






Species Availability

Many factors influence seasonality; this guide provides a broad indication.

Our experienced fishmonger at your local depot can advise you in greater detail.

Your guide to seasonal availability.

Good	
Variable	
Poor	

Specie	Specie Category	Alternatives	Farmed	MSC Alternative Available*	Omega 3 Rich	Page	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Anchovies	Round Fish	Sprats			✓	19	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Barracuda	Exotics					31	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Barramundi	Exotics	Stone Bass				31	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Bream - Gilthead	Round Fish	Red Bream, Black Bream	✓			22	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Bream - Black	Round Fish	Gilthead Bream				22	Red	Red	Green	Green	Yellow	Yellow	Red	Red	Red	Red	Red	Red
Bream - Red Sea	Round Fish	Other Bream				22	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Brill	Flat Fish	Turbot				25	Green	Green	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green
Carp	Freshwater Fish	Perch, Pike	✓			37	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Catfish	Freshwater Fish	Pangasious	✓			37	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Clams	Shellfish	Cockles, Mussels				44	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Cockles	Shellfish	Clams				44	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Cod - Wild	Round Fish	Haddock, Coley, Pollock				15	Green	Green	Green	Yellow	Yellow	Red	Red	Red	Yellow	Yellow	Green	Green
Cod - Farmed	Round Fish	Haddock, Coley, Pollock	✓			-	Yellow	Yellow	Green	Green	Green	Yellow	Yellow	Yellow	Green	Green	Red	Red
Cod - Skrei	Round Fish	Haddock, Coley, Pollock				-	Green	Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red
Coley	Round Fish	Pollock				17	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Conger	Round Fish					-	Red	Red	Red	Yellow	Green	Green	Green	Green	Green	Yellow	Red	Red
Crabs	Shellfish					39	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Crawfish	Shellfish	Lobster				40	Red	Red	Red	Green	Green	Green	Green	Green	Green	Red	Red	Red
Crayfish	Shellfish	Crayfish	✓			40	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Cuttlefish	Cephalopods	Squid				47	Green	Green	Yellow	Yellow	Yellow	Red	Red	Yellow	Yellow	Green	Green	Green
Dab	Flat Fish	Torbay Sole (Witch Sole)				-	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Dover Sole	Flat Fish	Lemon Sole		✓		27	Green	Red	Red	Red	Green	Green	Yellow	Yellow	Green	Green	Green	Green
Emperor	Exotics	Breams, Snappers				31	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Yellow	Yellow	Green	Green
Flounder	Flat Fish	Dabs				-	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Grey Mullet	Round Fish	Sea Breams			✓	13	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Grouper	Exotics					31	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Gurnards	Round Fish	Cod, Haddock, Coley, Pollock				13	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Yellow	Yellow

Specie	Specie Category	Alternatives	Farmed	MSC Alternative Available*	Omega 3 Rich	Page	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Haddock	Round Fish	Cod, Pollock				16	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Hake	Round Fish			2. ✓		18	Red	Red	Red	Yellow	Green	Green	Green	Green	Green	Yellow	Red	Red
Halibut	Flat Fish	Turbot, Brill	✓	3. ✓	✓	26	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Herring	Round Fish	Mackerel		4. ✓	✓	19	Green	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Red	Red	Red
Hoki	Round Fish	Cod, Haddock, Coley, Pollock				18	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
John Dory	Round Fish	Turbot, Brill				20	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green
King Prawns	Shellfish	Langoustine, Crayfish	✓			41	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Langoustines	Shellfish	King Prawns				40	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Lemon Sole	Flat Fish	Dover Sole, Plaice				26	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Ling	Round Fish	Any Cod like specie				-	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Lobster - Native	Shellfish	Canadian Lobster				39	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Yellow	Yellow
Lobster - Canadian	Shellfish	Native Lobster				39	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Mackerel	Round Fish	Herrings		5. ✓	✓	19	Red	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Red
Mahi Mahi	Game Fish	Yellowtail Kingfish				29	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Marlin	Game Fish				✓	29	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Stone Bass (Meagre)	Round Fish	Sea Bass, Grey Mullet	✓			21	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Megrim	Flat Fish	Witch, Plaice, Lemon Sole				-	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Yellow	Yellow
Monkfish	Round Fish					20	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Mussels	Shellfish	Clams	✓			42	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green
Octopus	Cephalopods	Squid, Cuttlefish				47	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Oysters - Native	Shellfish	Pacific Oysters	✓			43	Green	Green	Green	Green	Red	Red	Red	Red	Green	Green	Green	Green
Oysters - Pacific	Shellfish	Native Oysters	✓			43	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Pangasius	Freshwater Fish	Catfish	✓			37	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Pike	Freshwater Fish	Zander, Perch	✓			37	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Plaice	Flat Fish	Lemon Sole				27	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green
Pollock	Round Fish	Any Cod like specie				17	Green	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Red	Red
Pollock - Alaskan	Round Fish	Any Cod like specie				-	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green

