

SEASONAL DAY BOAT CATCH JANUARY



At a glance

The seafood we serve and sell will always be fresh, seasonal and sustainable. This means that the market fish available in our restaurant are updated daily based on what's been landed each morning.

These species are at their best and most abundant at this time of year. You'll find them on the market fish list below - we'll let you know which have been landed each day.

Today's Catch

COLEY – Flaky, versatile & full of flavour.
Lemon & caper butter

HAKE – Lean, mild & meaty, perfect for roasting.
Parsley Velouté

COLEY – Robust winter whitefish with depth.
Chive Butter

WHITING – Soft, delicate and lightly sweet.
Lemon & herb butter

TURBOT – Firm, luxurious flatfish, highly prized.
Beurre Blanc

BRILL – Turbot's refined, delicate cousin.
Brown Shrimp Butter

LEMON SOLE – Delicate, buttery & gently nutty.
Beurre Noisette

MONKFISH – Meaty, sweet & lobster-like.
Romesco Sauce

COD – Flaky, iconic British favourite.
Lemon & Caper Butter

SKATE / RAY WINGS – Velvety ribbons of meat.
Brown Butter & Capers

DAB – Mild, tender and underrated.
Lemon & Herb Butter

LING – Firm, dense & great fried
Chive Butter

Market Price



SEASONAL DAY BOAT FISH

Sustainability & Seafood

Sustainability is all about ensuring fish species can continue to reproduce so that healthy stock levels are maintained. We do not buy seafood from any fishery that is not well controlled or managed, we do not sell fish that is endangered, and we don't buy from anywhere where we feel uncomfortable about the health of the fishery or fishing method.

Tomorrow's fish are still in the sea!

At The Fish Cottage we want to enjoy wonderful seafood today, whilst ensuring our fish stocks are kept rich and vibrant so they can be enjoyed by future generations.