



# FISHCO FISH MARKET

FISHCO PTY LTD  
 ABN 22 320 743 470  
 19 Dalby Street, Fyshwick

SEAFOOD  
 DISTRIBUTORS & PROCESSORS  
 HACCP CERTIFIED

All Orders:  
 PH: 02 6239 6415 FAX: 02 6232 7266  
 Email: homedelivery@fishco.com.au  
 John Fragopoulos: 0411 605 450  
 Anthony Fragopoulos: 0400 697 913  
 www.fishco.com.au

## HOME DELIVERY

Wed 13 Oct 2021

FRESH - FILLETS/CUTLETS		\$kg	WHOLE FISH - FRESH		\$kg	SOME PRODUCTS IN OUR FREEZER	
	Atlantic Salmon Full Side Boneless	29.99		Atlantic Salmon Whole	18.99		Bakalao - Salted Fillets 29.99
	Atlantic Salmon Portions Boneless Middle Cut	36.99		Baby barramundi	19.99		Bakalao - Salted Fillets Bone In 32.99
	Atlantic Salmon Cutlets	26.99		Barbounia	29.50	8154	Barramundi Spring Rolls 1KG NAKED BEACH 25.00
	Barramundi Boneless Wild	36.99		Blue Mackerel Jumbo	10.99	7020	Filo Mini Feta Rolls 8.99
	Duckfish Boneless	34.99		King Georgw Whiting	32.99	0111	Filo Spiral Antoniou 900g 10.99
	Flathead Fillets Skinless Boneless Large	49.99		Kingfish Wild Med	19.99		Filo Spiral Philosophy Spinach & Feta 13.99
	John Dory Boneless	26.99		Mullet	7.99		Golden Pomfret 14.99
	Ling Skinless Boneless Medium	24.99		Ocean Trout	25.99	0790	Kippers Scottish Whole Smoked 335G 12.99
	Marlin	26.99		School Whiting Jumbo	10.99		Lobster Tails Raw 95.00
	Ocean Perch	29.99		Silver Bream	24.99		Milkfish Whole 9.99
	Red Snapper	24.99		Snapper S.Coast All Sizes	19.99		Mussel Meat NZ 19.99
	Sardine Fillets 500g trays	20.00		Trevally Sashimi	15.99	57	Mussels NZ 1/2 Shell 17.99
	Sea Bream Skinless Boneless	14.99		Yellow Tail Jumbo	14.99		Mussels Whole N.Z. A' Grade 9.50
	Silver Dory	26.99				2637	Prawn Cutlets Ckd Vannamei 16/20 1kg 32.99
	Spanish Mackerel Cutlets	22.99				8739	Prawn Cutlets Raw 21/25 1kg NAKED BEACH 32.99
	Swordfish Portions Boneless	25.99		<b>PRAWNS</b>	<b>\$kg</b>		Sardines Portugal 1kg 10.99
				Ckd Tiger Prawns	35.99		Sardines WA kg 9.50
				Ckd King Prawns Wild	45.99	1588	Scallop Meat 10/20 Roe Off ALL SEAS 39.99
				Ckd Paradise Prawns XL	29.99		Scallops NB Sea Roe Off IQF bag 29.99
				Raw Tiger Prawns Jumbo	49.99		Silverfish Lrg 1kg 22.50
				Raw King Prawns XL	39.99		Smoked Cod kg 17.99
				Raw Banana Prawns Lrg	29.99		Tilapia Whole 8.99
	<b>SUSHI BAR</b>			<b>OYSTERS Shucked</b>	<b>DOZ</b>		<b>SOME OF OUR GROCERY PRODUCTS</b>
	Atlantic Salmon	49.99		Tassie XL	22.99		<b>FLOUR</b>
	Kingfish Hiramasa	69.99		Tassie Lrg	19.99	4286	CC Tapioca 500G Organic 4.99
	Tuna Yellow Fin Premium Sashimi	69.99		Narooma Lrg	19.99	1154	CC Buckwheat 500g Organic 4.99
	<b>CAVIAR</b>	<b>\$</b>		Clyde River Bistro	16.99	3271	CC Plain Flour 500G Organic 4.99
2358	ORA King Salmon	37.00		<b>CRABS</b>			<b>TEMPURA</b>
0053	Avruga 120G	40.00		Blue Swimmer Crabs Raw Lrg	27.99	9288	Tempura Batter Mix 300g 5.99
	<b>SHELL FISH</b>	<b>\$kg</b>		Phillips Crab Claw Meat 220g	19.99	0063	Golden Fish Batter 150g 4.99
	Black Mussels Wild Eden	9.99	2344	Spanner Crabs	19.99		<b>BREAD CRUMBS</b>
	Black Mussels Vacuum Pack 1kg bag	12.99		<b>LIVE</b>		0254	Bread Crumbs Spicy 200g 4.99
	Clams Cloudy Bay Vacuum Pack	26.99		Lobster LIVE	89.00	0513	GF Herb & Garlic 200g 6.99
	Scallop 1/2 Shell Roe Off doz Harvey Bay	17.99		Mud Crabs LIVE Premium	75.00		<b>RICE</b>
	Scallop Meat Lrg Roe Off Harvey Bay	59.99		Eels	19.99	0569	Riso Ceriotti Carnaroli 1KG 6.99
	Scallop Meat Roe On Tassie	49.99		<b>SMOKED FISH</b>	<b>\$kg</b>	4643	CC Carnaroli Risotto 500g Organic 4.99
	<b>MOLLUSCS</b>	<b>\$kg</b>		Atlantic/Tassie Salmon A' Grade	49.99	3783	CC Basmati White 500G Organic 5.99
	Calamari Loligo Baby	24.99		Norwegian Salmon 1kg packet	40.00		<b>POLENTA</b>
	Squid	14.99		Rainbow Trout	27.99	3189	CC Yellow Polenta 500G Organic 3.99
	Cuttlefish	9.99		Smoked Cod	18.99	7984	Benino Semolina Fina 1kg 4.99
	Octopus Tender All Sizes	19.99					



