

# C M ROACH & CO. LTD

*Frozen seafood specialists*



<u>Product Code</u>	<u>Product Description</u>	<u>Product Size</u>	<u>Pack Size</u>
<b>Cold Water Prawns - Own Label</b>			
XNA2	Atlantic Supreme 18% Glaze	100-200	20 x 454g
XNA10	North Atlantic Fjord 25% Glaze	200-300	10 x 454g
XG756	Supreme Prawns 756's 25% Glaze	100-200	4 x 2.5kg
XG754	Premium Prawns 754's 25% Glaze	200-300	4 x 2.5kg
XG752	Ocean Value 40% Glaze	200-300	5 x 2kg
XG12575	Luxury Prawns 10% Glaze	125-175	5 x 2kg
<b>Greenland &amp; Icelandic Prawns</b>			
XG12510	Icelandic / Canadian Prawns 10-12% Glaze	125-175	4 x 2.5kg
<b>Cooked Shell On Cold Water Prawns</b>			
XS011	Greenland/Icelandic	90-120	5kg cases
<b>Crevettes Indian origin</b>			
CV1012	Various Brands Crevettes	10-20	10x1k/6x2k
CV2006	Various Brands Crevettes	25-35	10x1k/6x2k
CV3006	Various Brands Crevettes	30-40	10x1k/6x2k
	Cooked Whole Crevettes from Tropical Waters		
<b>Pink Shrimps</b>			
SHB25	Peeled Brown Shrimps		25 x 454g
SHP2	Pink Potted Shrimps		24 x 50g
SHP20B	Brown Potted Shrimps		24 x 50g
<b>King Prawn Products</b>			
XKP06	Fresh water (IQF) Headless Shell On	6-8	12 x 908g
XKP08	Fresh water (IQF) Headless Shell On	8-12	12 x 908g
XKP13	Fresh water (IQF) Headless Shell On	13-15	12 x 908g
XKP16	Fresh water (IQF) Headless Shell On	16-20	12 x 908g
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
XKPBT0810700	Whole Black Tigers Raw IQF	8-12	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
XKPR0810	Raw Peeled & Deveined King Prawns 30% Glaze	8-12 / 11-15	10 x 1kg
XKPR1610	Raw Peeled & Deveined King Prawns 30% Glaze	16-20 / 21-25	10 x 1kg
XKPR2610	Raw Peeled & Deveined King Prawns 30% Glaze	26-30	1 x 10kg
XKP506	Oriental king Prawns (filo Pastry)	26-30	12 x 500g
XKP00500	Torpedo Breaded Kings	21-25	12 x 500g
XKP01500	Butterfly Breaded Kings	21-26	12 x 500g
XKPG10	VIP Garlic King Prawns	26-30	10 x 500g
XKPBTAT6	Battered King Prawns	26-30	12 x 500g

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<b>Peeled Scampi</b>			
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
<b>Breaded And Battered Scampi</b>			
SC4E	Seasider Whole Tail Breaded Scampi		10 x 454g
SC4M	Middleton Whole Tail Breaded Scampi		10 x 454g
SC4W250	Whitby Ovenbake Scampi		8 x 225g
SC510W	Whitby Battered Scampi		10 x 450g
<b>Lobsters - Langoustines</b>			
CVL16	Langoustines - Raw	17-20	12 x 1kg
CVL21	Langoustines - Raw	21-30	12 x 1kg
LOT510	Lobster Tails	5oz	1 x 4.54kg
GALP12	Lobster Meat Pots		12 x 320g
LOP350	Popsicle Lobsters	325g/350g	10no
<b>Crabmeat Irish origin</b>			
CR01K	50/50 Crabmeat		20 x 454g
CR02K	White Crabmeat		20 x 454g
CR03K	Brown Crabmeat		20 x 454g
CR07150	Dressed Crabs Seasider All pure Crabmeat	150g	10no
CR045012	Soft Shelled Crabs	Various	8 x 1kg
CR11S	Crab Claws - Cooked Count per kilo	18-22 Small	5 x 1kg
CR11L	Crab Claws - Cooked Count per kilo	8-12 Large	5 x 1kg
CR11X	Crab Claws - Cooked Count per kilo	4-8 X Large	5 x 1kg
CR11XXL	Crab Claws - Cooked Count per kilo	2-4 XX Large	5 x 1kg
CR42107	King Crab Legs (Caught Barents Sea)	600-800g	Catch
CRBBQ9L	Barbecue Claws		10 x 1kg
<b>Mussels</b>			
MUO10	Seasider (IQF) Large	100-200	10 x 454g
MUDC100	Chilean Mussels (IQF) Bulk Pack	100-200	1 x 10kg
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	(V/Pac)	5 x 1kg
<b>Cockles - Clam Meat</b>			
CK0110	Seasider Brand (IQF)		10 x 454g
CK101000	Dutch (IQF) Genuine Bulk Pack	800-1000	1 x 10kg
CK0111	Baby Clam Meat		10 x 454g
CKL101000P	1000/1500 Paphia Clam Meat		10 x 1kg
AVC1070	Cooked Half Shell Clams	Various	10 x 1kg
AVC4010	Cooked Whole Shell Clams	Various	10 x 1kg
AVR5K	Raw Razor Clams	4-6 Inches	5 x 1kg

