

FISH



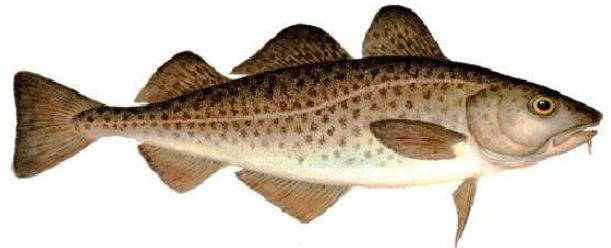
MENU

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

Cod vulnerable

Gadus morhua

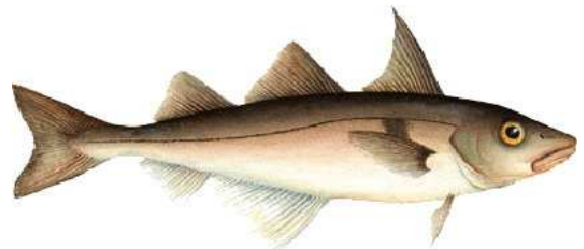
Cod's lean, moist white flesh has a flaky texture. The large tender flakes have a mild, delicate and sweet flavour. A characteristic white line runs along the skin of the fillet.



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.



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.

