



Speciality Fish Dishes

Coquilles St Jacques - Mixed Fish

Mixed Fish, including Queen Scallops, Prawns, Salmon and White Fish in a creamy Béchamel Sauce flavoured with Herbs de Provence, a light tang of citrus and White Wine, topped with hand piped Potato and Cheddar Cheese and presented in a natural Scallop shell.

Packed 10 x 325g (inc. shell)

Also available:

Monkfish & Salmon Elegant Coquille - Monkfish and Salmon in a creamy White Wine sauce sprinkled with a breadcrumb topping and presented in a natural Scallop shell. Packed 10 x 200g (inc. shell).

Seafood Sensation - Crab & Scallop - A skinless Plaice fillet rolled round a Crab & Scallop mousse filling. Packed 16 x 140g

Gourmet Salmon en Croute - An oblong shaped pastry parcel filled with Prime Atlantic Salmon, in a rich Cheese Sauce and sprinkled with dill. Packed 10 x 220g

Smoked Haddock and Salmon Tart - A Shortcrust Pastry tartlet filled with a blend of Cheese Sauce, Smoked Haddock and Salmon. Packed 12 x 110g



Seafood Sensation - Crab & Scallop



Gourmet Salmon en Croute



Smoked Haddock and Salmon Tart



Seafoods of Distinction



Paramount Favourites



Filled Brixham Lemon Sole with Crab & Seafood Sauce

Whole Lemon Sole hand filleted and filled with a Crab & Seafood sauce and coated in crispy breadcrumbs.

Packed 10 x 198g

Filled Brixham Plaice with Prawn & Mushroom

Whole Plaice hand filleted and filled with Prawns and Mushrooms in a Mushroom sauce and coated in crispy breadcrumbs.

Packed 10 x 198g

Also available

Filled Plaice with a Cheese and Broccoli Filling.

Packed 10 x 198g

NEW Salmon Fillet o' Fish

100% Prime Atlantic Salmon fillet coated with a Lemon and Coriander crumb.

Packed 24 x 140gm

Specifically designed for flexible use within Pubs, Restaurants and Fast Food Outlets. Salmon Fillet O' Fish can be served in a bun with fries and salad, or just as versatile being served with baked potato and salad.

Deep fry from frozen in a matter of minutes.



J. Sykes & Sons (Manchester) Limited, New Smithfield Market, Whitworth Street East, Openshaw, Manchester M11 2WP
Tel: 0161 223 9311 Mon-Fri until 1pm Ans: 0161 230 0202 (24 hours) Fax: 0161 220 8842 Email: wholesale@sykesseafoods.co.uk