



# TREGIDA

AWARD WINNING ARTISAN FOOD

Please find attached Tregida's latest product list, containing all our fresh fish, seafood and smoked products.

We are very proud that a large number of our products have won Taste of the West awards including our **Oak Smoked Kippers which won Best of Fish for 2012.**

If you would like to order any of the products, including both our smoked or fresh products, please call us on **01566 777766** or email [coralie@tregidaseafood.co.uk](mailto:coralie@tregidaseafood.co.uk).



# Fresh Fish

- Retail packs are generally 300g in weight. Retail packs are packed in plastic trays, gas flushed and individually labelled.
- Bulk packs weigh between 800g – 1kg
- Fish on Ice is a new service we provide where we prepare fish to order and charge whole fish price.

Product	Information	Best In	Sizes
Bream	Bream has a pale flesh but a firm but flaky texture.	February to November	300g retail pack Catering - 1kg (approx) Or Fish on Ice *
Cod	Large flakes of white flesh that are firm and moist.	June to Feb	300g retail pack Catering - 1kg (approx) Or Fish on Ice
White Crab Meat	Soft white flesh with a fibrous texture and slightly sweet flavour.	February to September	125g 250g 500g
Brown Crab Meat	Stronger flavour than white crabmeat with a soft, creamy texture and light brown colour	February to September	125g 250g 500g
Dabs	A small flat fish very similar in taste to Plaice.	December to September	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Dover Sole	The flesh is very moist and had an elastic type of texture.	All year round. More difficult Jan-Feb and July-Aug	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Salmon Fishcakes	Hand-made fishcakes with fresh salmon, potato, parsley and seasoning, coated in breadcrumbs.	All year round	2 per pack
Thai Fishcakes	Hand-made fishcakes with organic salmon, potato and a specially blended thai spice mix, coated in breadcrumbs. <b>Taste of the West Bronze Award 2012</b>	All year round	2 per pack
Gluten Free Fishcakes	Hand-made fishcakes with fresh salmon, potato, parsley and seasoning.	All year round	2 per pack
Mini Salmon Fishcakes	6 mini fishcakes with salmon, potato, parsley and seasoning, covered in breadcrumbs.	All year round	6 per pack
Mini White Fishcakes	6 mini fishcakes with white fish, potato, parsley, nutmeg and seasoning.	All year round	6 per pack
Fish Pie Mix	A mix of salmon, white and smoked fish, ready prepared for you. <b>Taste of the West Silver Award 2012</b>	All year round	300g retail pack Catering - 1kg (approx)
Grey Mullet	Lovely white flesh with a firm texture.	April to November	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Gurnard	A moist, firm, white fleshed fish.	March to October	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Haddock	The texture is moist and lean, smaller flakes than cod but just as tasty.	May to February	300g retail pack Catering - 1kg (approx) Or Fish on Ice

