



www.westcoastseafood.com.au

For your **FREE** delivery phone your Local Distributor

## Ross & Jenny McDougall

Mobile 0428745560

Ph/Fax 95745560

Serving the Avon Valley & Central Wheatbelt

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

We guarantee the quality and freshness of all our products.

### Fish Fillets

Whiting	1kg	\$16.00
Smoked Cod	1kg	\$16.00
Hoki	1kg	\$17.00
Silver Snapper	1kg	\$18.00
Dory	1kg	\$19.00
Mackerel Cutlets	1kg	\$19.00
Barramundi	1kg	\$24.00
Red Spotted Emperor	1kg	\$25.00
Shark	1kg	\$25.00
Grouper	1kg	\$25.00
Coral Trout	1kg	\$30.00
Pearl Perch	1kg	\$29.00
Salmon Portions	200g	\$ 7.00
Orange Roughy	1kg	\$32.00
Swordfish	1kg	\$35.00

### Prawns

Cooked Cocktails	1kg	\$21.00
Cooked Northern	1kg	\$25.00
Raw Northern King	1kg	\$25.00
Raw Prawn Meat	1kg	\$32.00
Prawn Skewers <i>(Marinated)</i>	1kg	\$34.00
Extra Large Cooked Meat	1kg	\$34.00
Salt & Pepper Prawns	1kg	\$34.00

### Crumbed Seafood

Garlic Prawn Tails	500g	\$16.00
Fish and Chips <i>(5 crumbed Fish &amp; 1kg Chips)</i>	pack	\$18.00
Crumbed Fish Fillet	1kg	\$18.00
Fish Nuggets	1kg	\$18.00
Squid Rings	1kg	\$18.00
Salt & Pepper Squid	1kg	\$23.00
Fantail Prawn Cutlets	1kg	\$24.00
Fisherman's Basket <i>(Prawns, Fish, Squid, Scallops &amp; Fish Nuggets)</i>	1.4kg	\$30.00

### Misc Seafood

Mussels (NZ) whole	1kg	\$ 8.00
Mussel meat (NZ)	1kg	\$18.00
Squid Tubes	1kg	\$18.00
Oysters in half shells (NZ)	2 doz	\$29.00
BBQ Seafood Pack <i>(Mussels, Prawns, Scallops, Fish, Squid)</i>	1.6 kg	\$30.00
Scallop Meat	1kg	\$37.00
Moreton Bay Bug Tails	1kg	\$45.00
Whole Red Snapper		\$17/kg
Whole Pink Snapper		\$19/kg

### Quick & Easy Snack Food

Family Beef Pie	950g	\$14.00
Family Steak n Bacon Pie	950g	\$14.00
Mini Spring Rolls	900g	\$16.00
Pizza Slabs <i>(Supreme or Hawaiian)</i>	900g	\$18.00
Chicken Wings & Drums <i>(Mild Honey &amp; Soy or Hot &amp; Spicy)</i>	900g	\$18.00
Sweet Chilli Tenders	700g	\$18.00
Chicken Breast Fillets	1kg	\$18.00
Chicken Nuggets	1kg	\$18.00
Meat Balls BBQ	1kg	\$18.00
Cottage Pies	1kg	\$18.00
Gourmet Beef Burgers	1kg	\$18.00
Lamb Rissoles	1kg	\$18.00
Garlic Herb Chicken Schnitzel	4/tray	\$19.00
Chicken Kiev	4/tray	\$22.00
Rolled Chicken Roast <i>(Honey Macadamia)</i>	1kg	\$20.00

### Desserts

Apple Pie (serves 12-14)	2kg	\$25.00
Pecan Pie (serves 12)	1kg	\$26.00
Cheese Cake (serves 10-14) <i>(Strawberry or Honeycomb/Butterscotch)</i>	1.1kg	\$24.00
Lemon Tart (serves 12)	1kg	\$25.00

Prices effective as of March 2011

**"QUALITY SEAFOOD DELIVERED TO YOUR DOOR"**

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