

# FISH



# MENU

Fryz will always source fish, within agreed quotas, from well managed fishing grounds

## Cod

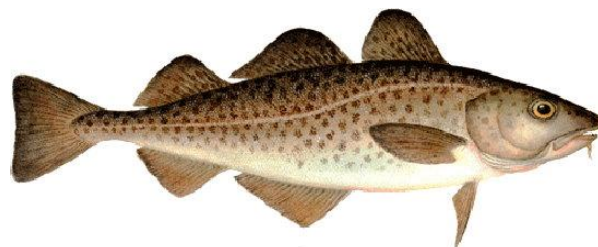


vulnerable

*Gadus morhua*

Cod's lean, moist white flesh has a flaky texture. The large tender flakes have a mild, delicate and sweet

flavour. A characteristic white line runs along the skin of the fillet.



## Haddock

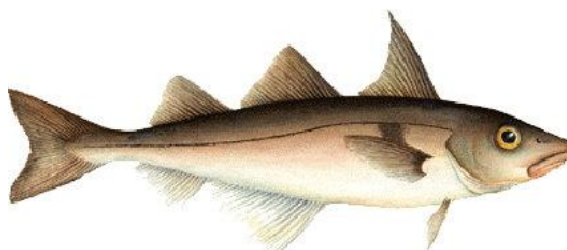


vulnerable

*Melanogrammus aeglefinus*

Haddock is similar to Cod but slightly stronger in flavour with moderate- to firm-textured flesh. A real taste of the

sea. A characteristic black line runs along the skin of the fillet.



## Rock



vulnerable

*Squalus acanthias*

Rock fillets are sturdier than those of Cod and Haddock, with a meatier texture and a

taste similar to fresh Salmon. A thick bone runs along the centre of the fillet.



## Plaice



least concern

*Pleuronectes platessa*

Plaice is a flat fish with soft flesh and a subtle but distinctive flavour, which is well complimented with a slice of lemon. Plaice is recognisable by orange spots on its skin.



## Scampi



least concern

*Nephrops norvegicus*

Scampi is the fleshy tail of the Norway lobster (sometimes called Dublin Bay prawn) coated in breadcrumbs. Scampi is closer in both taste and texture to Lobster than Prawn or Shrimp.