Specie	Specie Category	Alternatives	Farmed	MSC Alternative Available*	Omega 3 Rich	Page	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Red Mullet	Round Fish	Goatfish, Snappers			✓	23	Green	Green	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green
Red Snapper	Exotics	Other Snappers				31	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Salmon - Farmed	Salmon & Trout	Sea Trout, Pacific Salmon	✓		✓	34	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Salmon - Wild	Salmon & Trout	Sea Trout, Pacific Salmon			✓	34	Red	Yellow	Yellow	Yellow	Green	Green	Green	Green	Red	Red	Red	Red
Salmon - Alaskan	Salmon & Trout	Sea Trout		⁶ ✓	✓	34	Red	Red	Red	Green	Green	Green	Green	Green	Red	Red	Red	Red
Sardines	Round Fish	Herrings			✓	19	Green	Green	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green
Scallops	Shellfish					43	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Sea Bass - Farmed	Round Fish	Gilthead Bream	✓		✓	21	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Sea Bass - Wild	Round Fish	Stone Bass, Farmed Sea Bass		⁷ ✓	✓	21	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green
Sprats	Round Fish	Anchovies, Whitebait, Sardines			✓	19	Yellow	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Squid	Cephalopods	Cuttlefish, Octopus				47	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green
Tilapia - Orange, Red & Black	Freshwater Fish	Sea Breams	✓			37	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Tobay Sole (Witch)	Flat Fish	Dabs				-	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Trout - Brown	Salmon & Trout	Sea Trout, Brown, Trout, Salmon	✓		✓	33	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Trout - Golden	Salmon & Trout	Sea Trout, Rainbow Trout, Salmon	✓		✓	33	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Trout - Rainbow	Salmon & Trout	Sea Trout, Rainbow Trout, Salmon	✓		✓	33	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Trout - Sea	Salmon & Trout	Brown Trout, Salmon	✓		✓	33	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Tuna	Game Fish	Bonito		⁸ ✓	✓	29	Green	Green	Green	Green	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green
Turbot	Flat Fish	Brill, Farmed Turbot	✓		✓	25	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Whelks	Shellfish	Winkles				44	Yellow	Red	Red	Red	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow
Whitebait	Round Fish	Sprats			✓	19	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Whiting	Round Fish	Any Cod like specie				18	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Yellowtail Kingfish	Game Fish	Amber Jack				29	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Zander	Freshwater Fish	Perch, Pike	✓			37	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green



MSC certified products are available through Direct Seafoods Colchester and Direct Seafoods London, and are covered by the chain of custody certificate MEP-C-059. Speak to your local depot for details on availability.

These products come from fisheries which have been certified to the Marine Stewardship Council's environmental standard for a well-managed and sustainable fishery. For more information on the MSC please visit its website at www.msc.org.

¹ Hastings Fleet Dover Sole ² NESFC Hake

³ US North Pacific Halibut ⁴ Hastings Fleet Herring

⁵ South West Hand-line Mackerel/Hasting Fleet Mackerel

⁶ Alaskan Salmon ⁷ NESFC Sea Bass ⁸ AAFA Albacore Tuna