

A complex group of fish; salmon and sea trout are anadromous – spending most of their lives in the oceans, returning to freshwater to spawn. Other trout are exclusively freshwater fish.

Salmon and trout are available wild during the summer months and farmed ensuring plentiful supply.

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



Salmon & Trout



Rainbow Trout

Sea Trout

This wild fish is very popular and versatile; it is similar in appearance, taste and texture to salmon, and like salmon it lives in the seas, returning to freshwater to spawn.

Product Code	Product Description	Approx Size	Unit of Sale
0ITFS010202	Fresh Sea Trout - Farmed	1.5-3.5kg	kg
0ITW2010202	Fresh Sea Trout - Wild	2-3kg	kg
0ITFO0102	Fresh Orkney Rose Organic Sea Trout	1.5-3.5kg	kg

Rainbow Trout

The shimmering, iridescent skin that gives this species its name makes it a very attractive fish to serve whole. Introduced to Britain in the late nineteenth century this native North American fish is commonly farmed inland in the UK, making it readily available.

Product Code	Product Description	Approx Size	Unit of Sale
0ITFRG0101	Fresh Whole Rainbow Trout	250-300g (9-10oz)	kg
0ITFRG10101	Fresh Whole Rainbow Trout	300-350g (10-12oz)	kg
0ITFRG20101	Fresh Whole Rainbow Trout	350-400g (12-14oz)	kg
0ITFRG30101	Fresh Whole Rainbow Trout	400-450g (14-16oz)	kg
0ITFRG40101	Fresh Whole Rainbow Trout	450g+ (1lb+)	kg
0ITFRF20101	Fresh Rainbow Trout Fillets	80-110g (3-4oz)	kg

Brown Trout

Known also as lake or river trout, this native UK specie is a common alternative to rainbow trout; available wild but more commonly farmed with rainbow trout.

Product Code	Product Description	Approx Size	Unit of Sale
0ITRBR0101	Fresh Whole Brown Trout	-	kg

Golden Trout

These brightly coloured fish are an attractive and firm-fleshed trout alternative.

Product Code	Product Description	Approx Size	Unit of Sale
0ITRGOLD0101	Fresh Whole Golden Trout	-	kg

Rainbow Trout Fillets



Salmon

Available all year round, farmed salmon is now a key fresh fish commodity. Salmon farming is a significant industry in Scotland and is also farmed as far away as Chile, Canada & Norway.

The quality of the fish depends on the stocking density of the fish in the sea cages, the proximity of the cages to strong tidal waters and general husbandry employed by the farm. Direct Seafoods source farmed salmon from some of the finest producers in the UK including Loch Duart and Framford, please speak to your local depot to discuss your requirements.

Wild fish are available when in season from June to September.



Salmon



Product Code	Product Description	Approx Size	Unit of Sale
01S20102	Fresh Whole Salmon	2-3kg	kg
01S30102	Fresh Whole Salmon	3-4kg	kg
01S40102	Fresh Whole Salmon	4-5kg	kg
01S50102	Fresh Whole Salmon	5-6kg	kg
01S60102	Fresh Whole Salmon	6-7kg	kg
01S4010204	Fresh Salmon Fillets (skin-on)	1.3-1.6kg (3-3.5lb)	kg
01S4010205	Fresh Salmon Fillets (skinless)	1.3-1.6kg (3-3.5lb)	kg
01S3010207E060	Fresh Salmon Supremes (skin-on, boneless)	60-80g (2-3oz)	each
01S3010207E080	Fresh Salmon Supremes (skin-on, boneless)	80-110g (3-4oz)	each
01S3010207E110	Fresh Salmon Supremes (skin-on, boneless)	110-140g (4-5oz)	each
01S3010207E140	Fresh Salmon Supremes (skin-on, boneless)	140-170g (5-6oz)	each
01S3010207E170	Fresh Salmon Supremes (skin-on, boneless)	170-200g (6-7oz)	each
01S3010207E200	Fresh Salmon Supremes (skin-on, boneless)	200-230g (7-8oz)	each
01S3010207E220	Fresh Salmon Supremes (skin-on, boneless)	220-250g (8-9oz)	each
01S3010207E250	Fresh Salmon Supremes (skin-on, boneless)	250-280g (9-10oz)	each
01S3010208E060	Fresh Salmon Supremes (skinless, boneless)	60-80g (2-3oz)	each
01S3010208E080	Fresh Salmon Supremes (skinless, boneless)	80-110g (3-4oz)	each
01S3010208E110	Fresh Salmon Supremes (skinless, boneless)	110-140g (4-5oz)	each
01S3010208E140	Fresh Salmon Supremes (skinless, boneless)	140-170g (5-6oz)	each
01S3010208E170	Fresh Salmon Supremes (skinless, boneless)	170-200g (6-7oz)	each
01S3010208E200	Fresh Salmon Supremes (skinless, boneless)	200-230g (7-8oz)	each
01S3010208E220	Fresh Salmon Supremes (skinless, boneless)	220-250g (8-9oz)	each
01S3010208E250	Fresh Salmon Supremes (skinless, boneless)	250-280g (9-10oz)	each
01S3010210E110	Fresh Salmon Steaks	110-140g (4-5oz)	each
01S3010210E140	Fresh Salmon Steaks	140-170g (5-6oz)	each
01S3010210E170	Fresh Salmon Steaks	170-200g (6-7oz)	each
01STF0102	Fresh Salmon Tail Fillets	Various Sizes	kg
01ST0102	Fresh Salmon Trimmings	-	kg
01SO50102	Fresh Whole Organic Salmon	5-6kg	kg
01SO5010204	Fresh Organic Salmon Fillets (skin-on)	1.3-1.6kg (3-3.5lb)	kg
01SO5010205	Fresh Organic Salmon Fillets (skinless)	1.3-1.6kg (3-3.5lb)	kg
01SW50102	Fresh Wild Salmon (seasonal availability)	-	kg

Wild Alaskan Salmon

Growing in popularity year on year within the UK due to the recognition of its particular lean texture and meaty flavour. The strictly regulated and closely monitored fisheries ensure fish are available all year round. Contact your local depot to discuss your requirements.