

C M ROACH & CO. LTD

Frozen seafood specialists



Product Code	Product Description	Product Size	Pack Size
Cold Water Prawns - Own Label			
XNA2	Atlantic Supreme	100-200	20 x 454g
XNA10	North Atlantic Fjord	150-250	10 x 454g
XG756	Supreme Value 756	100-200	4 x 2.5kg
XG754	Good Value 754	150-250	4 x 2.5kg
XG754GOLD	Gold Value Cooked & Peeled Superior Lux Coldwater Prawns	200-300	5 x 2kg
Greenland & Icelandic Prawns			
XG446	Greenland 446	125-175	4 x 2.5kg
XG12510	Icelandic / Canadian Prawns	125-175	4 x 2.5kg
XG17510	Icelandic / Canadian Prawns	175-275	4 x 2.5kg
Cooked Shell On Cold Water Prawns			
XS011	Greenland/Icelandic	90-120	5kg cases
Crevettes			
CV1012	Various Brands Crevettes	10-20	12 x 1kg
CV2006	Various Brands Crevettes	20-30	12 x 1kg
CV3006	Various Brands Crevettes Cooked Whole Crevettes from Tropical Waters	30-40	12 x 1kg
Pink Shrimps			
SH30	Pink Cooked Shrimps		6 x 2.27kg/5lb
SHB25	Peeled Brown Shrimps		25 x 454g
SHP2	Pink Potted Shrimps		1 x 24no
SHP20B	Brown Potted Shrimps		1 x 24no
King Prawn Products			
XKP06	Fresh water (IQF) Headless Shell On	6-8	12 x 908g 2lb
XKP08	Fresh water (IQF) Headless Shell On	8-12	12 x 908g 2lb
XKP13	Fresh water (IQF) Headless Shell On	13-15	12 x 908g 2lb
XKP16	Fresh water (IQF) Headless Shell On	16-20	12 x 908g 2lb
XKP2010	Large Cooked & Peeled Kings	21-30	10 x 454g
XKPT26	Cooked & Peeled Tail On Kings	26-30	10 x 1kg
XKPT3110	Cooked & Peeled Tail On Kings	31-40	10 x 1kg
XKPBT1610	Whole Black Tigers Raw IQF	16-20	10 x 1kg
XKPBT2010	Whole Black Tigers Raw IQF	21-30	10 x 1kg
XKPS10	Raw & Peeled King Prawn Skewers		10 x 1kg
XKPR0810	Raw Peeled & Deveined King Prawns	8-12 / 11-15	10 x 1kg
XKPR1610	Raw Peeled & Deveined King Prawns	16-20 / 21-25	10 x 1kg
XKPR2610	Raw Peeled & Deveined King Prawns	26-30 / 31-40	1 x 10kg
XKP506	Oriental Kings (Filo Pastry)		12 x 500g
XKP00500	Torpedo Breaded Kings	21-25	10 x 500g
XKP01500	Butterfly Breaded Kings	21-26	12 x 500g
XKPG10	VIP Garlic King Prawns		10 x 500g
XKPBTAT6	Battered King Prawns		12 x 500g
Peeled Scampi			
SC9X10	Supreme (IQF) 28% glaze	10-20	10 x 454g
SC910	Jumbo (IQF) 28% glaze	21-30	10 x 454g

