

TODAY'S
FRESH WEEKLY
SEAFOOD SPECIALS

FROM
02/05/2024
TO
08/05/2024



FOODLINK

Distributor of Fine Foods

A top-down photograph of a person's hands slicing a piece of salmon on a wooden cutting board. The salmon is cut into thin, overlapping slices, some of which are already arranged in a neat row on the left side of the board. The person is using a sharp knife to cut a slice from a larger piece of salmon on the right. The text 'RED HOT SPECIALS' is overlaid in the center of the image in a white, stylized, outlined font. The background is a dark, textured surface.

RED HOT
SPECIALS

SUPPLIERS INFORMATION LETTER

Huon Update:

As leaders in aquaculture, Huon's commitment to excellence drives the continuous evaluation of our product portfolio and we wish to advise that moving forward, we are focusing efforts on our salmon operations. Huon proudly produces superior salmon that's consistently oceans ahead in quality, taste, and freshness.

Please note that from 17th April 2024, Huon will no longer provide Ocean Trout.

We appreciate this may impact you, and our team is fully committed to working with you to ensure a seamless and personalised transition for your business.

We value and thank you for your partnership and look forward to continuing to work with you.

Kind Regards,
Huon

Albany Rock Oysters Update:

Albany Rock Oysters has now **finished it's harvesting season.**

Our apologies for the inconvenience and once again thank you for your support during this season.

Kind Regards,
Jeni

103177	BARRAMUNDI WHOLE PLATE 600-800GM R/W QLD	KG	\$14.90
103613	TREVALLY FILLETS NZ SASHIMI 1.1KG + R/W	KG	O/S
104999	COD FILLETS QUEENSLAND S/OFF 600GM + R/W	KG	O/S
103855	CORAL TROUT FILLETS S/ON 600/800 SASHIMI CAIRNS	KG	\$78.90
101079	FLATHEAD FILLET S/OFF B/LESS LAKES ENTERANCE R/W	KG	\$39.90
101271	GURNARD FILLETS S/LESS R/W NZ	KG	\$32.90
101410	JEW FISH WILD FILLET S/ON 1.5-2KG NT R/W	KG	\$34.90
101524	LING FILLETS S/LESS B/LESS NZ 1.5KG + R/W	KG	\$29.60
106460	PARROT FISH FILLETS 150GM + R/W QLD	KG	\$29.90
101673	MONK FISH FILLETS S/OFF NZ 185GM + R/W	KG	\$25.90
101810	ORANGE ROUGHY FILLET S/OFF NZ 250GM + R/W	KG	O/S
102211	PRAWNS WHOLE GREEN YAMBA U8 R/W	KG	\$39.90
102610	SNAPPER FILLETS RED S/ON SOUTH AUST 400GM + R/W	KG	\$28.50
102613	SNAPPER GOLDBAN FILLETS S/ON 500GM + R/W W.A	KG	\$39.90
102614	SWEETLIP SNAPPER FILLETS 300GM + R/W QLD	KG	O/S
100268	BLUE MACKEREL FILLET S/ON COFFS 2KG + R/W	KG	\$24.90
102785	SWORD FISH LOINS ULLADULLA NSW R/W	KG	\$39.90
102984	TUNA LOINS SASHIMI ULLADULLA NSW FRESH A GRADE R/W	KG	\$52.90



**FLOUNDER Y/BELLY WHOLE
400/500GM PLATE R/W NZ**

Fresh

\$24.90/KG

Item Code: 101088



**BONITO FILLETS 200-400GM
R/W COFFS**

Fresh

\$29.90/KG

Item Code: 100273



**LING FILLETS S/LESS B/LESS NZ
1.5KG + R/W
Fresh**

\$29.60/KG

Item Code: 101524



**SWORD FISH LOINS ULLADULLA
NSW R/W**

Fresh

\$39.90/KG

Item Code: 102785

SALMON ROE 100GM TASI

Frozen

\$29.90/EACH

Item Code: 103555



SNAPPER FLAME TAIL FILLETS 800GM + R/W NT

Fresh

\$42.90/KG

Item Code: 104237



SNAPPER GOLDBAN FILLETS S/ON 500GM + R/W W.A

Fresh

\$39.90/KG

Item Code: 102613



CRAB CLAW CRUMBED 1KG

Frozen

\$21.00/EACH

Item Code: 100856



SPECIES INFORMATION

SPECIES

Bugs

DESCRIPTION

Available wild-caught, it is a marine crustacean with a reddish-brown shell, broad flat head with eyes at either edge of the shell, short narrow tail and 5 pairs of small legs. Found on muddy or sandy bottoms at 10-60m, north from northern NSW to Shark Bay in WA, though caught primarily between Cairns and Bundaberg as bycatch of Prawn and Scallop fisheries. They often bury themselves in sand or mud during the day and become active after dark. ***Thenus orientalis*** can be distinguished from ***Thenus indicus*** by the spots on its legs and a brown tail fan (***T.indicus*** has no spots and a yellow tail fan).



