

Although technically of the mollusc family, cephalopods are very different in appearance.

Squid, cuttlefish and octopus are widely found in all oceans of the world and are readily available within UK waters.

All cephalopods contain ink sacs, secreting a black or brown ink which they use as a defence mechanism to escape from predators.

The products listed in this section are only a small selection of those available so please contact your local depot for detailed stock information.

Cephalopods



Squid



Squid

Squid is the most widely consumed cephalopod found in UK waters.

Whilst the body, arms and tentacles are edible watch out for the transparent quill which needs to be removed before cooking.

Product Code	Product Description	Approx Size	Unit of Sale
01SQS0101	Fresh Whole Squid - Small	-	kg
01SQM0101	Fresh Whole Squid - Medium	-	kg
01SQL0101	Fresh Whole Squid - Large	-	kg
08SQUBATEN0124	Frozen Baby Calamari with Tentacles (cleaned)	-	1kg
08SQRI202	Frozen Blanched Calamari Rings (IQF)	-	1kg
08SQRIBAT0201	Frozen Battered Calamari	-	500g
08SQUITUB20101	Frozen Calamari Tubes (IQF)	U5/kg	1kg

Cuttlefish

Similar to squid but with a tougher texture, cuttlefish is not widely consumed within the UK, and most local catches are sold to Europe. The cuttlefish is unusual in having an internal bone or shell, this has a variety of uses, the most familiar being in bird cages.

Product Code	Product Description	Approx Size	Unit of Sale
01CUT0101	Fresh Whole Cuttlefish	300g+	kg

Octopus

Octopus is common through the English Channel and the Mediterranean. The firmest eat of the cephalopods the tentacles are the best bit for consuming.

Product Code	Product Description	Approx Size	Unit of Sale
01OC0101	Fresh Whole Octopus	300g+	kg

Cuttlefish