SC810	Gourmet (IQF) 28% glaze	31-45	10 x 454g
SC710	Selected (IQF) 28% glaze	45-60	10 x 454g
Breaded And Battered Scampi			
SC4E	Seasider Whole Tail Breaded Scampi		10 x 454g
SC4M	Middleton Whole Tail Breaded Scampi		10 x 454g
SC4W250	Whitby Ovenbake Scampi		8 x 250g
SC510W	Whitby Battered Scampi		10 x 450g
Lobsters - Langoustines			
CVL16	Langoustines - Raw	16-20	12 x 1kg
CVL21	Langoustines - Raw	21-30	12 x 1kg
LOT540	Rock Lobster Tails	5oz	1 x 4.54kg
GALP12	Lobster Meat Pots		12 x 320g
LOP350	Popsicle Lobsters	350g	10no
LOP400	Popsicle Lobsters	400g	10no
Crabmeat			
CR01S	50/50 Crabmeat Orkney		20 x 450g
CR02SS	White Crabmeat Orkney		20 x 450g
CR031	Brown Crabmeat Orkney		20 x 454g
CR0710	Dressed Crabs Seasider All pure Crabmeat	200g	10no
CR045012	Soft Shelled Crabs (18 pieces per kg)	50-65g	12 x 1kg
CR11L	Crab Claws Orkney - Cooked Count per kilo	8-12 Large	5 x 1kg
CR11X	Crab Claws Orkney - Cooked Count per kilo	4-8 X Large	5 x 1kg
CR11XXL	Crab Claws Orkney - Cooked Count per kilo	2-4 XX Large	5 x 1kg
CR42107	Alaskan King Crab Claws	700-900g	Catch Weight
CRBBQ9L	Barbecue Claws - Single Pincer Orkney		9 x 1kg
Mussels			
MU010	Seasider (IQF) Large	100-200	10 x 454g
MUDC100	Chilean Mussels (IQF) Bulk Pack	100-200	1 x 10kg
MU03NL	New Zealand M/Meat		10 x 1kg
MU03GL10	N.Z. Greenlip Half Shell	Large	10 x 1kg
MU03WC	Seasider Connemara Whole Shell Irish	(V/Pac)	5 x 1kg
MU03WL5	Large Whole Shell Chilean Mussels		5 x 1kg
MUDCH10	1/2 Shell Chilean Mussels	40-55	10kg
MU12P	Moules Provençale in Whole Shell	(V/Pac)	9 x 450g
MU09M	Moules Marinieres in Whole Shell	(V/Pac)	12 x 450g
Cockles - Clam Meat			
CK0110	Seasider Brand (IQF)		10 x 454g
CK10800	Dutch (IQF) Genuine Bulk Pack	800-1000	1 x 10kg
CK0111	Baby Clam Meat		10 x 454g
AVC1070	Cooked Half Shell Clams	70-90	12 x 1kg
AVC4010	Cooked Whole Shell Clams	40-60	12 x 1kg
AVR5K	Raw Razor Clams		5 x 1kg
Whelks			
WL10	Seasider Whelks English		10 x 454g
WL1510	Whelks	10-20	15kg
Product Code	Product Description	Product Size	Pack Size
Scallops			
SL210	Queen Scallops (Roe on)	40-50	10 x 454g
SL10	Seasider King Scallops (Roe on)	8-12	10 x 454g
Crab Flavoured Products			
OS3B	Seasider Ocean Stix		10 x 1kg
OS3	Macrae Ocean Stix		10 x 1kg

OS341	Macrae Ocean Stix		40 x 250g
OS7S	Ocean Flake Salad Style		10 x 1kg
OS2M	Macrae Imitation Prawn Tails		10 x 454g
OS2S20	Seaspray Prawn Tails		20 x 500g
OS9	Sealect Lobster Tails		25 x 264g

Whitebait

WB03	(IQF) Dutch Whitebait		18 x 454g
WB01	Seasider IQF Whitebait Smelts		20 x 454g
WBB20	Blanchbait Breaded 'Entrée'		20 x 454g

Trout

TTF100	Pink Trout Fillets	100-200g / 140-	1 x 5kg
TT0733	Boned Whole Trout	7/9oz	6 x 2.5kg
TTSF10	Smoked Trout Fillets	2 fillets per pack	10 x 125g

Lemon Fillets

LM006	Cross Cut Fillets (IQF)	170-230g 6/8oz	1 x 4.54kg
LM008	Cross Cut Fillets (IQF)	230-285g 8/10oz	1 x 4.54kg
LM010	Cross Cut Fillets (IQF)	280-340g 10/12oz	1 x 4.54kg
LM012	Cross Cut Fillets (IQF)	340-410g 12/14oz	1 x 4.54kg