### **Whelks**

WL10	Seasider Whelk Meat	10-20	10 x 454g
WL10L	Whelks Bulk	10-20	10kg
<b>Coley Fillets</b>			
CL11	Coley Fillets Skinless IQF	Various	1 x 4.54kg

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<b>Scallops</b>			
SL2454G	Queen Scallops (Roe less)	40-50	10 x 454g
SL10	Seasider King Scallops (Roe on)	8-12	10 x 454g

<b>Crab Flavoured Products</b>			
OS3	Macrae Ocean Stix	64 per kg	10 x 1kg
OS341	Macrae Ocean Stix	32 per 250g	40 x 250g
OS3GR	Gold Ribbon Sticks	64 per kg	10 x 1kg
OS7S	Seaspray Ocean Flake Salad Style	block	10 x 1kg
OS3M	Meena Crab Sticks	64 per kg	10 x 1kg
OS2M	Macrae Imitation Prawn Tails	25 per 454g	10 x 454g
OS2S20	Seaspray Prawn Tails	20 per 500g	20 x 500g
OS9	Sealect Lobster Tails	3 per 264g	25 x 264g
OS9M	Meena Lobster Tails	3 per 250g	40 x 250g

<b>Whitebait</b>			
WB02	(IQF) Dutch Whitebait		20 x 454g
WBB20	Blanchbait Breaded 'Entrée'		20 x 454g

<b>Trout</b>			
TTF100	Pink Trout Fillets	100-200g	1 x 5kg
TTF140	Pink Trout Fillets	140-170g	1 x 5kg
TT0722	Whole Gutted Trout	7/9oz	5kg
TTSF10	Smoked Trout Fillets	2 fillets per	10 x 125g

<b>Lemon Fillets      20% Glaze</b>			
LM005	Skin on Fillets (IQF)	5/6oz	1 x 4.54kg
LM006	Skin on Fillets (IQF)	6/8oz	1 x 4.54kg
LM008	Skin on Fillets (IQF)	8/10oz	1 x 4.54kg
LM010	Skin on Fillets (IQF)	10/12oz	1 x 4.54kg
LM012	Skin on Fillets (IQF)	12/14oz	1 x 4.54kg

<b>Cod Fillets/Loins      15% Glaze</b>			
CD005SS	Inshore Skin On PBI (IQF, Natural Fillets)	5/6oz	1 x 4.54kg
CD006SS	Inshore Skin On PBI (IQF, Natural Fillets)	6/7oz	1 x 4.54kg
CD007SS	Inshore Skin On PBI (IQF, Natural Fillets)	7/8oz	1 x 4.54kg
CD008SS	Inshore Skin On PBI (IQF, Natural Fillets)	8/10oz	1 x 4.54kg
CD01012	Inshore Skin On PBI (IQF, Natural Fillets)	280-340g	1 x 4.54kg
CD01214	Inshore Skin On PBI (IQF, Natural Fillets)	12/14oz	1 x 4.54kg
CD106B	Skinned & Boned	6/7oz	1 x 4.54kg
CD107B	Skinned & Boned	7/8oz	1 x 4.54kg
CD108B	Skinned & Boned	8/10oz	1 x 4.54kg
CD110B	Skinned & Boned	10/12oz	1 x 4.54kg
CDL106	Cod Loins Skinless & Boneless	5/6oz	1 x 4.54kg
CDL107A	Cod Loins Skinless & Boneless	7/8oz	1 x 4.54kg

