



For your **FREE** delivery phone

**STAN & JENNI OPALINSKI**

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*All products are sourced from Quality Assured suppliers and are processed to International Food Standards.*

*We Guarantee the quality & freshness of all our products.*

**PRICES EFFECTIVE FEBRUARY 2009**

[www.westcoastseafood.com.au](http://www.westcoastseafood.com.au)

**FISH FILLETS - CUTLETS - WHOLE FISH**

Whiting - Cold Water NZ	\$17.00 kg	Pearl Perch	\$29.00 kg
Smoked Cod	\$17.00 kg	Orange Roughy	\$35.00 kg
Silver Snapper	\$19.00 kg	Salmon Portions (200g ea)	\$7.00 ea
Pacific Dory (Royal Bassa)	\$19.00 kg	Mackeral Cutlets	\$19.00 kg
Barramundi (Saltwater)	\$25.00 kg	Swordfish Cutlets	\$35.00 kg
Shark	\$26.00 kg	Whole Mullet (per kg)	\$9.00 kg
Red Spotted Emperor	\$25.00 kg	Whole Red Snapper (per kg)	\$POA
Grouper	\$27.00 kg	Whole Flounder (per kg)	\$19.00 kg
Coral Trout	\$28.00 kg		

**PRAWNS**

Marinated Prawn Meat (garlic, chilli or lime/coriander)	\$19.00 500g	Raw Prawn Meat	\$32.00 kg
Cooked Cocktail Meat	\$21.00 kg	Prawn Skewers (20 per pack) (sweet chilli or garlic)	\$35.00 kg
Cooked Exmouth Endeavours	\$25.00 kg	XLarge Raw Prawn Meat	\$39.00 kg
Raw Northern King	\$25.00 kg	XLarge Cooked Prawn Meat	\$39.00 kg

**CRUMBED SEAFOOD**

Garlic Prawn Tails	\$16.00 500g	Crumbed Squid Rings	\$18.00 kg
Fish & Chips (5 fish & 1kg chips)	\$18.00 pk	Salt & Pepper Squid	\$22.00 kg
Crumbed Fish Fillets (10 fish)	\$18.00 kg	Fantail Prawn Cutlets	\$25.00 kg
Fish Nuggets	\$18.00 kg	Fisherman's Basket (feeds 4) <small>(garlic prawns, fish, squid, scallops, fish nuggets)</small>	\$30.00 1.4kg

**MISC SEAFOOD**

Mussels Whole (NZ)	\$9.00 kg	Oysters ½ shell 2doz	\$29.00
Mussel Meat (NZ)	\$18.00 kg	Scallop Meat	\$37.00 kg
Crab Sticks	\$13.00 kg	Crabs (raw)	\$POA
Seafood Extender	\$14.00 kg	Crayfish (cooked)	\$21.00 ea
Squid Tubes	\$18.00 kg	Moreton Bay Bug Tails	\$45.00kg

**QUICK & EASY SNACK FOODS**

Family Meat Pies (Beef, Chicken, Steak & Bacon)	\$14.00 ea	Gourmet Beef Burgers	\$18.00 pk
Chicken Wings & Drums (honey or spicy)	\$18.00 pk	Pizza Slabs (Hawaiian, Supreme, Cheese & Bacon)	\$18.00 ea
Chicken Breast Fillets (crumbed)	\$18.00 pk	Roast Chicken Meat (pieces)	\$20.00 kg
Chicken Sweet Chilli Tenders	\$18.00 kg	Lasagne 2kg	\$21.00 ea
Chicken Nuggets	\$18.00 pk	Garlic & Herb Schnitzel (4 pack)	\$19.00 pk
Meat Balls (Aussie BBQ)	\$18.00 pk	Honey Macadamia Rolled Roast	\$20.00 pk
Mini Spring Rolls	\$18.00 kg	Chicken Kiev size 16 (4 pack)	\$22.00 pk

**DESSERTS**

Honey-Butterscotch Cheese Cake 1kg	\$22.00	Apple Pie 2kg	\$24.00
French Vanilla-Strawberry Ch Cake 1kg	\$22.00		

**"TO AVOID DISSAPPOINTMENT PLEASE PLACE YOUR ORDER IN ADVANCE"**

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