

FISH & SEAFOOD

AUTUMN/WINTER 2020

**THE SECRET
TO OUR
QUALITY
FISH**

See pages 2-5

COD

EXTRA £2 OFF
Pay online by card

FIS130
MSC ATLANTIC IQF
SKIN-ON BONELESS COD
Fillets (8-10oz) 1x15

£1.60 per Fillet

COLLECTION
£25.99 DELIVERY
£26.99

PAY ONLINE
£23.99 PAY ONLINE
£24.99

HADDOCK

EXTRA £2 OFF
Pay online by card

FIS724
MSC ATLANTIC IQF
SKIN-ON BONELESS HADDOCK
Fillets (10-12oz) 1x12

£1.96 per Fillet

COLLECTION
£25.49 DELIVERY
£26.49

PAY ONLINE
£23.49 PAY ONLINE
£24.49

PRAWNS

EXTRA £2 OFF
Pay online by card

FIS386
Aquafish
RAW VANNAMEI PRAWNS P&D
(26/30, 900g net) 6x1.4kg

£5.24 per Kg

COLLECTION
£45.99 DELIVERY
£46.99

PAY ONLINE
£43.99 PAY ONLINE
£44.99

Subject to availability

Online order by 9pm for your next available delivery day



VISIT JJFOODSERVICE.COM | CALL 01992 701 701

GO PREMIUM with our ICELANDIC RANGE



Icelandic fish is favoured by people around the world

RESPONSIBLEFISHERIES.IS



JUICIEST, WHITEST TASTIEST FLAKES

- ✓ **Premium Product** – A quality fish product that your customers will enjoy, all year round
- ✓ **Flavour & Texture** – Icelandic fish are well-known for the biggest, whitest and juiciest flakes
- ✓ **Options** – Skin-on, skinless PBI and skinless boneless varieties are available
- ✓ **Less Waste** – Boneless options can help to save time and reduce waste

NUTRITIOUS, RICH MINERAL WATERS

- ✓ **Nutritious** – Icelandic waters are rich with minerals, helping fish to thrive
- ✓ **Environment** – Clean, cold Icelandic waters create the perfect habitat for fish
- ✓ **Fully Traceable** – Fish can be traced back to a sustainable fishery



Our Icelandic Range

FISK



BN



SKIN-ON OR SKINLESS PBI OR SKINLESS BONELESS

🍷 COD & HADDOCK

KG 3x9kg

MSC

SKINLESS BONELESS

🍷 COD

KG 3x9kg

MSC

Why choose seafood from Iceland

Icelandic fish has been sustainably sourced from pure waters around Iceland, processed to the highest standards, and received optimal treatment all the way to the market.



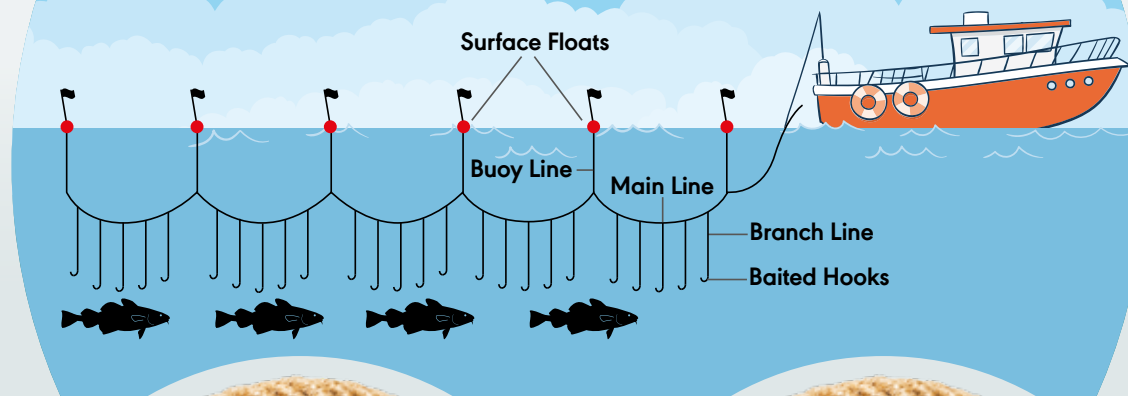
Iceland's popular marine products account for 40% of their total exports.* That's why Icelandic marine products are enjoyed by more than 95 countries around the world.*

- AS QUOTED BY RESPONSIBLEFISHERIES.IS

*Relates to 2018

INTRODUCING OUR NORWEGIAN LINE CAUGHT FISH

Our fish are wild caught, which means they feed on a natural diet and have been caught using the hook and line method. This method helps to promote the highest standards of quality with minimal environmental impact.