<b>Haddock Fillets/Loins 15% Glaze</b>			
HD004	Inshore Skin On PBI (IQF, Natural Fillets)	4/5oz	1 x 4.54kg
HD005	Inshore Skin On PBI (IQF, Natural Fillets)	5/6oz	1 x 4.54kg
HD0067	Inshore Skin On PBI (IQF, Natural Fillets)	6/7oz	1 x 4.54kg
HD007	Inshore Skin On PBI (IQF, Natural Fillets)	7/8oz	1 x 4.54kg
HD008	Inshore Skin On PBI (IQF, Natural Fillets)	8/10oz	1 x 4.54kg
HD01012	Inshore Skin On PBI (IQF, Natural Fillets)	10/12oz	1 x 4.54kg
HD01214	Inshore Skin On PBI (IQF, Natural Fillets)	12/14oz	1 x 4.54kg
HD105B	Skinned & Boned	5/6oz	1 x 4.54kg

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<b>Haddock Fillets/Loins Continued....</b>			
HD106B	Skinned & Boned	6/7oz	1 x 4.54kg
HD107B	Skinned & Boned	7/8oz	1 x 4.54kg
HD108B	Skinned & Boned	8/10oz	1 x 4.54kg
HD110B	Skinned & Boned	10/12oz	1 x 4.54kg
HDL106	Haddock Loins Skinless & Boneless	6/7oz	1 x 4.54kg

<b>Plaice Fillets 20% Glaze</b>			
PL45	Skin on (IQF)	4/5oz	1 x 4.54kg
PL56	Skin on (IQF)	5/6oz	1 x 4.54kg
PL67	Skin on (IQF)	6/7oz	1 x 4.54kg
PL78	Skin on (IQF)	7/8oz	1 x 4.54kg
PL810	Skin on (IQF)	8/10oz	1 x 4.54kg
PL99	Skin on (IQF)	10/12oz	1 x 4.54kg

<b>Milts</b>			
MT25	Canadian Milts		6x5x454g

<b>Salmon</b>			
S99	Superior Head on Salmon	1-2 Kilo Fish	Catch Weight
VSS140S	Atlantic Salmon Fillet Portion - Skinned & Boned	5/6oz	1 x 10no
VSS170S	Atlantic Salmon Fillet Portion - Skinned & Boned	6/7oz	1 x 10no
VSSF140	Faroe salmon portion - Skinned & Boned	140/170g	1 x 10no

<b>Smoked Fish &amp; Kippers</b>			
HD7BT	Traditional Yellow Smoked Haddock Fillets	10oz +	1 x 3kg
HD7N3K	Natural Smoked Haddock Fillets	10oz +	1 x 3kg
HD7N68	Natural Smoked Haddock Fillets	6/8oz	1 x 4.54kg
CD71S	Skinless Smoked Codlings (Sprags)	¾ / 1lb	1 x 3.175kg
KP10J	Whole Kippers	160 +	1 x 3.175kg
KP20J	Boned Kippers	110-170g	1 x 3.175kg
KP5N	Buttered Kipper Fillets	Boil in Bag	12 x 170g
KP4V3K	Hot Smoked Mackerel 170/230g	V/Pac	1 x 3kg
KP3V	Peppered Smoked Mackerel 170/230g	V/Pac	1 x 3.175kg
KPSSS1K	Smoked Salmon Sides Sliced		1 kg
KPS10100	Smoked Salmon packs	100g/200g	10no
HLS	Smoked Halibut Fillets		Catch Weight
TTSF10	Smoked Trout Fillets		10 x 125g
AEL10	Smoked Eel Fillets		10 x 200g

### **Seasider Fish Steaks**

ZHS6V	White Halibut	6/8oz	1 x 4.54kg
ZHS8V	White Halibut	8/10oz	1 x 4.54kg
ZTU6L	Tuna Skinless & Boneless Supremes	6/8oz	1 x 4.54kg
ZTU8L	Tuna Skinless & Boneless Supremes	8/10oz	1 x 4.54kg
ZSW8L5	Swordfish Skinless & Boneless Supremes	8/10oz	1 x 4.54kg
ZSW6L	Swordfish Skinless & Boneless Supremes	6/8oz	1 x 4.54kg
ZSH65	Shark Steaks	6/8oz	1 x 4.54kg
ZKF06	Wahoo / Kingfish Portions	6/8oz	1 x 5kg
ZMA610	Marlin Loin Portions	175/225g	10 x 1kg
	(all steaks are vacuum packed and cut from large fish to give good meaty steaks)		
<b>Primefish</b>			
DV16	Whole Dover Soles Best Dutch	16/18oz	10kg cases
DV18	Whole Dover Soles Best Dutch	18/20oz	10kg cases
DVP11511	Pan Ready Plaice	15/17oz	10kg cases

