

OVEN BAKE PRODUCTS

Smoked Haddock, Spinach & Parmesan Fishcakes

(Oven bake 220°C 20-25 mins)

Each £0.85

Smoked Cod, Bacon & Somerset Brie Fishcakes

(Oven bake 220°C 20-25 mins)

Each £1.00

Salmon, Lemon and Dill Fishcakes

(Oven bake 220°C 20-25 mins)

Each £1.00

Salmon, Brie & Dill Encroute

(Oven bake 200°C 25-30 mins)

Each £2.70

Smoked Haddock, Applewood Cheese & Spinach Encroute

(Oven bake 200°C 25-30 mins)

Each £2.70

Breaded Haddock

(Oven bake 220°C 20-25 mins)

Each £1.50

Breaded Wholetail Scampi

(Oven bake 210°C 30 mins)

280g £4.00

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?

Free Recipes are available on request

CONTACT DETAILS

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NEPTUNE'S LARDER

SEAFOOD SPECIALIST



THE HARBOUR PORT SETON

Phone 01875 819191

Mobile 07785 931 839

www.neptuneslarder.co.uk

Prices will vary according to weight – Fresh Fish suitable for Home freezing

FRESH FISH

Haddock Fillets	
2 x 140/175g	£4.20
Cod Fillets	
2 x 150g	£4.80
Monkfish Fillets	
2 x 130g	£6.50
Lemon Sole Fillets (skinned)	
2 x 110g	£4.20
Witch Sole Fillets (skinned)	
2 x 110g	£3.70
Halibut Fillets	
2 x 125g	£6.95
Sea Bass Fillets	
2 x 110g	£5.25
Sea Bream Fillets	
2 x 110g	£5.25
Red Snapper Fillets	
2 x 120g	£6.49
Tuna Loin	
2 x 150g	£5.40
Swordfish Loin	
2 x 150g	£4.95
Trout Fillets	
2 x 130g	£3.30
Whole Trout (gutted)	
2 x 300g	£3.75
Fresh Whole Salmon (gutted)	£ P.O.A.
Salmon Fillets (skinned & boned)	
2 x 130g	£4.95
Salmon Fillets (Orange & Dill Marinade)	
2 x 140g	£4.95
Squid Tubes	
200g	£2.00

SMOKED FISH

Traditional Smoked Salmon	
200g	£6.50
Smoked Haddock (undyed)	
2 x 140/175g	£4.20
Smoke Roasted Salmon Fillets	
2 x 100g	£5.25
Smoked Mackerel	
2 x 110g	£2.25
Peppered Mackerel	
2 x 110g	£2.35
Garlic & Herb Mackerel	
2 x 110g	£2.35
Boned Kippers	
2 x 120g	£1.50
Whole Kippers	
2 x 200g	£2.40

FROZEN PRAWNS

Cooked Atlantic Prawns	
450g	£4.95
Cooked King Prawns (peeled)	
400g	£6.95
Raw King Prawns (peeled)	
400g	£5.95
Jumbo Raw King Prawns (shell on)	
908g	£8.95
King Prawns wrapped in Filo Pastry	
500g	£8.95

SHELLFISH

Fresh Scallop Meat	
6	£5.00
Seafood Cocktail	
450g	£4.00
Cooked & Shelled Mussels	
450g	£3.00
Mussels In Garlic Butter	
2 x 450g	£3.95
Dressed Crab	
large	£3.50
Scampi Meat (jumbo)	
450g	£6.95
Fresh Lobster	£ P.O.A.
Fresh Langoustine	£ P.O.A.

MARINATED SEAFOOD

Crayfish Tails in Sweet Chilli Sauce	
150g	£2.95
Orkney Herring In Dill	
Orkney Herring In Luxury	
Orkney Herring In Sherry	
Orkney Herring In Juniper	
Orkney Herring In Madeira	
500g	£2.75
Orkney Herring In Honey, Mustard & Dill	
150g	£2.75