**BUGS COOKED
LARGE 175-
200GM R/W**

Fresh

\$39.90

Item Code: 105224

OTHER NAMES

Baylobster, Bay Bobster, Bug, Flathead Lobster, Gulf-lobster, Mudbug, Northern Baylobster, Northern Bay Lobster, Sandbug, Shovelnose Lobster, Shovel-nosed Lobster, Slipper Lobster, Squat Lobster, Squilla.

FAMILY

Scyllaridae (Shovel-nosed/Slipper lobsters).

SEASON

Available year round, although supply is affected by the seasonality of northern Prawn fisheries (peaking in autumn).

SPECIES INFORMATION

SPECIES

Prawns

DESCRIPTION

Have a cream to light brown body, with legs and tailfin a distinctive bright blue in the Western and cream in the Eastern. Redspot has a distinctive red spot on each side of the body shell.

Available wild-caught, these are marine and estuarine-dwelling Prawns, with adults found offshore on a range of bottoms (rock, sand, mud and gravel) to depths of over 220m, and juveniles preferring estuaries or shallow coastal waters.

Western have the widest distribution, found around the Australian coast except for NSW, Victoria and Tasmania and mainly trawled at night off SA and WA, but also off NT and Queensland.

Eastern are found from Bass Strait east to Rockhampton and are an important fishery off Queensland and NSW, and to a lesser extent Victoria.

Redspot are found around the northern Australian coast from Rockhampton to Shark Bay, WA, usually near coral reefs, and are trawled at night, mainly along Queensland's eastern coast as far north as Cape York.

OTHER NAMES

Blueleg Prawn, Eastern Prawn, Ocean King Prawn, Sand Prawn (Eastern), Western Prawn (Western), Red Spotted Prawn (Redspot).

FAMILY

Penaeidae (Penaeid Prawns).

SEASON

Available year round with peaks from February to June. The NT fishery is closed from December to March and again in July.



**PRAWNS TIGER
COOKED U10 FRESH
RED R/W QLD**

Fresh

\$34.50/KG

Item Code: 102240



ALASKAN KING CRAB LEGS R/W

Fresh

\$89.90/KG

Item Code: 100011



CRAB MEAT SPECIAL BLUE SWIMMER 227GM

Fresh

\$18.90/EACH

Item Code: 100861



CAVIAR LUMPFISH BLACK 50GM

Fresh

\$7.50/EACH

Item Code: 101548



PRAWNS TIGER COOKED 16/20 MED-LARGE QLD R/W

Fresh

\$29.90/KG

Item Code: 105385

SEAFOOD RECIPE

Fregola with chilli pipis and cherry tomatoes

SERVES: 4

INGREDIENTS

250g fregola (or Israeli couscous)
2 tbs extra virgin olive oil
2 garlic cloves, finely chopped
2 long red chillies, deseeded and finely chopped, plus extra slices to serve
250g cherry tomatoes, halved
1kg pipis (or mussels)
150ml white wine
50g unsalted butter
Juice of 1 lemon
1 small bunch flat-leaf parsley, leaves picked



METHOD

1. Bring a large saucepan of water to the boil over medium-high heat. Add the fregola and cook until tender. Drain, reserving 1/3 cup (80ml) cooking water.
2. Place a large saucepan with a lid over high heat. Add the olive oil, then the garlic and chillies, and cook for 30 seconds until fragrant. Add the cherry tomatoes and cook for a further 2 minutes before adding the pipis and wine.
3. Cover the pan with a lid and shake while cooking for 3-4 minutes until the pipis start to open. Remove the lid, then add butter and fregola. Stir through the lemon juice and half the parsley leaves.
4. Serve topped with rest of the parsley and extra chilli.