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<b>Speciality Fish</b>			
APO510	Pollock Fillets Skinless 6/8oz, 8/10oz	Various	1 x 4.54kg
SQB21	Baby Squid	21-40	10 x 1kg
SQ30	Calamari Squid Whole	6 inch	6 x 2.27kg
SQ24	Calamari Squid Whole	6 inch	24 x 454g
SQ105	Squid Tubes Large	U5	10 x 1kg
SQSP6	Salt & Pepper Squid		6 x 1kg
ML1200	Whole Red Mullet		10 x 1kg
MLF4080	Red Mullet Fillets	40/80g	10 x 1kg
MLF80120	Red Mullet Fillets	80/120g	10 x 1kg
ML210AA400	Whole Red Snapper	300/500g	1 x 10kg
ML21300	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
BASSF080	Seabass Fillets	80-120g	1 x 5kg
BASSF130	Seabass Fillets	130-190g	1 x 5kg
BASSW250	Whole Guttled Sea Bass	250-400g	1 x 5kg
SR05	Whole Large Sardines (6-8 inch Long)	10-13	5 x 1kg
SRF05	Sardine Skin on Butterfly Fillets	45-60	5 x 1kg
SK1008	Skate Wings Skinless	8/16oz	1 x 4.54kg
SK1016	Skate Wings Skinless	16/32oz	1 x 4.54kg
AH104B	Hoki Fillets Skinless	4/6oz	1 x 4.54kg
HK1045	Hake Fillets Skinless	4/6oz	1 x 5kg
AMKF0105	Stargazer Fillets formally known as NZ Monkfish	100-200g	1 x 5kg
AMKF0205	Stargazer Fillets formally known as NZ Monkfish	200-400g	1 x 5kg
AMCH10	Whole Horse Mackerel	6-8 inch	10 x 1kg
AMC99	Whole Mackerel		Catch Weight
AMCF800	Mackerel Fillets	100-150g	5 x 800g
AMLK5808	Whole Guttled Milkfish	Various	5kg / 10kg
ATLP3005	Tilapia Whole Guttled – Black	300-500g	1 x 5kg
ATLP5500	Tilapia Whole Guttled – Black	500-800g	1 x 5kg
ATLP14020010	Tilapia Fillets Skinless Boneless	150-200g	5 x 1kg
ASBF110150	Seabream Fillets	110-150g	1 x 5kg
ACUT1040	Baby Cuttlefish	40-60g	10 x 1kg

AOC2012	Baby Octopus	20-40g	10 x 1kg
AFL12800	Frogs Legs	8-12per kg	12 x 800g
AOY1025	Oyster Meat		10 x 1kg
APAN170255	Panga Fillets	170-220g	10 x 1kg
AJD02	Oreo Dory Fillets	60-115g	1 x 5kg
AMA612	Mahi Mahi Portions	140-190g	12 x 800g
DSC10	Dried Salted Cod Fillets		10kg
AGP10	Golden Pomfret	400-500g	10kg
CVCR200	Cooked Peeled Crayfish	150/200g	12 x 800g

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

FBC4H	Cod Fillets	4/5oz	24no
FBC5H	Cod Fillets	5/6oz	24no
FBC6H	Cod Fillets	6/7oz	18no
FBC7H	Cod Fillets	7/8oz	15no
FBC8H	Cod Fillets	8/10oz	15no
FBH4H	Haddock Fillets	4/5oz	24no
FBH5H	Haddock Fillets	5/6oz	24no
FBH6H	Haddock Fillets	6/7oz	18no
FBH7H	Haddock Fillets	7/8oz	15no
FBH8H	Haddock Fillets	8/10oz	15no
FBP4H	Plaice Fillets	4/5oz	24no
FBP5H	Plaice Fillets	5/6oz	24no

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### **Breaded Fish Fillets Continued....**

