



Keep It Seasonal

A general rule for the seasons regarding fish local to the South Coast is very simple, FLAT IN SUMMER, ROUND IN WINTER.

Some seasons cross and the water temperatures can have a slight affect but trying to keep to the guide below will ensure you are eating the right product at the right time (i.e. like strawberries at Wimbledon!)

Fish & Shellfish available all year round

Mussels, Whitstable Oysters
 Native & Canadian Lobsters (Local Season May-Sept)
 Crab, Dressed Crab (Local Season May –Sept)
 Langoustine, Crayfish
 Scallops (Rye Bay Season Jan-March)
 Halibut
 Squid
 Cod (Local Season Oct- March)
 Haddock
 Sea Bass (farmed)
 Bream (farmed)
 Plaice (Local Season May-Dec)
 Red Mullet
 Skate wing
 Monkfish
 Trout
 Salmon
 Huss
 Raw Prawns, Crevettes



Seasonal

Dover Soles (June-Oct)
 Wild Bass (June-Oct)
 Mackerel (June-Oct)
 Sardines (June-Oct)
 Lemon Sole (June-Oct)
 Samphire Grass (June-Aug)
 John Dory (June-Dec)
 Turbot (June-Dec)
 Brill (June-Dec)
 Grey Mullet (June-Dec)

Exotic All year

Tuna
 Swordfish
 Mahi Mahi
 Marlin
 Red Snapper
 Sturgeon
 Pink Bream
 Groupers
 King Fish