



For your **FREE** delivery phone

**PETER MILDENHALL**

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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 JANUARY 2011**

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

**FISH FILLETS - CUTLETS - WHOLE FISH**

Whiting - Cold Water NZ	\$16.00 kg	Nth West Snapper	\$35.00 kg
Silver Snapper	\$18.00 kg	Orange Roughy	\$35.00 kg
Pacific Dory (Royal Bassa)	\$19.00 kg	Salmon Portions (200g ea)	\$7.50 ea
Barramundi	\$24.00 kg	Smoked Salmon Portions (200g ea)	\$10.00 ea
Shark	\$25.00 kg	Smoked Cod	\$16.00 kg
Red Spotted Emperor	\$25.00 kg	Mackerel Cutlets	\$19.00 kg
Coral Trout	\$30.00 kg	Swordfish Cutlets	\$35.00 kg
Pearl Perch	\$29.00 kg	Tuna Steaks	\$35.00 kg

**PRAWNS**

Marinated Prawn Meat (sweet chilli)	\$19.00 500g	Raw Prawn Meat Med/Large	\$32.00 kg
Cooked Cocktails	\$20.00 kg	XLarge Raw Prawn Meat	\$35.00 kg
Cooked Exmouth Endeavours	\$25.00 kg	XLarge Cooked Prawn Meat	\$35.00 kg
Raw Northern King	\$25.00 kg	XLarge Cooked King Prawns	\$35.00 kg
Prawn Skewers (20 per pack) (sweet chilli or garlic/herb)	\$35.00 kg	XL Raw King Prawns Whole	\$42.00 kg

**CRUMBED SEAFOOD**

Fish & Chips (5 fish & 1kg chips)	\$17.00 pk	Crumbed Fish Fillets (10 fish)	\$17.00 kg
Garlic Prawn Tails (500g)	\$16.00 pk	Crumbed Squid Rings	\$21.00 kg
Fish Nuggets	\$18.00 kg	Salt & Pepper Squid	\$21.00 kg
Salt & Pepper Prawns	\$35.00 kg	Fantail Prawn Cutlet	\$24.00 kg
Fisherman's Basket (garlic prawns, fantail prawns, fish, squid, scallops, fish nuggets)	\$30.00 pk		

**MISC SEAFOOD**

Mussels Whole (NZ)	\$8.50 kg	Oysters ½ shell 2doz	\$29.00
Mussel Meat (NZ)	\$18.00 kg	Scallop Meat	\$37.00 kg
Squid Tubes	\$18.00 kg	Moreton Bay Bug Tails	\$45.00 kg

**QUICK & EASY SNACK FOODS**

Chicken Wings & Drums (spicy or mild)	\$18.00 pk	Meat Balls	\$18.00 kg
Chicken Breast Fillets pack	\$18.00 pk	Cottage Pie Toppers	\$18.00 pk
Chicken Sweet Chilli Tenders	\$18.00 pk	Mini Spring Rolls pack	\$18.00 pk
Chicken Nuggets	\$18.00 kg	Gourmet Beef Burgers	\$18.00 pk
Mignons (4 pack)	\$18.00 pk	Honey Macadamia Rolled Roast	\$20.00 pk
Garlic & Herb Schnitzel (4 pack)	\$19.00 pk	Kievs (4 pack)	\$22.00 pk

**DESSERTS (PRE-ORDERS ONLY)**

Honey-Butterscotch Cheese Cake 1kg	\$24.00	Apple Pie 2kg	\$25.00
Strawberry Cheese Cake 1kg	\$24.00	Pecan Pie 1kg	\$26.00
Apple Strudel 1.5kg	\$28.00	Lemon Tart 1kg	\$25.00

**“QUALITY SEAFOOD DELIVERED TO YOUR DOOR”**

POSTAL ADDRESS: PO BOX 898, Kalamunda 6076 • MOBILE EFTPOS AVAILABLE