Coley Fillets

CL11	Coley Fillets Skinless IQF	8-12oz	1 x 4.54kg
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Cod Fillets/Loins

CD004SS	Inshore Skin On (IQF, Natural Fillets)	110-140g 4/5oz	1 x 4.54kg
CD005SS	Inshore Skin On (IQF, Natural Fillets)	140-170g 5/6oz	1 x 4.54kg
CD006SS	Inshore Skin On (IQF, Natural Fillets)	170-200g 6/7oz	1 x 4.54kg
CD007SS	Inshore Skin On (IQF, Natural Fillets)	200-230g 7/8oz	1 x 4.54kg
CD008SS	Inshore Skin On (IQF, Natural Fillets)	230-285g 8/10oz	1 x 4.54kg
CD01012	Inshore Skin On (IQF, Natural Fillets)	280-340g 10/12oz	1 x 4.54kg
CD01214	Inshore Skin On (IQF, Natural Fillets)	340-410g 12/14oz	1 x 4.54kg
CD106B	Skinned & Boned (Produced from FAS fish)	170-200g 6/7oz	1 x 4.54kg
CD107B	Skinned & Boned (Produced from FAS fish)	200-255g 7/8oz	1 x 4.54kg
CD108B	Skinned & Boned (Produced from FAS fish)	230-285g 8/10oz	1 x 4.54kg
CD110B	Skinned & Boned (Produced from FAS fish)	285-340g 10/12oz	1 x 4.54kg
CDL106	Cod Loins Skinless & Boneless	170g / 6oz	1 x 4.54kg
CDL107A	Cod Loins Skinless & Boneless	200-230g 7/8oz	1 x 4.54kg

Haddock Fillets/Loins

HD003	Inshore Skin On (IQF, Natural Fillets)	80-110g 3/4oz	1 x 4.54kg
HD004	Inshore Skin On (IQF, Natural Fillets)	110-140g 4/5oz	1 x 4.54kg
HD005	Inshore Skin On (IQF, Natural Fillets)	140-170g 5/6oz	1 x 4.54kg
HD0067	Inshore Skin On (IQF, Natural Fillets)	170-200g 6/7oz	1 x 4.54kg
HD007	Inshore Skin On (IQF, Natural Fillets)	200-230g 7/8oz	1 x 4.54kg
HD008	Inshore Skin On (IQF, Natural Fillets)	230-285g 8/10oz	1 x 4.54kg
HD01012	Inshore Skin On (IQF, Natural Fillets)	280-340g 10/12oz	1 x 4.54kg
HD01214	Inshore Skin On (IQF, Natural Fillets)	340-410g 12/14oz	1 x 4.54kg

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Haddock Fillets/Loins continued....

HD105B	Skinned & Boned (Produced from FAS fish)	140-170g 5/6oz	1 x 4.54kg
HD106B	Skinned & Boned (Produced from FAS fish)	170-200g 6/7oz	1 x 4.54kg
HD107B	Skinned & Boned (Produced from FAS fish)	200-255g 7/8oz	1 x 4.54kg
HD108B	Skinned & Boned (Produced from FAS fish)	230-285g 8/10oz	1 x 4.54kg
HD110B	Skinned & Boned (Produced from FAS fish)	285-340g 10/12oz	1 x 4.54kg
HDL106	Haddock Loins Skinless & Boneless	6oz	1 x 4.54kg

Plaice Fillets

PL45	Skin on (IQF)	110-140g 4/5oz	1 x 4.54kg
PL56	Skin on (IQF)	140-170g 5/6oz	1 x 4.54kg

PL67	Skin on (IQF)	170-200g 6/7oz	1 x 4.54kg
PL78	Skin on (IQF)	200-230g 7/8oz	1 x 4.54kg
PL810	Skin on (IQF)	230-285g 8/10oz	1 x 4.54kg
PL99	Skin on (IQF)	280-340g 10/12oz	1 x 4.54kg

