skinned)</b>	
2 x 110g	£5.80
<b>Halibut Fillets</b>	
2 x 125g	£8.75
<b>Sea Bass Fillets</b>	
2 x 110g	£6.15
<b>Sea Bream Fillets</b>	
2 x 110g	£6.15
<b>Red Snapper Fillets</b>	
2 x 120g	n/a
<b>Tuna Loin</b>	
1 x 250g	£6.70
<b>Swordfish Loin</b>	
2 x 150g	n/a
<b>Trout Fillets</b>	
2 x 130g	£6.50
<b>Fresh Whole Salmon (gutted)</b>	
	£ P.O.A.
<b>Salmon Fillets (scaled &amp; boned)</b>	
2 x 150g	£6.25
<b>Squid (cleaned &amp; stuffed)</b>	
300g	£3.50

## **SMOKED FISH**

<b>Traditional Smoked Salmon</b>	
100g	£3.95
<b>Smoked Haddock (undyed)</b>	
2 x 140/175g	£6.25
<b>Smoke Roasted Salmon Fillets</b>	
2 x 150g	£7.95
<b>Smoked Mackerel</b>	
2 x 120g	£3.35
<b>Peppered Mackerel</b>	
2 x 120g	£3.45
<b>Boned Kippers</b>	
2 x 120g	£2.35
<b>Whole Kippers</b>	
2 x 200g	£3.95

## **FROZEN PRAWNS**

<b>Cooked Atlantic Prawns</b>	
400g	£6.50
<b>Cooked King Prawns (peeled)</b>	
400g	£6.95
<b>Jumbo Raw King Prawns (peeled &amp; deviened)</b>	
1kg	£15.95

## **SHELLFISH**

<b>Scallop Meat (out of shell)</b>	
6	£6.95
<b>Seafood Cocktail</b>	
500g	£5.95
<b>Dressed Crab</b>	
	£7.50
<b>Cooked Lobster Meat (320g tub - frozen)</b>	
	£22.50
<b>Fresh Lobster</b>	
	£ P.O.A.
<b>Fresh Langoustine</b>	
	£ P.O.A.

## **MARINATED SEAFOOD**

<b>500g tub Sweet Herring</b>	
	£4.95
<b>500g tub Herring in Dill</b>	
	£4.95