GEIR



SKIN-ON

🐟🐟 COD & HADDOCK

KG 3x6.81kg

MSC

ØSTERFJORD



SKIN-ON

🐟🐟 COD & HADDOCK

KG 3x6.81kg

MSC

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Frozen At Sea

Frozen At Sea (FAS) fish and seafood that have been frozen within hours of being caught. The products are cleaned, processed, and frozen on the vessel that caught them, helping to retain the maximum nutritional benefits. Freezing is known to stop all microbiological activity including pathogens, which cause food poisoning.

BENEFITS OF FAS

- ✓ **Premium:** Sustainable quality all year round
- ✓ **Traceable:** Our fish are fully traceable back to the producer
- ✓ **Healthier:** Freezing retains nutritional content
- ✓ **Sustainable:** Transported using lower carbon methods

GLACIALIS



SKIN-ON OR SKINLESS PBI OR SKINLESS BONELESS

🐟🐟 COD & HADDOCK

KG 3x6.81kg | 2x9kg | 3x6.35kg

MSC

EUROFISH



SKIN-ON OR SKINLESS PBI

🐟🐟 COD & HADDOCK

KG 3x6.81kg

MSC

SAPPHIRE II



SKIN-ON

🐟 COD

KG 3x6.81kg

MSC

ROYAL GREENLAND



SKIN-ON OR SKINLESS PBI

🐟 COD

KG 2x6.81kg

MSC

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IQF SKINLESS BONELESS COD FILLETS

Code	Description	Collection	Delivery	Per Fillet
FIS331	MSC Atlantic IQF Skinless Boneless Cod Fillets (6-7oz) 1x20	£26.49	£27.49	£1.32
FIS402	MSC Atlantic IQF Skinless Boneless Cod Fillets (7-8oz) 1x18	£26.99	£27.99	£1.50
FIS547	MSC Atlantic IQF Skinless Boneless Cod Fillets (8-10oz) 1x15	£26.99	£27.99	£1.80
FIS759	MSC Atlantic IQF Skinless Boneless Cod Fillets (10-12oz) 1x12	£26.49	£27.49	£2.21

IQF SKIN-ON BONELESS COD FILLETS

Code	Description	Collection	Delivery	Per Fillet
FIS335	MSC Atlantic IQF Skin-on Boneless Cod Fillets (6-7oz) 1x20	£25.49	£26.49	£1.27
FIS336	MSC Atlantic IQF Skin-on Boneless Cod Fillets (7-8oz) 1x18	£25.99	£26.99	£1.44
FIS130	MSC Atlantic IQF Skin-on Boneless Cod Fillets (8-10oz) 1x15	£25.99	£26.99	£1.73
FIS753	MSC Atlantic IQF Skin-on Boneless Cod Fillets (10-12oz) 1x12	£26.49	£27.49	£2.21

IQF SKINLESS BONELESS ATLANTIC COD LOINS

Code	Description	Collection	Delivery	Per Loin
FSH446	Frozen MSC IQF Skinless & Boneless Atlantic Cod Loins (140-170g) 1x10	£12.99	£13.99	£1.30
FSH447	Frozen MSC IQF Skinless & Boneless Atlantic Cod Loins (180-200g) 1x10	£15.99	£16.99	£1.60

Code	Description	Collection	Delivery	Per Loin
FSH452	Frozen MSC IQF Skinless & Boneless Atlantic Cod Loins (200-220g) 1x10	£17.99	£18.99	£1.80

IQF SKINLESS BONELESS HADDOCK FILLETS

Code	Description	Collection	Delivery	Per Fillet
FIS721	MSC Atlantic IQF Skinless Boneless Haddock Fillets (7-8oz) 1x18	£25.49	£26.49	£1.42
FIS723	MSC Atlantic IQF Skinless Boneless Haddock Fillets (8-10oz) 1x15	£26.49	£27.49	£1.77
FIS725	MSC Atlantic IQF Skinless Boneless Haddock Fillets (10-12oz) 1x12	£26.49	£27.49	£2.21