Milts

MT25	Canadian Milts		(25lb)
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Cod Roes

CD91K	Kovin Cod Roes	Tins/Cases	12 x 600g
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Salmon

S99	Superior Head on Salmon	1-2 Kilo Fish	Cases
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Smoked Fish & Kippers

HD7BT	Traditional Yellow Smoked Haddock Fillets		1 x 3kg
HD7N3K	Natural Smoked Haddock Fillets		1 x 3kg
HD7N68	Natural Smoked Haddock Fillets	170-230g 6/8oz	1 x 4.54kg
CD71S	Skinless Smoked Codlings (Sprags)	¾ / 1lb	1 x 3.175kg
CDLS10	Natural Smoked Cod Loins		1 x 4.54kg
KP10J	Whole Kippers		1 x 3.175kg
KP20J	Boned Kippers		1 x 3.175kg
KP5N	Buttered Kipper Fillets	Boil in Bag	12 x 170g
KP4V3K	Hot Smoked Mackerel	V/Pac	1 x 3kg
KP3V	Peppered Smoked Mackerel	V/Pac	1 x 3.175kg
KPSSS1K	Smoked Salmon Sides Sliced		1 kg
KPS10100	Smoked Salmon packs	100g / 200g	10no
HLS	Smoked Halibut Fillets		10 x 200g
TTSF10	Smoked Trout Fillets		10 x 125g
AEL10	Smoked Eel Fillets		10 x 200g

Seasider Fish Steaks

ZHS6V	White Halibut	170-230g 6/8oz	1 x 4.54kg
ZHS8V	White Halibut	230-285g 8/10oz	1 x 4.54kg
ZTU6L	Tuna Skinless & Boneless Supremes	170-230g 6/8oz	1 x 4.54kg
ZTU8L	Tuna Skinless & Boneless Supremes	230-285g 8/10oz	1 x 4.54kg
ZSW8L5	Swordfish Skinless & Boness Supremes	230-285g 8/10oz	1 x 4.54kg
ZSW6L	Swordfish Skinless & Boness Supremes	170-230g 6/8oz	1 x 4.54kg
ZSH65	Shark	170-230g 6/8oz	1 x 4.54kg
ZKF06	Wahoo / Kingfish Portions	170-230g 6/8oz	1 x 5kg
HALM10	Mock Halibut	400-900g	1 x 4.54kg

(all steaks are vacuum packed and cut from large fish to give good meaty steaks)

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Speciality Fish

APOS10	Pollack Fillets Skinless	4/5oz - 5/6oz	1 x 4.54kg
SQB21	Baby Squid	21-40	10 x 1kg
SQ30	Calamari Squid Whole		6 x 2.27kg / 5lb
SQ24	Calamari Squid Whole		24 x 454g
SQ105	Squid Tubes Large	U5	10 x 1kg
ML1200	Whole Red Mullet		1 x 10kg
MLF4080	Red Mullet Fillets	40/60g - 80/120g	10 x 1kg
ML210AA400	Whole Argentine Red Snapper	400/600g	1 x 10kg
ML232310	Red Snapper Fillets	3-500g	1 x 10kg
ML2325	Red Snapper Fillets	5-800g	1 x 10kg
ML20P610	Red Snapper Portions	6/8oz	10no
AOC10	Whole Octopus	1-2kg per fish	Approx. 8kg
BASSF130	Seabass Fillets	130-190g	1 x 5kg
BASSW250	Whole Gutted Sea Bass	250-400g	1 x 5kg
SR05	Whole Sardines		5 x 1kg

