**Free Menu Template**



Cod

*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

*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.

Rock

**Squalus acanthias**

Rock fillets are sturdier

Than those of Cod and

Haddock, with a meatier

texture and a taste similar to fresh Salmon. A thick bone runs along the

centre of the fillet.

Scampi

*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.

Plaice

*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.