IQF SKIN-ON BONELESS HADDOCK FILLETS

Code	Description	Collection	Delivery	Per Fillet
FIS720	MSC Atlantic IQF Skin-on Boneless Haddock Fillets (7-8oz) 1x18	£24.99	£25.99	£1.39
FIS722	MSC Atlantic IQF Skin-on Boneless Haddock Fillets (8-10oz) 1x15	£25.99	£26.99	£1.73
FIS724	MSC Atlantic IQF Skin-on Boneless Haddock Fillets (10-12oz) 1x12	£25.49	£26.49	£2.12



SEA BASS

- ✓ Portion controlled
- ✓ White flaky fish
- ✓ Sweet flavour
- ✓ Plentiful supply all year round
- ✓ Works with stronger flavours
- ✓ Grilled, pan-fried, oven-baked or steamed

PORTION CONTROLLED 

IQF WHOLE SEA BASS & FILLETS

Code	Description	Collection	Delivery	Per Kg
FSH291	Aquafish IQF Whole Sea Bass Gilled & Gutted (300-400g) 1x1kg	£7.29	£8.29	£7.29
FIS369	Aquafish IQF Whole Sea Bass Gilled & Gutted (400-600g) 1x1kg	£7.49	£8.49	£7.49

Code	Description	Collection	Delivery	Per Kg
FSH293	Aquafish IQF Sea Bass Fillets (140g-180g) 1x1kg	£12.49	£13.49	£12.49
FSH294	Aquafish IQF Sea Bass Fillets (180-220g) 1x1kg	£12.99	£13.99	£12.99



SEA BREAM

- ✓ Portion controlled
- ✓ Low fat
- ✓ White flaky fish
- ✓ Grilled, pan-fried, oven-baked or steamed

PORTION CONTROLLED 

IQF WHOLE SEA BREAM & FILLETS

Code	Description	Collection	Delivery	Per Kg
FSH292	Aquafish IQF Whole Sea Bream Gilled & Gutted (400-600g) 1x1kg	£7.29	£8.29	£7.29

Code	Description	Collection	Delivery	Per Kg
FSH295	Aquafish IQF Sea Bream Fillets (100-140g) 1x1kg	£9.99	£10.99	£9.99
FIS506	Aquafish IQF Sea Bream Fillets (140-180g) 1x1kg	£11.29	£12.29	£11.29
FIS507	Aquafish IQF Sea Bream Fillets (180-220g) 1x1kg	£11.49	£12.49	£11.49



IQF PLAICE

Code	Description	Collection	Delivery	Per Kg
FIS707	Van Der Lee IQF Boneless Plaice Fillets (5-6oz) 1x4.54kg	£29.99	£30.99	£6.61
FIS706	Van Der Lee IQF Boneless Plaice Fillets (6-7oz) 1x4.54kg	£33.99	£34.99	£7.49
FIS705	Van Der Lee IQF Boneless Plaice Fillets (7-8oz) 1x4.54kg	£37.99	£39.99	£8.37

