

WEST COAST SEAFOOD

"Quality seafood delivered to your door"



MAY

*Order this week
for delivery Friday*

phone Winton on 0418 313 553

winton@westcoastseafood.com.au

FISH 'n CHIP PACK



12.50 pk

20 off

Rec. Retail 16.00 pk

Easily feeds a family of four. With 5 pieces of quality New Zealand Hoki, lightly crumbed in a crunchy golden oven fry crumb, plus 1kg of oven bake chips. Perfect for a quick and easy family meal.

SILVER SNAPPER (ocean processed Hake)



14.00 kg

20 off

Rec. Retail 18.00 kg

One of our most popular fish.
A small white fillet with a mild flavour.
Perfect for a quick healthy meal.

SNAPPER WITH POTATO SALAD (pictured above)

Ingredients (serves 4)

- 500g potatoes, peeled
- 4 x 150g snapper fillets
- olive oil spray
- 50g baby spinach leaves, to serve
- lemon wedges, to serve

Dressing

- 1/4 cup chopped chives
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 2 tablespoons capers

Method

1. Cook potatoes in a saucepan of boiling water over medium-high heat for 12 to 15 minutes or until tender. Drain. Cool. Slice.
2. To make dressing: Combine ingredients, and salt and pepper, in a bowl. Whisk. Pour over potatoes. Toss.
3. Spray fish with oil. Season. Cook in a frying pan over medium-high heat for 2 to 3 minutes each side until cooked through.
4. Arrange potatoes, spinach and snapper on plates. Serve with lemon wedges.

For recipes, cooking hints and nutritional information visit us at

www.westcoastseafood.com.au

To add or remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at mail@westcoastseafood.com.au or visit www.westcoastseafood.com.au

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For your **FREE** delivery Phone your Local Distributor

WINTON LAWTON
0418 313 553 FAX

All products are sourced from Quality Assured suppliers and are processed to International Food Standards. We Guarantee the quality freshness of all our products.

FISH FILLETS - CUTLETS - WHOLE FISH

Whiting - Gold Water NZ	16.00kg	Orange Roughy	35.00kg
Silver Snapper	18.00kg	Dhufish	55.00kg
Pacific Dory Royal Bassa	19.00kg	Whole Red Snapper	12.00kg
Shark	25.00kg	Whole Pink Snapper	17.00kg
Red Spotted Emperor	24.00kg	Salmon Cutlets	29.00kg
Grouper	24.00kg	Salmon Side random	29.00kg
Barramundi	24.00kg	Salmon Portions	35.00kg
Pearl Perch	29.00kg	Smoked Salmon Side	39.00kg
Coral Trout	27.00kg	Swordfish Cutlets	32.00kg
Nth West Snapper	34.00kg		

PRAWNS

Raw Northern King	24.00kg	Raw Prawn Meat Med Large	29.00kg
Cooked Exmouth Endeavours	24.00kg	Raw Prawn Meat XLarge	35.00kg
Cooked Cocktails	19.00kg	Cooked Prawn Meat XLarge	35.00kg
Prawn Skewers 20 per pack	30.00kg		

CRUMBED SEAFOOD

Fish Chips 5 fish 1kg chips	16.00pk	Fish Nuggets	16.00kg
Crumbed Fish Fillets 10 fish	16.00kg	Crumbed Squid Rings	16.00kg
Garlic Prawn Cutlets 500g	16.00bag	Fantail Prawn Cutlets	24.00kg
		Salt Pepper Squid	19.00kg
Fisherman s Basket garlic prawns, fantail prawns, fish, squid, scallops, fish nuggets			29.00pk

MISC

Mussels Whole NZ	8.00kg	Oysters shell 2doz	27.00
Mussel Meat NZ	17.00kg	Scallop Meat	37.00kg
Crab Sticks	10.00kg	Moreton Bay Bug Tails	44.00kg
Seafood Marinara	14.00kg	Crayfish WA - freshly cooked	POA
Squid Tubes	17.00kg		
Seafood BBQ Pack prawns, fish, squid, scallops, mussels, feeds 4			29.00pk

QUICK EASY SNACK FOODS

Chicken Breast Fillets pack	16.00pk	Meat Balls	16.00kg
Chicken Nuggets	16.00kg	Mini Spring Rolls pack	16.00pk
Chicken Sweet Chili Tenders pack	16.00pk	Mini Pizza s 24 pack	16.00pk
Chicken Wings Drums spicy or mild	16.00pk	Pizza Slabs	16.00pk
Gourmet Beef Burgers	16.00pk	Roasted Chicken Meat	19.00kg

Ask about our range of Desserts including Apple Strudel, Pecan Pie Cheesecakes

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POSTAL ADDRESS: PO BOX 5474 CANNING VALE, 6155 • winton@westcoastseafood.com.au