FBP6H	Plaice Fillets	6/7oz	18no
FBP7H	Plaice Fillets	7/8oz	15no
FBP8H	Plaice Fillets	8/10oz	15no

### **Battercrisp Fillets - All 3 Way Cook**

FDC4H	Cod Fillets	4/5oz	24no
FDC5H	Cod Fillets	5/6oz	24no
FDC6H	Cod Fillets	6/7oz	18no
FDC7F	Cod Fillets	7/8oz	15no
FDC85	Cod Fillets	8/10oz	15no
FDH4H	Haddock Fillets	4/5oz	24no
FDH5H	Haddock Fillets	5/6oz	24no
FDH6H	Haddock Fillets	6/7oz	18no
FDH7H	Haddock Fillets	7/8oz	15no
FDH8H	Haddock Fillets	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	Seasider Thai Style Crab Cakes/Chilli & Garlic		48 x 28g
K0179	Luxury Thai Salmon Fish Cakes		25 x 85g
K0177	Luxury Cod Fish Cakes		24 x 85g
K0183	Smoked Haddock, Cheese & Onion Fish Cakes		24 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
FACPH36	Premium Haddock Fish Cakes		36 x 130g

FACT30	King Prawn Lemongrass Fish Cakes		30 x 150g
FA6HA	Whitefish Fish Fingers		120 x 25g
K0140	Breaded Jumbo Cod Fish Fingers		36 x 71g
K0141	Battered Jumbo Cod Fish Fingers		36 x 71g
LMG10	Breaded Lemon Goujons		10 x 454g
GJSA10	Breaded Salmon Goujons		10 x 454g
PLG10	Breaded Plaice Goujons		10 x 454g
FA865A	Breaded Cod Goujons		10 x 500g
FA865	Battered Cod Goujons		5 x 1kg
K0107	Breaded Haddock Kiev		24 x 150g
K0106	Haddock Florentine		24 x 150g
GHS06	Haddock Shanties		6 x 165g
K0105	Haddock Shanties		24 x 150g
K0117	Salmon Shanties		12 x 170g
K01141	Dusted Haddock with Lemon & Parsley	140-170g	18 number
K01151	Dusted Haddock with Lemon & Pepper	140-170g	18 number
GRC18	Crab Gratin		18 x 90g
GRL12	Lobster & Crab Mac 'n' Cheese		12 x 200g
GCSJ10	Coquille St Jacques		10 x 200g
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 475gm
GFPM11	Fish Pie Mix (whitefish ,Salmon, Smoked fish)		10 x 500g
FBYFS6	Breaded Yellow Fin Sole		25 x 170g
SQR6	Blanched Squid Rings		10 x 1kg
OS812	Breaded Crab Claws		10 x 1kg
K0109	Haddock/Cheese Toppers		24 x 150g
GHT10	Haddock/Broc/Leek/Cheese Toppers		10 x 220g
GHT11	Haddock/Prawn/Mushroom/Cheese Toppers		10 x 220g
GCW6	Cod Wellington		6 x 205g
GSHW6	Smoked Haddock Wellington		6 x 205g
GSW6	Salmon Wellington		6 x 205g
GSPW6	Salmon & King Prawn Wellington		6 x 220g

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<b>Seasider Silver Service (10 packs)</b>			
VHS610	Halibut Steaks	6/8oz	1 x 10no
VHS810	Halibut Steaks	8/10oz	1 x 10no
VTU6L	Tuna Loin Steaks	6/8oz	1 x 10no
VTU8L	Tuna Loin Steaks	8/10oz	1 x 10no
VSW6L10	Swordfish Supremes	6/8oz	1 x 10no
VSW8L10	Swordfish Supremes	8/10oz	1 x 10no
VSS140S	Atlantic Salmon Fillet Portion - Skinned & Boned	5/6oz	1 x 10no
VSS170S	Atlantic Salmon Fillet Portion - Skinned & Boned	6/7oz	1 x 10no
VTT710	Trout - Gilled and gutted Trout. Individual poly bag.	7/9oz	1 x 10no
VBB610	Barbeque Mix - 2 tuna, 2 salmon, 2 swordfish, 2 Red Snapper & 2 Halibut Steaks all prime cut (mix subject to change)	6/8oz	1 x 10no

Products and pack sizes may change. All products subject to availability

For anymore information contact a member of our highly experienced sales team



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