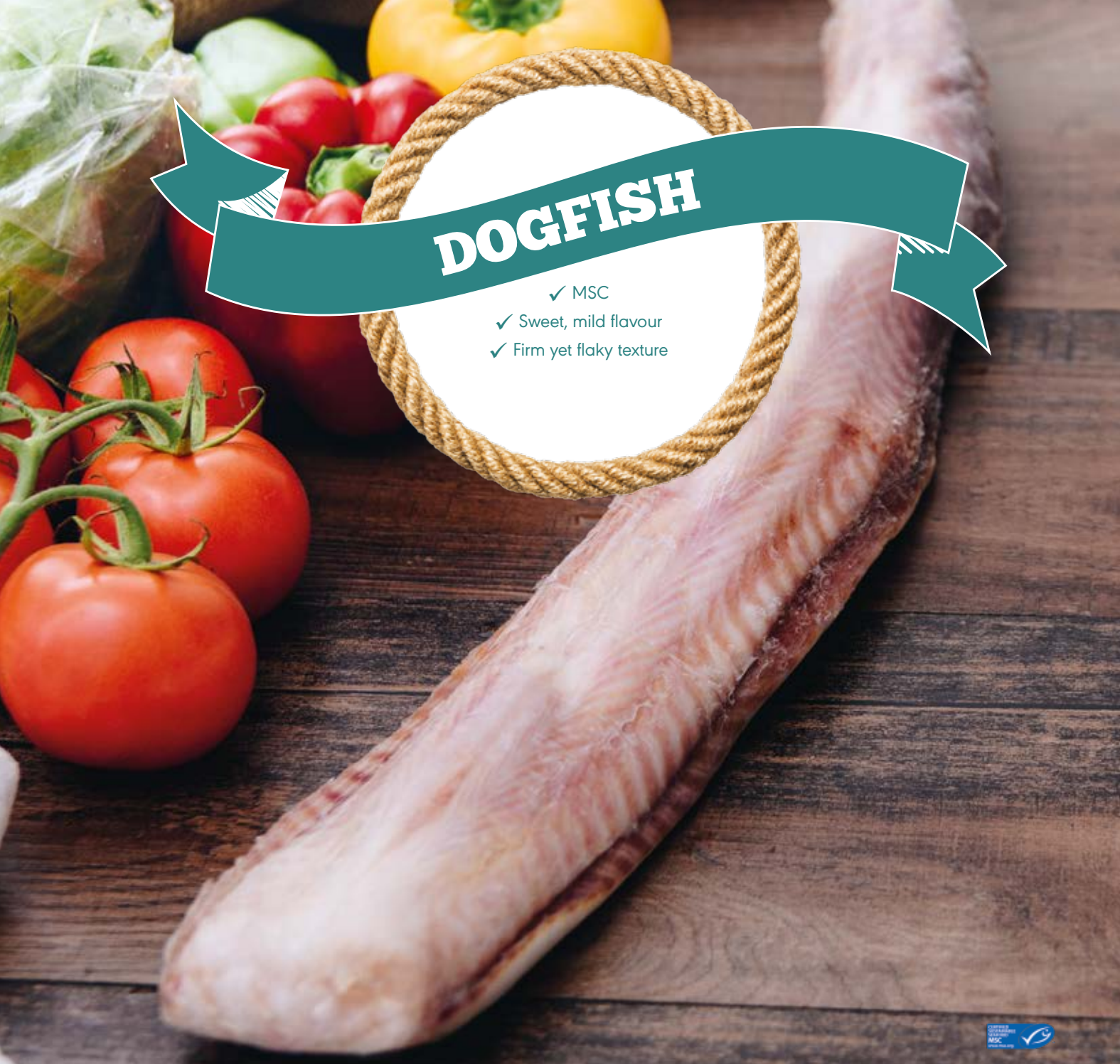
Code	Description	Collection	Delivery	Per Kg
FIS730	Van Der Lee IQF Boneless Plaice Fillets (8-10oz) 1x4.54kg	£37.99	£39.99	£8.37
FIS731	Van Der Lee IQF Boneless Plaice Fillets (10-12oz) 1x4.54kg	£37.99	£39.99	£8.37



IQF TILAPIA & IQF PANGASIUS

Code	Description	Collection	Delivery	Per Kg
FIS399	Aquafish IQF Skinless & Boneless Tilapia Fillets (5-7oz) 5x1kg	£15.99	£16.99	£3.20

Code	Description	Collection	Delivery	Per Kg
FIS383	Aquafish IQF Skinless & Boneless Pangasius Fillets (170-220g) 10x1kg	£17.99	£18.99	£1.80



IQF DOGFISH

Code	Description	Collection	Delivery	Per Kg
FIS691	MSC Arctic Star IQF Dogfish Extra Large (900g+) 1x12.7kg	£108.99	£110.99	£8.58

Code	Description	Collection	Delivery	Per Kg
FIS405	MSC Arctic Star IQF Dogfish Large (800g+) 1x12.7kg	£101.99	£103.99	£8.03



SKATE

Code	Description	Collection	Delivery	Per Kg
FIS729	Gooch Skinless Skate Wings (2-4LB) 1x10kg	£72.99	£74.99	£7.30

Code	Description	Collection	Delivery	Per Kg
FIS728	Gooch Skinless Skate Wings (1-2LB) 1x5kg	£33.99	£34.99	£6.80

TROUT

Code	Description	Collection	Delivery	Per Kg
FSH457	Aquafish IQF Rainbow Trout Fillets (225-350g) 1x1kg	£9.99	£10.99	£9.99



