



The Old Boathouse
Sennen Cove
Penzance
TR19 7DF
t: 01736871 215
m: info@old-boathouse.com
w: www.old-boathouse.com
@theoldboathous1

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Based on our first major order of fish from our current supplier, we thought it might be useful to publish a price guide.

Prices can fluctuate quite widely so just use this as a rough guide.

I have stated the price per kilogram but also the price of a typical portion of fish, usually approximately 250g for round fish.

Flat fish prices are more awkward as they are calculated on whole fish. Prices below are based on the weight of the fillets.

Fish	£/kg filleted	Typical (250g) portion/fillet price	
Hake	£18	£4.50	
Haddock	£20	£5.00	
Cod	£20	£5.00	
Plaice	£22	£5.50	
Lemon sole	£24 - £28	£6.00 - £7.00	
John Dory	£40	£10.00	
Fish pie mix	£12.50	£6.50 (for 500g bag)	
King prawns	£17	£8.50 (500g gross/350g approx. net)	
Smoked haddock	£19.50	£4.88	