SRF05	Sardine Butterfly Fillets		5 x 1kg
SK1008	Skate Wings Skinless	8/16oz - 16/32oz	1 x 4.54kg
AH0104B	Hoki Fillets Skinless	4/6oz	1 x 4.54kg
HK1045	Hake Fillets Skinless	5/6oz	1 x 5kg
AMKF0105	Stargazer Fillets formally known as NZ Monkfish	100-200g	1 x 5K
AMKF0205	Stargazer Fillets formally known as NZ Monkfish	200-400g	1 x 5K
AMKF0405	Stargazer Fillets formally known as NZ Monkfish	400-600g	1 x 5K
AMCH10	Whole Horse Mackerel		10 x 1kg
AMC12	Whole Mackerel		Catch Weight
AMCF800	Mackerel Fillets	100/150g	5 x 800g
AMLK5808	Whole Gutted Milkfish	500-800g	1 x 8kg
ATLP3005	Tilapia Whole Gutted – Black	300/500g -	1 x 5kg
ATLP14020010	Tilapia Fillets Skinless Boneless	5/7oz	10 x 1kg
ASB300	Whole Seabream	300/400g	1 x 5kg
ASBF110150	Seabream Fillets	110-150g	1 x 5kg
LM11522	Whole Lemons	15/17oz	1 x 10kg
LM11722	Whole Lemons	17/19oz	1 x 10kg
ACUT1040	Baby Cuttlefish	40/60g	1 x 10kg
AOC2012	Baby Octopus	20/40g	10 x 1kg
AFL128	Frogs Legs	8-12per kg	12 x 1kg
AOY1025	Oyster Meat		10 x 1kg
APAN170225	Panga Fillets	170-220g / 270-	1 x 4.54kg
AJD02	Oreo Dory Fillets	60-115g	1 x 5kg
AMA612	Mahi Mahi Portions	170-200g	12 x 1kg

Primefish

DV16	Whole Dover Soles Best Dutch	16/18oz	10kg cases
DV18	Whole Dover Soles Best Dutch	18/20oz	10kg cases
DV20	Whole Dover Soles Best Dutch	20/24oz	10kg cases
DVP11511	Pan Ready Plaice	15/17oz	10kg cases

Breaded Fish Fillets - 3 Way Cook - Golden Or Natural Crumb

FBC4H	Cod Fillets	110g-140g 4/5oz	24no
FBC5H	Cod Fillets	140-170g 5/6oz	24no
FBC6H	Cod Fillets	170-200g 6/7oz	18no
FBC7H	Cod Fillets	200-230g 7/8oz	15no
FBC8H	Cod Fillets	230-285g 8/10oz	15no

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Breaded Fish Fillets continued....

FBH4H	Haddock Fillets	110g-140g 4/5oz	24no
FBH5H	Haddock Fillets	140-170g 5/6oz	24no
FBH6H	Haddock Fillets	170-200g 6/7oz	18no
FBH7H	Haddock Fillets	200-230g 7/8oz	15no
FBH8H	Haddock Fillets	230-285g 8/10oz	15no
FBP4H	Plaice Fillets	110-140g 4/5oz	24no
FBP5H	Plaice Fillets	140-170g 5/6oz	24no
FBP6H	Plaice Fillets	170-200g 6/7oz	18no
FBP7H	Plaice Fillets	200-230g 7/8oz	15no
FBP8H	Plaice Fillets	230-290g 8/10oz	15no

Battercrisp Fillets - All 3 Way Cook

FDC4H	Cod Fillets	110g-140g 4/5oz	24no
FDC5H	Cod Fillets	140-170g 5/6oz	24no
FDC6H	Cod Fillets	170-200g 6/7oz	18no
FDC7F	Cod Fillets	200-230g 7/8oz	15no
FDC85	Cod Fillets	230-290g 8/10oz	15no
FDH4H	Haddock Fillets	110g-140g 4/5oz	24no
FDH5H	Haddock Fillets	140-170g 5/6oz	24no

FDH6H	Haddock Fillets	170-200g 6/7oz	18no
FDH7H	Haddock Fillets	200-230g 7/8oz	15no
FDH8H	Haddock Fillets	230-290g 8/10oz	15no