IQF SALMON

Code	Description	Collection	Delivery	Per Kg	Code	Description	Collection	Delivery	Per Kg
FIS580	Frozen Norwegian Whole Skinless & Boneless Salmon Fillets (Pack App. 1kg) 1x1kg	£13.99	£14.99	£13.99	FSH403	Frozen Norwegian Skinless & Boneless IQF Salmon Portions (4-5oz) 1x10	£17.99	£18.99	£1.80 per Portion
FIS488	Frozen Norwegian Skinless & Boneless IQF Salmon Portions (5-6oz) 1x10	£19.99	£20.99	£2.00 per Portion	FSH404	Frozen Norwegian Skin on & Boneless IQF Salmon Portions (4-5oz) 1x10	£15.99	£16.99	£1.60 per Portion
FIS582	Frozen Norwegian Skin-on & Boneless IQF Salmon Portions (5-6oz) 1x10	£18.99	£19.99	£1.90 per Portion	FSH405	Norwegian Cold Smoked Salmon Pre Sliced Whole Fillets (Pack App.2kg) 1x1kg	£14.99	£15.99	£14.99



LEMON SOLE

Code	Description	Collection	Delivery	Per Kg	Code	Description	Collection	Delivery	Per Kg
FSH409	Van Der Lee Lemon Sole Fillets Skin On (6-8oz) 1x4.54kg	£32.99	£33.99	£7.27	FSH408	Van Der Lee Lemon Sole Fillets Skin On (5-6oz) 1x4.54kg	£29.99	£30.99	£6.61



IQF RAW BLACK TIGER PRAWNS 1x1kg

Code	Description	Collection	Delivery	Per Kg
FIS484	NSFIL Premium Semi IQF Raw HOSO Black Tiger Prawns (13/15, 750g net) 1x1kg	£7.99	£8.99	£7.99

BLOCK, BLACK TIGER PRAWNS 6x1.4kg

Code	Description	Collection	Delivery	Per Kg
FSH143	NSFIL Premium Raw HLSO Block, Black Tiger Prawns (13/15, 6x700g net) 6x1.4kg	£59.99	£60.99	£7.14
FSH144	NSFIL Premium Raw HLSO Block, Black Tiger Prawns (16/20, 6x700g net) 6x1.4kg	£55.99	£56.99	£6.67
FSH145	NSFIL Premium Raw HLSO Block, Black Tiger Prawns (21/25, 6x700g net) 6x1.4kg	£52.99	£53.99	£6.31

Code	Description	Collection	Delivery	Per Kg
FIS485	NSFIL Premium Semi IQF Raw HOSO Black Tiger Prawns(16/20, 750g net) 1x1kg	£7.49	£8.49	£7.49

PEELED & DEVEINED BLACK TIGER PRAWNS 6x1.4kg

Code	Description	Collection	Delivery	Per Kg
FIS181	NSFIL Premium Frozen Raw P&D Black Tiger Prawns (21/25, 900g net) 6x1.4kg	£60.99	£61.99	£7.26
FIS182	NSFIL Premium Frozen Raw P&D Black Tiger Prawns (26/30, 900g net) 6x1.4kg	£58.99	£59.99	£7.02
FIS180	NSFIL Premium Frozen Raw P&D Black Tiger Prawns (31/40, 900g net) 6x1.4kg	£55.99	£56.99	£6.67



IQF COOKED PEELED & DEVEINED KING PRAWNS

Code	Description	Collection	Delivery	Per Kg
FIS460	NSFIL Premium IQF Cooked P&D King Prawns (21/25, 800g net) 1x1kg	£9.49	£9.99	£9.49
FIS461	NSFIL Premium IQF Cooked P&D King Prawns (26/30, 800g net) 1x1kg	£8.49	£9.99	£8.49

Code	Description	Collection	Delivery	Per Kg
FSH237	NSFIL Premium IQF Cooked P&D King Prawns (31/40, 800g net) 1x1kg	£7.99	£8.99	£7.99



