



FishCo Fish Market

General Product List

Subject to availability. Call for pricing.

Let us know what you're after.

**For Home Delivery
Tue to Sat
Call 6239 6415,
Select option 2.**

FILLETS - FRESH

Atlantic Salmon Full Side
Atlantic Salmon Portions Middle Cut
Barramundi
Bass Groper
Black Bream Skinless/Boneless
Blue Eye Cod South Coast
Blue Grenadier
Flathead Fillets Skinless/Boneless
Gummy Skinless/Boneless
John Dory
Marlin Skinless Bermagui
Mulloway/Jewfish
Ocean Trout
Rainbow Trout
Red Snapper
Rock Cod
Rock Ling Skinless/Boneless
Sand Whiting
Sardine Fillets 500g trays
Sea Bream
Silver Dory
Snapper South Coast
Swordfish Loins Skinless Bermagui
Tuna Yellow Fin A' Grade
Tuna Yellow Fin Premium

CUTLETS

Atlantic Salmon
Spanish Mackerel

SUSHI BAR

Atlantic Salmon
Kingfish
Tuna Yellow Fin

MOLLUSCS

Calamari Loligo Baby
Calamari Clean Loligo
Calamari South Coast
Cuttlefish
Octopus Tender All Sizes
Squid

SHELL FISH

Black Mussels Vacuum Pack 1kg
Clams Cloudy Bay Vacuum Pack 1kg
Scallop 1/2 Shell Roe Off
Scallop Meat Large Roe Off

OYSTERS Shucked

Tassie Large
Narooma Rock XL
Narooma Large
Clyde River Bistro
Closed Rock Oysters 2 doz tray

WHOLE FISH - FRESH

Atlantic Salmon Whole
Barramundi Baby
Barramundi LIVE
Blue Eye Cod
Blue Mackerel XL
Bonito
Flathead
Garfish
Gold Band Snapper
Gummy Bodies
Jewfish
John Dory
Kingfish Hiramasa Baby 1-2kg
Kingfish Hiramasa Large 3.5kg +
Leather Jackets XL
Mullet XL
Ocean Trout
Rainbow Trout
Red Emperor
Red Snapper
Sand Whiting XL
School Whiting
Silver Bream
Snapper S.Coast Baby
Taylor
White Bait

PRAWNS - COOKED

Ckd King Prawns Lrg
Ckd Tiger Prawns Wild
Ckd Tiger Prawns XL

PRAWNS - RAW

Raw King Prawns Lrg
Raw Kings Prawns Medium
Raw Banana Prawns XL

CRABS /BUGS/LOBSTER

Blue Swimmer Crabs Ckd XL
Blue Swimmer Crabs Raw XL
Mud Crabs LIVE
Phillips Crab Claw Meat 220g
Balmain Bugs Ckd
Lobster LIVE

SMOKED FISH

Atlantic/Tassie Salmon A' Grade
Rainbow Trout

INK

Squid Ink - 90g jar

FROZEN

Baby Octopus 500g
Calamari Loligo Clean pkt 1kg
Clams Littleneck 1kg bag
Crab Meat Antarctic 500g
Crab Meat Cooked Aus Spanner Crab 500g
Crab Meat Raw Aussie Blue Swimmer 500g
Crab Soft Shell 1kg
Greek Cheese Spiral Pie Philosophy Mini
Greek Spanakopita Philosophy Spiral Greens
Lobster Tails Raw 1kg
Lobster W.A Cooked each
Mango Cheesecake Frozen
Marinara Mix 1kg
Moreton Bay Bugs Raw 1kg
Mussels NZ 1/2 Shell 1kg
Mussels Whole N.Z. 1kg
Prawn Cutlets 21/25 Ckd 700g pkt
Prawn Cutlets 21/25 Raw 1kg pkt
Salmon Wood Smoked Pepper Regal 200g
Salmon Wood Smoked Regal 200g
Scallops Roe Off 1kg bag
Seaweed Salad 500g
Smoked Cod per kilo
Smoked Kippers 200g
Smoked Kippers Scottish Whole 335g
Squid Rings Crumbed 1kg
Squid Tubes U-5 Imp. per kg
Squid Whole Clean Seagle 1kg
Tuna Saku - Fillets per kg
Whole Golden Pomfret per kg
Whole Milkfish Whole per kg
Whole Sardines Portugal 1kg pkt
Whole Sardines WA 1kg pkt
Whole Silverfish Lrg 1kg pkt
Whole Tilapia Whole per kg
Whole White Bait (Aussie) 1kg pkt

