

Available to Order for next Friday

Learn what's in season so you can buy fish that is at its best prior to spawning - since weight and flavour is not so good afterwards - and when it is plentiful since the price you pay is governed by what the boats catch every week.

Over the coming months Squisito will be introducing you to our less known native species and sharing some of our family recipes since Sara grew up by the seaside (and where her Mum lives today - hence the Cornwall connection!)

So, if you fancy a bit of skate you'll find it's either high priced elsewhere or not available from Cornwall now skate are protected in Cornish waters. So what we'll do is tell you about other great sustainable fish like Megrim Sole and Plaice which are plentiful at this time of year. In season this month are

*Hake£15.00/kg
or £3.75/250g portion*

*Cod fillet.....£19.50/kg
or £4.88/250g portion*

*Haddock 200-250g ea .£11.99/kg
or £2.50 to £3.00 each*

*Smoked Haddock 200g -250g
£19.99/kg*

or £4.00 to £5.00 per whole fillet

*Smoked Kippers£10.20/kg
or £2.55 ea. (250g approx)*

*Lemon Sole approx 500g £16.50/
kg or £8.25 ea. approx (larger fillets
serve 2 people)*

*Megrim Sole (medium) 350-500g
.....£4.00 ea*

*Brill (turbot family)1-2kg
.....£17.50/kg*

*Dover Sole 600g whole £16.15/kg
or £9.75 each average size*

*Plaice 450-500g each..£11.50kg
or £5.75 each average size*

*Line Caught Mackerel.....£7.65/kg
or £2.29 ea. (300g approx)*

*Red Mullet 200-300g ..£5.95 ea
Monkfish Tails (medium)*

*1-2kg whole£21.75/kg
or £5.45 per 250g portion average*

*Wild Sea Bass whole ...£10.20/kg
or £2.55 ea. (250g approx)*

*Mussels (to order)£5.44/kg
or £2.99 (500g portion approx)*

Palourdes Clams£15.75/kg

Oysters.....£1.30 ea

Half Shell Scallops.....£0.79p ea

Price per kilogram. Prices vary subject to availability