Value Added Products

FA336K	Fish Cakes-Kingfrost		36 x 85g
FA424	Fish Cakes-Kingfrost		24 x 4oz
FA4	Salmon Fishcakes		24 x 56g
FA48TS	Orkney Thai Style Crab Cakes/Chilli & Garlic		48 x 28g
FA48TS24	Luxury Thai Salmon Fish Cakes		25 x 85g
FACC18	Cod, Bacon & Brie Fish Cakes		18 x 130g
FACH18	Smoked Haddock, Mozz & Spring Onion Fish Cakes		18 x 130g
FACS18	Salmon, Lemon & Dill Fish Cakes		18 x 130g
FA6H	Haddock Fish Fingers		2 x 60no
FA6CF71	Jumbo Cod Fish Fingers		1 x 36no
LMG10	Breaded Lemon Goujons		10 x 454g
GJSA10	Breaded Salmon Goujons		10 x 454g
PLG10	Breaded Plaice Goujons		10 x 454g
FA865	Breaded Cod Goujons		5 x 1kg
FA865D	Beer Battered Cod Goujons		5 x 1kg
FKH24	Breaded Haddock Kiev		24 x 150g
GHT24	Haddock Toppers		24 x 140g
GHSP24	Haddock Florentine		24 x 150g
GHB3	Breaded Haddock Bites		1 x 3kg
GSB3	Breaded Salmon Bites		1 x 3kg
GHS24	Haddock Shanties		24 x 150g
GSS12	Salmon Shanties		12 x 170g
GPPS1	Rolled Plaice With Prawn Mousse		1 x 3kg
GPSS1	Rolled Plaice With Salmon Mousse		1 x 3kg
GESG10	Seafood Elites with shrimp/garlic		1 x 4.54kg
GESC10	Seafood Elites with scallop/crab		1 x 4.54kg
FHPAR	Dusted Haddock with Lemon & Parsley		1 x 18no
FHPEP	Dusted Haddock with Lemon & Pepper		1 x 18no
GCSJ10	Coquille St Jacques		10 x 200g

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Value Added Products continued....

AES10	Snails in Garlic		10 x 12no
SC6CLUX	Luxury Seafood Cocktail		10 x 900g
SC6C10	Seafood Cocktail		10 x 454g
SQ812	Battered Squid Rings		12 x 500g
GPA15500	Paella Base Mix		15 x 500g
GFPM10	Fish Pie Mix		1 x 4.54kg
FBYFS6	Breaded Yellow Fin Sole		25 x 170g
FBYFSLPS	Lemon & Pepper Breaded Yellow Fin Sole		25no
GPSF5KG	Breaded Plaice Spinach & Feta		5kg
SQR6	Blanched Squid Rings		6 x 1kg
OS810	Breaded Crab Claws		10 x 1kg

Seasider Silver Service (10 packs)

VHS610	Halibut Steaks	170-225g (6/8oz)	1 x 10no
VHSS810	Halibut Steaks	225-280g (8/10oz)	1 x 10no
VTU6L	Tuna Loin Steaks	170-225g (6/8oz)	1 x 10no
VTU8L	Tuna Loin Steaks	225-280g (8/10oz)	1 x 10no
VSW6L10	Swordfish Supremes	170-225g (6/8oz)	1 x 10no
VSW8L10	Swordfish Supremes	225-280g (8/10oz)	1 x 10no
VSS140S	Atlantic Salmon Fillet Portion - Skinned & Boned	140-170g (5/6oz)	1 x 10no
VSS170S	Atlantic Salmon Fillet Portion - Skinned & Boned	170-200g (6/7oz)	1 x 10no
BASS610	Escolar Portions	180-220g	1 x 10no
VMA6L	Marlin Loin Steaks	170-260g (6-9oz)	1 x 10no
VTT710	Trout - Gilled and gutted Trout. Individual poly bag.	200/255g (7/9oz)	1 x 10no

VBB610 Barbeque Mix - 2 tuna, 2 salmon, 2 swordfish, 2 red snapper 170-225g (6/8oz) 1 x 10no

For your convenience products are packed by number of portions / fillets per case. All items for this premium product list are prime, hand selected and graded. Fish Steaks, all packed in 10 steaks per carton.

****Prices are subject to change due to market conditions and product availability****