AQUAfish

HEADLESS SHELL-ON VANNAMEI PRAWNS 6x1.4kg

Code	Description	Collection	Delivery	Per Kg
FSH270	Aquafish Raw Vannamei Prawns Headless Shell On (16-20, 6x750g net) 6x1.4kg	£42.99	£43.99	£5.12
FSH271	Aquafish Raw Vannamei Prawns Headless Shell On (21-25, 6x750g net) 6x1.4kg	£41.99	£42.99	£5.00
FSH272	Aquafish Raw Vannamei Prawns Headless Shell On (26-30, 6x750g net) 6x1.4kg	£40.99	£41.99	£4.88

PEELED & DEVEINED VANNAMEI PRAWNS 6x1.4kg

Code	Description	Collection	Delivery	Per Kg
FIS360	Aquafish Raw Vannamei Prawns P&D (21/25, 900g net) 6x1.4kg	£48.99	£49.99	£5.83
FIS386	Aquafish Raw Vannamei Prawns P&D (26/30, 900g net) 6x1.4kg	£45.99	£46.99	£5.48
FIS385	Aquafish Raw Vannamei Prawns P&D (31/40, 900g net) 6x1.4kg	£42.99	£43.99	£5.12

IQF PEELED & DEVEINED VANNAMEI PRAWNS 1x1kg

Code	Description	Collection	Delivery	Per Kg
FIS466	Aquafish IQF Raw P&D Vannamei Prawns (21/25, 700g net) 1x1kg	£7.99	£8.99	£7.99
FIS450	Aquafish IQF Raw P&D Vannamei Prawns (26/30, 700g net) 1x1kg	£6.99	£7.99	£6.99
FIS452	Aquafish IQF Raw P&D Vannamei Prawns (31/40, 700g net) 1x1kg	£5.99	£6.99	£5.99



AQUAfish

IQF COOKED & PEELED ATLANTIC COLDWATER PRAWNS 1x2kg

Code	Description	Collection	Delivery	Per Kg
FIS518	Norwegian IQF Cooked & Peeled Atlantic Coldwater Prawns (300/500, Small) 1x2kg	£15.99	£16.99	£8.00
FIS602	Norwegian IQF Cooked & Peeled Atlantic Coldwater Prawns (250/350, Medium) 1x2kg	£16.99	£17.99	£8.50
FIS269	Norwegian IQF Cooked & Peeled Atlantic Coldwater Prawns (150/250, Large) 1x2kg	£17.99	£18.99	£9.00



NORGE

IQF COOKED & PEELED PRAWNS

Code	Description	Collection	Delivery	Per Pack
FIS773	White Gold Mr. Chingri IQF C&P Prawns (91-120, 20x350g net) 20x500g	£48.99	£49.99	£2.45
FIS774	White Gold Mr. Chingri IQF C&P Prawns (100-200, 350g net) 20x500g	£45.99	£46.99	£2.30



WHITE GOLD
Mr. Chingri Brand



FRESH WATER KING PRAWNS

- ✓ Raw, cooked, headless or head on
- ✓ Available in a variety of sizes
- ✓ Sweet, firm, meaty flesh
- ✓ Sustainably sourced

NSFIL
PREMIUM
BRAND

IQF HEADLESS SHELL ON KING PRAWNS 1x500g

Code	Description	Collection	Delivery	Per Pack
FIS565	NSFIL Premium EZP, IQF HLSO King Prawns (6/8, 300g net) 1x500g	£6.99	£7.99	£6.99
FIS566	NSFIL Premium EZP, IQF HLSO King Prawns (8/12, 300g net) 1x500g	£5.99	£6.99	£5.99

IQF HEADLESS SHELL ON KING PRAWNS 1x600g

Code	Description	Collection	Delivery	Per Pack
FSH336	NSFIL Premium EZP, IQF Raw Headless Shell on King Prawns (U5, 400g net) 1x600g	£8.99	£9.99	£8.99

HEADLESS SHELL ON KING PRAWNS 6x1.4kg

Code	Description	Collection	Delivery	Per Kg
FIS408	NSFIL Premium Raw Headless Shell on King Prawns (U5, 700g net) 6x1.4kg	£108.99	£110.99	£12.98
FIS409	NSFIL Premium Raw Headless Shell on King Prawns (6/8, 700g net) 6x1.4kg	£90.99	£92.99	£10.83
FIS293	NSFIL Premium Raw Headless Shell on King Prawns (8/12, 700g net) 6x1.4kg	£75.99	£77.99	£9.05



FROZEN RAW SEAFOOD

- ✓ Grilled or deep-fried
- ✓ Try in stews, paella or curries
- ✓ Juicy and tender