OYSTERS SYDNEY ROCK OPEN X/LARGE NAMBUCCA

Fresh

\$24.90/DOZ

Item Code: 101909



SALMON ROE 100GM TASI

Fresh

\$29.90/EACH

Item Code: 103555



SEA URCHIN ROE TASI SASHIMI GRADE

Fresh

\$34.90/CTN

Item Code: 102522



OYSTERS SYD ROCK OPEN BISTRO MED SIZE

Fresh

\$12.50/DOZ

Item Code: 101906



MORE
SHELL-FISH
OPTIONS

100011	ALASKAN KING CRAB LEGS R/W	KG	\$98.50
103269	BUGS COOKED BALMAIN FRESH QLD LARGE R/W	KG	\$39.90
105224	BUGS COOKED LARGE 175-200GM R/W	KG	\$39.90
100425	CALAMARI SOUTHERN FRESH LINE CAUGHT S.A R/W	KG	\$29.90
100731	CLAMS CLOUDY BAY DIAMOND 1KG NZ	KG	\$19.50
100866	CRABS RAW WHOLE BLUE SWIM R/W	KG	\$29.50
100859	CRAB MEAT SPANNER COOKED 500GM	EACH	\$59.90
100860	CRAB MEAT SPANNER RAW 500GM	EACH	\$58.50
100865	CRABS COOKED WHOLE BLUE SWIM R/W QLD	KG	\$29.90
100939	CUTTLE FISH CLEANED FRESH SPENCER GULF S.A R/W	KG	\$22.90
101537	LOBSTER TAILS RAW 4OZ W.A	KG	\$84.90
107845	LOBSTER WHOLE COOKED LOCAL 700GM -1KG R/W NSW	KG	\$79.90
101535	LOBSTER WHOLE COOKED 600-800GM WA R/W	KG	\$55.90
101826	OCTOPUS MARINATED 900GM TUB	EACH	\$39.90
101907	OYSTERS SYD ROCK UNOPENED PAMBULA LIVE	DOZ	\$19.90
102113	PIPIES LIVE GOOLWA SA NO SAND R/W	KG	\$24.90
102230	PRAWNS OCEAN KINGS COOKED U10 YAMBA R/W	KG	\$36.90
102240	PRAWNS TIGER COOKED U10 FRESH RED R/W QLD	KG	\$34.50
102208	PRAWNS WHOLE GREEN SOUTH AUST 10/15 R/W	KG	\$32.50
106255	SCALLOP 1/2 SHELL JAPANESE LARGE SASHIMI GRADE	DOZ	\$29.90
103084	VONGOLE LIVE R/W	KG	\$29.50



LIVE MARRON 180GM AVG R/W

Item to be pre-ordered, please call your Rep

\$91.00/KG

Item Code: 101530

SASHIMI GRADE FISH FILLETS & WHOLE

100268	BLUE MACKEREL FILLETS COFFS SASHIMI 80GM + R/W	KG	\$24.90
100273	BONITO FILLETS 200-400GM R/W COFFS	KG	\$29.90
103344	BONITO WHOLE 900-1KG R/W COFFS	KG	\$19.90
103855	CORAL TROUT FILLETS S/ON 600/800 SASHIMI CAIRNS	KG	\$78.90
100819	CORAL TROUT WHOLE SASHIMI 2-3KG CAIRNS	KG	\$46.90
108111	GROUPEL FILLETS GIANT S/ON QLD 800GM + R/W	KG	\$44.50
101446	KING FISH FILLET S/ON SASHIMI GRADE 1KG + R/W SA	KG	\$58.90
101448	KING FISH WHOLE FARMED 3-4KG SASHIMI GRADE R/W S.A	KG	\$34.90
101088	FLOUNDER Y/BELLY WHOLE 400/500GM PLATE R/W NZ	KG	\$24.90
102412	SALMON FILLET S/ON TASI SASHIMI 1.5-2KG R/W	KG	\$38.90
102413	SALMON FILLETS ORA KING S/ON NZ 2KG + R/W	KG	\$47.50
102426	SALMON WHOLE SASHIMI GRADE 4.5KG + R/W TASI	KG	\$28.90
103178	SNAPPER FILLETS S/ON XL NZ 1KG+LONG-LINE	KG	\$44.50
106162	SNAPPER WHOLE SASHIMI 1.5-2KG IKI LONGLINE NZ R/W	KG	\$19.50
102984	TUNA LOINS SASHIMI ULLADULLA NSW FRESH A GRADE R/W	KG	\$52.90
103129	WHITING WHOLE NSW LARGE 300GM AVG R/W	KG	\$24.90

BARRAMUNDI FILLETS IMP 200/300 S/OFF 5KG



Trading

\$92.00/EACH

Item Code: 103272



SALMON FILLET S/ON TASI SASHIMI 1.5-2KG R/W

Fresh

\$38.90/KG

Item Code: 102412



BARRAMUNDI FILLET S/ON QLD LARGE 800GM + R/W

Fresh

\$29.50/KG

Item Code: 100137



KING FISH FILLET S/ON SASHIMI GRADE 1KG + R/W SA

Fresh

\$58.90/KG

Item Code: 101446

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