SALTED

Bakalao - Salted Fillets Boneless per kg

Free Cleaning

Cool Bags Available \$3.99

Contactless Delivery

Canberra/Queanbeyan

**Call for stock availability and pricing.
Order by 5pm for next day delivery.
Not available public holidays.**



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DRY PRODUCTS

CAN FOOD

DEL Sardines Hot & Spicy 90g
 VV 5 Bean Mix 400G
 VV Borloti 400G
 VV Butter Beans 400G
 VV Cannelini 400G
 VV Chick Peas 400G
 VV Lentils 400G
 VV Red Kidney 400G

DRESSINGS

Apple Sauce 250g
 Blue Cheese Dressing Beerburg 300ml
 Caesar Dressing Creamy Parm 300ml
 Creamy Seafood Sauce 250g
 Honey Mustard 300ml
 Ranch Dressing 300ml
 Tomato Sauce 300ml
 Worcestershire Sauce 300ml

FLOUR

HERBS & SPICES

Benino Aniseed Whole 200G
 Benino Black Pepper Whole 150g
 Benino White Pepper Whole 150g
 Benino Mild Chilli Flakes 150g
 Benino Mint Leaves 85G
 Benino Rock Salt 500g
 Benino Rosemary Leaves 200g
 Curry Powder 200g
 Sea Salt Flakes 180
 Smoked Sea Salt Flakes 18
 Turmeric powder 200g

HONEY

Attiki Honey 500g
 Urban Honey 500g

MARINATED

Anchovie Fillets 560g
 Benino Sundried Tomato 1950g
 CC Capers with Salt 75g
 Cabbage Leaves 1450ml

MISCELLANEOUS

Benino Black Sesame Seeds 300g
 Benino Sesame Seeds 300g
 Bread Crumbs Panko 200g
 Cocoa Powder Organic 300g
 Chilli Crushed 220g
 Halva - Vanilla 400g
 Hot Choc Drinking Organic 300g
 Jensen Crushed Garlic 220g
 Jensen Crushed Ginger 200g

MISCELLANEOUS continued

Organic Lemon 1lt
 Organic Lime 1lt
 Pitta Bread Greek 10pc small
 Pitta Bread Greek 10pc large
 Seaweed Sushinori Roasted
 Vine Leaves Montez 1015gr
 Wasabi Tube 43g

OILS

Benino Canola Oil 2lt
 Benino Sunflower Oil 2lt
 Coconut Oil Organic 500ml
 Coconut Oil Organic 915ml
 Olive Oil Arkadia Xtra Virgin 4lt
 Olive Oil Durra Xtra Virgin 4lt
 Olive Oil Peloponisos Xtra Virgin 4lt

OLIVES

Benino Grn Pitted sici 1650g
 Benino Grn Olives Cracked 1kg
 Benino Kalamata Pitted 1kg
 Benino Kalamata Whole 1kg
 Benino Ligurian Olives 1650g

PASTA

RICE

SAUCES

VV Diced Tomato 400g
 VV Passata 700ml
 VV Peeled Tomato 400g

- Home Delivery Tue - Sat
- **Not available Public Hols**
- Prepay phone orders only
- **Call by 5pm for next day.**
- No refund/exchange
- **\$10 delivery fee for orders under \$100**

*Thank you
 for your custom.*

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OTHER FRESH PRODUCE

VEGGIES continued

Avocado Large each
 Cabbage Red each
 Cabbage White each
 Capsicum Green kg
 Capsicum Red kg
 Capsicum Semi kg
 Carrots kg
 Celery Whole each
 Corn each
 Cucumber Lebanese kg
 Cucumber Telegraphic each
 Eggplant kg
 Garlic kg
 Ginger kg
 Lemons kg
 Lettuce Iceberg each
 Limes kg
 Okra kg
 Onions Brown kg
 Onions Spanish kg
 Onions White kg
 Tomatoes kg
 Tomatoes Salad kg

FRUIT

Apples Gala kg
 Apples Pink Lady kg
 Blackberries punnet
 Figs punnet
 Grapes kg
 Papaya each
 Passion Fruit each
 Pomegranate each
 Raspberries punnet
 Strawberries punnet

FRESH HERBS

Basil
 Carrot Bunches
 Coriander
 Dill Bunch
 Leeks
 Mint Bunch
 Parsley Bunch
 Red Chillies
 Shallots Bunch
 Spring Onions

DAIRY

Butter Salted Caterer's 250g
 Butter Unsalted Caterer's 250g

EGGS

Eggs Nature's Free Range Doz 700g
 Eggs Carton 30 eggs