AQUAfish

SQUID

Code	Description	Collection	Delivery	Per Kg
FIS632	Aquafish Raw Squid Rings 1x1kg	£4.99	£5.49	£4.99
FIS185	Aquafish IQF Cleaned (U5) Squid Tubes (30%Glaze) 10x1kg	£36.99	£37.99	£3.70
FIS295	Aquafish Cleaned Squid with Tentacles (10/20) 1x1kg	£4.99	£5.49	£4.99

FROZEN RAW SEAFOOD

Code	Description	Collection	Delivery	Per Kg
FIS310	New Zealand Greenshell Mussels 1x1kg	£6.99	£7.49	£6.99
FSH141	IQF Spanish Octopus (size 3-4kg) 1x14kg	£106.99	£107.99	£7.64

FROZEN COATED FISH & SEAFOOD

- ✓ Perfect, tasty starter or side
- ✓ Easy to prepare
- ✓ Great for sharing platters



PACIFIC WEST RANGE

Code	Description	Collection	Delivery	Per Pack
FIS177	Pacific West Panko Coated (Hand Cut) Squid Rings 1x700g	£8.49	£8.99	£8.49
FIS535	Pacific West Breaded Butterfly Prawns 1x500g	£5.99	£6.99	£5.99
FIS235	Pacific West Tempura Torpedo Japanese Style Prawns (21/25) 1x500g	£7.99	£8.49	£7.99
FIS732	Pacific West Wholetail Breaded Scampi 1x454g	£4.49	£4.99	£4.49

Code	Description	Collection	Delivery	Per Kg
FIS176	Pacific West Salt&Pepper Squid Chunks 1x1kg	£10.99	£11.49	£10.99
FIS234	Pacific West Raw Panko Coated Prawns (21/25) 1x500g	£5.99	£6.99	£5.99 per Pack
FIS533	Pacific West Filo Pastry Prawns 1x500g	£5.99	£6.99	£5.99 per Pack

WHITBY RANGE SCAMPI

Code	Description	Collection	Delivery	Per Pack
FIS528	Whitby Wholetail Breaded Scampi (28-30pcs) 1x450g	£5.49	£5.99	£5.49
FIS529	Whitby Wholetail Breaded XL Scampi (18-22pcs) 1x450g	£5.49	£5.99	£5.49

SCAMPI

Code	Description	Collection	Delivery	Per Pack
FIS043	JJ Wholetail Breaded Scampi (Red Tape) 1x454g	£3.99	£4.49	£3.99
FIS738	Middleton Wholetail Breaded Scampi 1x454g	£4.49	£4.99	£4.49

KINGFROST FISH CAKES

Code	Description	Collection	Delivery	Per Fish Cake
FIS014	KingFrost Fish Cakes (4oz) 24x113g	£5.29	£6.29	£0.22
FIS017	KingFrost Fish Cakes (3oz) 36x85g	£5.79	£6.79	£0.16

YOUNG'S FISH FINGERS

Code	Description	Collection	Delivery	Per Fish Finger
FIS390	MSC Young's Whitefish Fillet Breaded Fish Fingers 1x60x25g	£6.99	£7.99	£0.12
FIS144	Young's MSC Omega 3 Gluten Free Fish Fingers 1x30x30g	£7.99	£8.99	£0.27

OTHERS

Code	Description	Collection	Delivery	Per
FSH252	Breaded Cod Square Portions 30x100g	£16.49	£17.49	£0.55 Portion
FSH251	Battered Cod Fillets (8-10oz) 1x15	£19.99	£20.99	£1.33 Fillet
FSH269	Breaded Cod Fillets (6-7oz) 1x18	£17.99	£18.99	£1.00 Fillet
FSH285	Battered Cod Fillets (4-5oz) 1x24	£15.99	£16.99	£0.67 Fillet

EXTRA £1 OFF
Pay online by card

FIS372

£5.79 per Kg

Aquafish IQF Whole Sea Bream
Gilled & Gutted (300-400g) 1x1kg



COLLECTION

£6.79

PAY ONLINE

£5.79

DELIVERY

£7.79

PAY ONLINE

£6.79



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Quantity limits may apply | Prices may vary according to branch | Not all items advertised are available in all branches.

No account needed for cash payment | JJ accepts credit and debit cards.

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