

GOURMET
Mike's
SEAFOODS

2025 Brochure



Shellfish / Appetizers

Gambas - (2kg)

Raw, shell-on king prawns with a great texture. Perfect for that special recipe.



Deluxe Salad Prawns - (1.6kg)

Cooked and peeled premium cold water prawns ideal for prawn cocktail and other dishes where the full flavour can be appreciated.

Tempura Battered Prawns - (1kg)

Succulent prawns coated in a tempura batter. Supplied with a sweet chilli dipping sauce. (oven-bake)



Breaded Wholetail Scampi - (1.8kg)

Large wholetail scampi coated in a light, oven-bake breadcrumb.

Greenlip Mussels - (2kg)

Large, cooked 1/2 shell mussels from the clean, cold waters of New Zealand.

Scallops - (1.5kg)

Large superior quality roeless scallops from America. Unsoaked, low glaze with a fabulous flavour.



Lobster Tails - (8 x 170g)

Raw rock lobster tails presented in their shells.

Crevettes - (2kg)

Large, cooked shell on prawns with maximum flavour



Gourmet Specialities



Sole Toppers - (8 x 200g)

Yellowfin Sole Fillets topped with a Cheddar Cheese, Prawn and Mushroom Sauce in crispy Breadcrumb.

Chicken & Seafood Paella - (2kg)

Mix of seasoned rice, seafoods, meats and vegetables.



Brie & Camembert - (1.5kg)

A selection of breaded Brie wedges and Camembert wheels.



Fish Pie - (6 x 530g)

Hake, salmon, smoked haddock and king prawns in a creamy leek sauce, topped with mashed potato and cheddar cheese.

Coquille St Jacques - (8 x 200g)

A scallop shell filled with scallops, prawns, salmon and plaice in a creamy sauce topped with mashed potato and Mendip Hills grated cheddar cheese.



Prime Fish

Portuguese Sardines - (2.0kg)

Whole fish, ideal for the barbecue. High in Omega 3.

Red Snapper - (8 x 140-200g)

Skin on boneless supremes of this popular fish from the south seas



Dover Soles - (6 x 14-16oz)

Pan ready whole fish that have been gutted and air-blast frozen.

Monkfish Fillets - (1.6kg)

Boneless tail fillets with a firm texture and delicate flavour



Salmon Supremes - (10 x 170-200g)

Deep skinned, boneless salmon supremes from Norway or Scotland (as available).

Whole Seabass - (6 x 300-400g)

Scaled and gutted whole fish. Ready to season, marinate or fill as you wish.

Halibut Steaks - (8 x 170-230g)

Prime, traditional steaks cut from select halibut.

Rainbow Trout - (8 x 200-255g)

Meaty, pink fleshed Rainbow Trout, gutted, gilled and cleaned ready for the oven.



Tilapia Fillets - (1.5kg)

Skinless, boneless whole fillets cut from freshwater black tilapia. Excellent delicate flavour and texture.

Tuna Supremes - (8 x 140-200g)

Skinless and boneless steaks.

Swordfish Loins - (8 x 170-227g)

Skinless and boneless supremes.



Hake Fillets - (10 x 170-200g)

White meaty skinless hake fillets from the clean, cold waters of the South Atlantic.

Seabass Fillets - (8 x 250g)

Thick, boneless fillets of Seabass.



Cod Loins - (1.5kg)

Boneless, skinless cod supremes.

Plaice Fillets - (1.6kg)

Skin on plaice fillets.

Mixed Fillets - (1.6kg)

A selection of plaice, cod and haddock fillets.

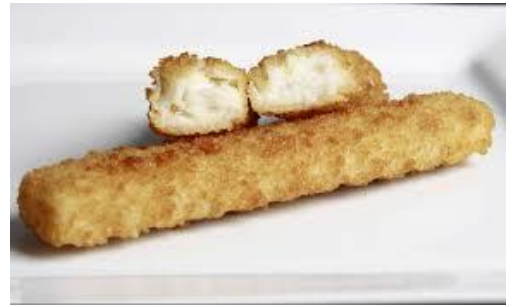
Haddock Fillets - (1.6kg)

Skin on boneless fillets.

Everyday Seafood

Breaded Jumbo Fish Fingers - (30 x 70g)

Traditional fish fingers cut from pure cod and covered in a crisp oven-bake crumb.



Haddock Fillets, Plaice Fillets, Cod Loins - (1.6kg)

Superior quality boneless fish - air blast frozen to lock in flavour, natural juices and preserve texture.

Breaded Haddock - (10 x 170-200g)

Haddock fillet coated in a light and crispy breadcrumb.

Fishcake Selection - (3 x 8 pieces)

Selection of “Smoked Haddock & Spring Onion”, “Smoked Cod, Bacon & Brie” and “Thai Style Cod & Prawn”.



Tempura Battered Pangasius - (10 x 170-200g)

Pangasius fillets in a lemon and herb tempura batter.
A great alternative to battered cod.

Lemon & Pepper Sole Goujons - (1.5kg)

Fillet goujons of Sole in a crispy lemon and cracked pepper coating.