Hake	The flesh is creamy and greyish in colour and is very moist	February to November	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Halibut	A flat fish with creamy white flesh and a strong flavour	May to March	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Herring	The flesh is soft and rich and the small bones are soft enough to be eaten.	April to November	300g retail pack Catering - 1kg (approx) Or Fish on Ice
John Dory	The flesh is firm and smooth with a mild flavour. The skin is thin and can be eaten	All year round	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Lemon Sole	A flat fish with small flakes of flesh and a smooth soft texture.	May to March	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Loch Duart Salmon	Deep pink colour, this flesh is dense and has larger flakes High oil content very moist when cooked.	All year round	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Mackerel	Delicate flavour, the flesh is pinky white and has a distinct taste. <b>Taste of the West Bronze Award 2012</b>	All year round	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Monkfish	Dense flesh that is moist and firm and almost meaty in texture.	All year round	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Mussels	Sweet, soft yellow flesh.	All year round	1kg pack
Organic Salmon	Paler in colour than our Loch Duart Salmon, their feed is purely organic and contains no artificial colouring, just 10% shrimp, a natural source of pigment in the diet of wild salmon.	September to May	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Plaice	Not as pronounced a flavour as Lemon Sole, but takes sauces and other flavours very well, and is great for battering.	May to February	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Pollack	White flakes that have a silky feel. Very moist and full of flavour. <b>Taste of the West Silver Award. 2012</b>	March to December	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Red Mullet	Strong flavoured pinkish flesh which is smooth and thick.	May to November	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Sardines	The flesh is crumbly and moist due to the high oil content. <b>Taste of the West Gold Award 2013</b>	All year round	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Samphire	Marsh samphire has vibrant green stalks, similar to baby asparagus, with a distinctively crisp and salty taste.	May to September	300g retail pack
Scallops	Sweet and milky with densely packed fibres Soft and strong texture.	March to November	8's or 12's
Skate	Another flat fish with long thin tubes of flesh that are soft, rich and very moist.	May to February	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Oak Smoked Haddock	Traditionally smoked haddock – large flakes and a wonderful taste and texture. <b>Taste of the West Bronze Award 2012.</b>	All year round	300g retail pack Catering – 1kg (approx)
Sprats	Due to their size, sprats have little white flesh	September to April	300g retail pack

	and can be eaten whole.		Catering - 1kg (approx) Or Fish on Ice
Squid	The flesh is white and elastic and should never be over cooked.	All year round	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Tiger Prawns	Firm, meaty and sweet.	All year round	300g retail
Trout	Mild, with delicate nut like flavour	All year round	300g retail pack Catering – whole fish Or Fish On Ice
Tuna	Very firm and thick flakes of flesh, with almost meaty taste. Colour varies from pink to dark red depending on where they took the cut from on the whole fish.	All year round	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Turbot	King of the flat fish with firm and large flakes of flesh that are silky and moist.	April - February	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Whiting	Soft and crumbly texture with a full flavour.	All year round	300g retail pack Catering - 1kg (approx) Or Fish on Ice
Wild Bass	Medium flakes, soft texture with a sweet, creamy taste.	August to March	300g retail pack Catering - 1kg (approx) Or Fish on Ice