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## SOME OF OUR GROCERIES /FRUIT AND

PASTA		ORIENTAL		LEGUMES				
4516	Misko Risoni Lrg 500g	2.99	0044	Harissa Chilli Tune 70g	3.50	0558	Mourad's Whole Red Lentils x 900g	4.99
0062	Delverde Bucatini No6	3.99	7171	Kura Wasabi Tube 43g	3.99	0249	CC Organic White Kidney Beans 500G	4.99
0035	Rummo Spaghetti No3	3.99	8132	Oroshi Nama Wasabi Tube 43g	3.99	6562	CC 10 Earth Blend Organic 500G	6.99
227	Ninalon Hilopites	3.99		Pickled Ginger		0263	CC Organic Borlotti Beans 500G	4.99
5135	Misko Noodles Thin	2.50				0485	CC French Original Couscous 500G	4.99
<b>PICKLED</b>						2380	CC Simple Dahl DAHL 170G Organic	5.50
7755	Ben Red Roasted Pepper Strips 465g	5.99	<b>CHEESE</b>			<b>SWEETS</b>		
6536	Balkan's Homemade Ajvar 710g	10.99	0103	Lionardo Grated Parmesan Cheese 250g	7.50	2876	Makedoniki Fig Monastiri 500g	8.99
7496	Ben Red Pepper Bruchetta Hot 490g	9.99	0858	Lionardo Pecorino Peppato wedges by the kg	29.99	0324	Olymbos Loukoumi 300G	6.50
5160	CC Organic Sauerkraut 330G	3.99	3825	Ben Hallumi Cheese 250G ea	7.99	1524	Ben Black Current Syrup 1LT	10.99
<b>STOCK</b>				wedges random weight by the kg		1548	Ben Sour Cherry Syrup 1LT	10.99
	Mure's Fish Stock	10.99	5732	Greek Kasseri	37.99	1517	Ben Strawberry Syrup 1LT	10.99
8906	Vegeta Gourmet Stock 1kg	14.50	5731	Greek Kefalograviera	37.99	<b>FRUIT</b>		
<b>SNACKS</b>			<b>OIL</b>				Afora Mandarines (sweet) kg	2.99
4464	Benino Dolmades 280G	3.99		Variety of 500g and 4lt Oils			Apples Pink Lady kg	1.99
1462	Jensens Salsa Dip Med 320G	4.99	<b>VINEGAR</b>				Bananas Premium kg	2.99
0983	Triangle Corn Chips 500G	6.99	0003	CC White Vinegar 500ml Organic	4.99		Navel Oranges	2.99
<b>STOCK</b>			<b>PASSATA</b>				Pineapple each	3.90
8906	Vegeta Gourmet Stock 1kg	14.50	0862	VAI Verde Passata 700ml	2.99			
<b>SNACKS</b>			0408	Mutti Passata 400G	2.99			
4464	Benino Dolmades 280G	3.99	<b>TOMATO</b>			<b>VEGETABLE</b>		
1462	Jensens Salsa Dip Med 320G	4.99	4711	CC Tomatoes Whole Peeled 400G Organic	1.99		Avocados each	1.20
0983	Triangle Corn Chips 500G	6.99	0817	VV Peeled Tomato 400g	2.20		Broccoli kg	3.99
<b>BREAD</b>			5690	Sacla Cherry Tom Sauce 420g	6.30		Capsicum kg	4.99
3816	Dom's Pane Casa	5.99	<b>DRESSING</b>				Carrots kg	1.50
	Greek Pita Bread	5.99	2001	French Dressing 320ML TMG	5.50		Cauliflower each	3.99
	Greek Toasties		0836	Organic Aioli Sauce 185g	6.50		Celery each	2.99
<b>OLIVES</b>			0805	CC Organic Mayo 185g	4.99		Fennel each	2.50
1869	Ben Grn Olives Halves 1kg	10.99	1623	CC Sweet Dill Mustard Sauce 250g	5.99		Ginger kg	29.99
8255	Sundhurst Kalamata Pitted 500G	6.99	<b>COCONUT</b>				Herbs bunch	2.99
<b>CONDIMENTS</b>			8252	CC Organic Shredded 200G	4.99		Lemons kg	2.99
4131	Pink Rock Salt w Garlic Grinder	6.35	5237	CC Organic Desiccated Fine 300G	4.99		Onions Spanish kg	2.50
5640	CC Seasoning Aussie Style 130G	6.99	<b>HONEY</b>				Pumpkin kg	1.99
0492	Himalayan White Rock Salt Grinder 100G	6.35	4021	ORG Thyme Honey 420G Organic	18.99		Shallots bunch	2.99
<b>EGGS</b>			0998	CANBERRA HONEY PURE Unfiltered 500G	15.99		Tomatoes	5.90
	Ellerslie Organic Free Range 800g	15.99	<b>TEA</b>				Tomatoes Cherry panet	2.99
	Ellerslie Organic Free Range 700g	13.99	1142	Cinammon/Peppermint TEA 2g x 20	2.99			
	Hunder Valley Free Range Eggs 700g	7.99		Green Tea 2g x 20	2.99			
	Megles Farm Cage Eggs 700g	4.50						

Prices are based on today's Market and are subject to change. Freight Charges (if applicable) are not included.