Haddock Provence - (10 x 140-170g)

North Sea Haddock fillets with a light coating of lemon and herbs

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Haddock Meunière - (10 x 140-170g)

North Sea Haddock fillets with a light coating of lemon and cracked peppercorn.

Mixed Dusted Fillets - (10 x 140-170g)

5 of each, haddock provence and haddock meunière.

Sole Toppers - (8 x 200g)

Yellowfin Sole Fillets topped with a Cheddar Cheese, Prawn and Mushroom Sauce in crispy Breadcrumbs.



Beer Battered Cod - (10 x 170-200g)

Skin on cod fillet in a light oven-bake batter.

Haddock Florentine - (10 x 150g)

A moist haddock fillet topped with a delicious combination of spinach and cheddar cheese, enrobed in a crisp oven-bake crumb.

Chunky Breaded Cod - (10 x 200g)

Succulent flaky cod loins in a crispy oven-bake crumb.

Breaded Haddock - (10 x 170-200g)

Fillet of haddock in a crispy oven-bake crumb.

Breaded Plaice - (10 x 170g)

Skinless and boneless double plaice fillet coated in a light and crispy breadcrumb.

Sole Meunière - (10 fillets 1.4kg)

Paired fillets of sole coated with a light lemon and parsley flavoured dusting.

Mixed Breaded Box - (8-10 x 150g)

A selection of plain fish and filled fish in an oven-bake crumb.

Vegetarian

Vegetarian Country Bakes - (20 x 100g)

Selection of vegetables in a vegetarian cheese sauce, covered in an oven-bake crispy crumb.

Smoked Seafoods



Scottish Smoked Salmon Slices - (8 x 100g)

Traditional oak-smoked Scottish salmon cut into long slices.

Natural Smoked Kipper Fillets - (10 x 150g)

Oak-smoked undyed Kipper fillets.



Smoked Haddock Fillets - (1.4kg)

Finest & freshest natural skinless Oak Smoked Haddock. No artificial colouring used.



Smoked Trout Fillets - (8 x 110-130g)

Boneless fillets of smoked trout.

Party Favourites

Tempura Battered Prawns - (1kg)

Succulent prawns coated in a tempura batter. Supplied with a sweet chilli dipping sauce. (oven-bake)



Breaded Jumbo Fishfingers - (30 x 70g)

Traditional fishfingers cut from pure cod and covered in a crisp oven-bake crumb.



Party Quiches - (x 48)

An assortment of 'one bite' quiches with contemporary flavours - quiche lorraine, smoked bacon & stilton and salmon & broccoli.

Cocktail Party Crostines - (3 x 30)

Mixed box of mini puff pastry savouries containing 30 each of: ham & cheese, mushroom and salmon



Meat & Poultry

Luxury Chicken Kiev - (8 x 198g)

A whole breaded chicken breast (sprig bone in) filled with garlic butter. The most tender kiev on the market.



Breaded Chicken Goujons - (1.8kg)

Skinless & boneless chicken inner fillets lightly seasoned for extra flavour and coated in a crispy breadcrumb.

Chicken Strips - (1.8kg)

Raw, tender fillets taken from under the breast. Ideal for stir-fry's, casseroles and kebabs.

Barbary Duck Breasts - (10 x 170g)

Finest quality Barbary duck breast - ideal for dinner parties.



Fillet Steak en Croute - (8 x 246g)

A prime fillet steak topped with a fusion of mushrooms and paté spiked with brandy, and individually wrapped in a puff pastry case.

Steak & Ale Parcels - (10 x 190g)

Tender chunks of beef with mushrooms and onions, cooked in real ale and wrapped in a light puff pastry.

Minted Lamb Parcel - (12 x 190g)

Tender chunks of lamb in a succulent mint gravy all wrapped in puff pastry.

Rack of Lamb - (8 x 230g)

The most tender 4 bone racks, trimmed and oven ready.



Chinese Crispy Duck - (4 x 300g)

Chinese style ready cooked and boned Duckling together with Pancakes and Hoisin sauce.

Great British Steaks - (8 x 170g -230g)

Choose from the finest fillet, tender sirloin, or succulent ribeye.



Barbecue Ribs - (8 x 250g)

Half rack of pork ribs marinated in a delicious hickory smoked sauce.

Beef Burgers - (15 x 170g)

Seasoned Beef burgers made from prime steak



Butterfly Breast of Chicken - (8 x 213g)

Marinade flavoured with lemon & cracked pepper.

Minted Lamb Burger - (15 x 170g)

An ideal, tasty alternative for the barbecue.

Plain or Minted Lamb Chump Steaks - (8 x 230g)

Lamb chump steak. Plain or covered in a tasty mint marinade.

'Wicked' Desserts



Citrus Sorbet - (12 - 6 of each)

Traditional orange or lemon sorbets - a light refreshing dessert.



Sweet Sensations (x 15)

A selection of 15 ready to serve desserts.



Profiteroles - (x 48)

Small, cooked choux pastry buns filled with fresh dairy cream individually frozen. Also contained in each box are 3 sachets of thick, dark chocolate sauce.

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