# Smoked Products

Oak Roasted Duck Breast	<p>Slow cooked for a succulent texture.  <b>Taste of the West Award Gold 2013, Silver 2005, Gold 2003</b></p>	<p>Avg 160g Pack            Vac packed in gold bags            Optional green sleeve            Catering - Per Kg</p>
Oak Roasted Chicken Breast	<p>Our chicken is brined and hot smoked to produce a succulent product full of authentic smokey flavour that is ready to eat.  <b>Taste of the West Award Gold 2012.</b></p>	<p>Avg 160g Pack            Vac packed in gold bags            Optional green sleeve            Catering - Per Kg</p>
Oak Roasted Mackerel Fillets	<p>Our Mackerel has our own strong traditional taste. After brining it is hot smoked to create a product with an amazing flavour, not like the generally available mackerel in the shops.  <b>Taste of the West Award Silver 2012, Gold 2010.</b></p>	<p>Avg 160g Pack            Vac packed in gold bags            Optional green sleeve            Catering - Per Kg            3.18kg Box</p>
Oak Roasted Peppered Mackerel Fillets	<p>Our wonderful mackerel made even nicer with a coating of crushed pink peppercorns.  <b>Taste of the West Award Bronze 2011</b></p>	<p>Avg 160g Pack            Vac packed in gold bags            Optional green sleeve            Catering - Per Kg            3.18kg Box</p>
Oak Roasted Trout Fillets	<p>Locally caught trout are brined then hot smoked to create a wonderfully moist product.  <b>Taste of the West Award Gold 2012.</b></p>	<p>Min 125g pack            Catering - Per Kg</p>
Oak Roasted Salmon Steaks	<p>Unlike the Traditional Cold Smoked Salmon, Oak Roasted Salmon is brined and then roasted over oak at much higher temperatures. The result is a moist and full of flavour cooked salmon.  <b>Taste of the West Award Gold 2011</b></p>	<p>Steak - Avg 150g pack            Side - approx 1kg</p>
Oak Smoked Salmon	<p>Produced using traditional methods to give an extremely high quality salmon with a smoky flavour and firm texture.  <b>Taste of the West Award Golf 2014, Silver 2012, Gold 2011.            Great Taste Award 1 Star Accreditation 2013.</b></p>	<p>100g pack, 200g pack            500g pack            1kg sliced side            Unsliced side (min 900g)  <u>Catering</u>            10 x 100g packs            5 x 200g packs            2 x 500g packs</p>
Oak Smoked Whole Kippers	<p>Smoked in the traditional way with no artificial colours or flavours.  <b>Best of Fish in 2012's Taste of the West Awards.            Great Taste Award 2 Star Accreditation 2013</b></p>	<p>Pair (min 400g)            Catering - Per Kg            3.18kg Box</p>
Oak Smoked Kipper Fillets	<p>Same taste as our Whole Kippers but just the fillet.  <b>Taste of the West Awards Gold 2010, Gold 2009</b></p>	<p>Two (min 180g)            Catering - Per Kg            3.18kg Box</p>
Oak Smoked Cheddar Cheese	<p>Our cheddar is made by Denhay Farm in Dorset using their award winning recipe. We cold smoke the cheese gently to add our unique flavour - but keeping the wonderful texture.</p>	<p>200g cheese</p>
Medley of Fish	<p>Smoked Salmon, Smoked Trout, Smoked Mackerel</p>	<p>100g pack            200g pack  <u>Catering</u>            10 x 100g pack            5 x 200g pack</p>
Smoked Salmon Pate	<p>Pate with smoked salmon, cream cheese, lemon.</p>	<p>150g pot</p>
Smoked Trout Pate	<p>Pate with smoked trout, cream cheese and lemon.</p>	<p>150g pot</p>
Smoked Mackerel Pate	<p>Pate with smoked mackerel, cream cheese, lemon juice and horseradish.</p>	<p>150g pot</p>

# Frequently Asked Questions

## 1. Where does your fish come from?

Our fish is caught predominantly off the Cornish coast and landed in Plymouth or Looe. Our buyer picks the best fish and it is delivered direct to our premises in Launceston where the fish is prepared and packed ready for despatch that evening.

Our trout comes from a local trout farm which we offer both fresh on our fish counter or smoked.

Our salmon comes mainly from Scotland, although sometimes our organic salmon may come from other areas of the UK.

## 2. How fresh is your fish?

There is a chance that fish bought at the Cornish markets on a Monday may have been landed over the weekend but apart from that most of the fish has been caught the previous night. We then ship the fish into our premises on the same day and it is packed and prepared ready for despatch that evening. Most days we will have a 24 hour turnaround from market to delivery.

## 3. Is it organic?

We belong to the Organic Food Federation who certify our products including our organic salmon. As for our sea fish, ie, cod, pollack, mackerel, etc, as we are unable to guarantee what these fish eat, it is impossible to certify them.

## 4. How quickly can I receive it?

Orders placed by lunchtime on Monday will normally be delivered by Fedex to arrive before 12pm next day. Friday's orders will be delivered Tuesday, unless you pay a surcharge. There are no deliveries on a Monday.

## 5. What are your delivery charges?

Orders up to £75 will cost £9.50, orders between £75 and £150 are £5 and orders over £150 include free delivery.

## 6. Can I have my fish filleted, butterflied, skinned, etc?

We have trained filleters on site who can prepare your fish to your specifications. If you would like a fish prepared in a certain way please give us a call and we'll be happy to organise it for you.

## 7. What's the shelf life of the fish?

Our fresh fish has a 7 day shelf life. Scallops have a 6 day shelf life and most of our smoked fish has a 2 week shelf life (kippers only have a 1 week life).