



REGAL SEAFOODS

Seafood · Meats · Poultry · Foodservice

weekly e-report | tues 7 feb 2012

Fresh wild-caught local fish has been limited due to high winds; local supplies however will be boosted by fresh NZ wild-caught fish. Main loads are arriving this week late in the week.

Good options for this week: King Reef Barramundi, Flathead, Blue Grenadier & Pink Ling

Plentiful-Available: Blue Swimmer Crabs, Deep Sea Hake, Orange Roughy, Mirror Dory, Ribaldo Cod, Rudderfish, Sea Bream, Gemfish, Black Trevally, Blue Eye, Blue Grenadier, Pink Ling, Swordfish, Tiger Flathead, Deep Water Flathead, Plate-Size Snapper, YF Tuna, Rainbow Trout, Smoked Trout, Gummy Shark, School Shark & King Reef Barramundi

Limited-Not Available: Cooked Lobster, Marlin, KG Whiting, Gurnard, Hapuka, Smooth Dory, Large Snapper, Monkfish, Sand Crabs, Spotted Trevally, YT Kingfish, John Dory, Live Mud Crabs, Rock Flathead, Flounder, Calamari, Gold Band Snapper, Live Spanner Crabs, Live Clams, Live Lobster, Live Yabbies, Plate-Size Barramundi, Striped Trumpeter, King Dory, Mahi Mahi, Garfish, Leather Jackets, Red Emperor & Spanish Mackerel

| REGAL MEATS |

Our meat sales are moving from strength to strength, with multiple pallets coming direct from abattoirs including AMH, Swift and Teys – go to www.amh.com.au and www.teysaust.com.au for more info.

We currently have in stock all main cuts including various grades of Cube Roll, Eye Fillet, Striploin, Blade and Rump, as well as fresh Lamb Legs, Veal Rib Eye Racks, Chilled Poultry and Bacon lines amongst other things.

We guarantee our quality, consistency and competitiveness on price, so consolidate your buying and save time ordering and processing less invoices by buying through Regal!

| OYSTERS ARE SCARCE |

Due to an extended spawning season in Tasmania and South Australia, Pacific Oysters are very scarce. We are attempting to source product through many farms, however most are still closed.

Please be open to Sydney Rock Oysters as a substitute, or alternately please use oysters for next couple of weeks on your specials board only.



MELBOURNE
SEAFOOD CENTRE
wholesale fish market

| STOCK RETURNS |

Please ensure kitchen staff thoroughly checks all orders at time of delivery, as we cannot accept fresh product returns after date of delivery. This is done for a couple of reasons, the main one being food safety.

| MELBOURNE SEAFOOD CENTRE |

The new home of the Victorian Seafood Industry will open mid-February 2012 in Kensington, and along with it a new era in our industry. We are pleased to be one of only 11 companies within the new site, which will enable us to service you better.

Better access to fish, increased variety and closer communication with supply sources will enable us to work closely with chefs and purchasing managers within our client base to provide accurate menu costing/design. We look forward to sharing our latest venture with you from next month...

| SUPPLY INFORMATION |

Pacific Oysters from Tas/Sa are very limited as most farms are closed due to extended spawning season

Rock Oysters are arriving only once per week due to limited harvest in Pamula Lake in NSW

Baby Octopus is a little scarce and marginally dearer due to poor catches; large octopus is plentiful

XL Whole Prawns (cooked & green) are currently in short supply; medium and large sizes are available

Squid Pineapple Cut/Tubes/Whole Cleaned have been affected due to lower \$AU and poor catches

| SEAFOOD HEALTH |

The health benefits of seafood are widely documented, and the Heart Foundation



recommends we all eat 2-3 serves of fish or seafood every week.

Seafood is:

- Low in fat – averages 2% fat
- Low in cholesterol
- High in protein
- High in vitamins & minerals
- High in Omega-3

Fresh local seafood is a must for any venue's menu!



| AUSTRALIAN SEAFOOD |

VIC Lakes Entrance, Portland & San Remo Grenadier, Tiger Flathead, Deep Water Flathead, Sea Bream, Ling, Gemfish

NSW Eden Tiger Flathead, Gemfish, Grenadier, Ribaldo Cod, Mirror Dory

TAS Ribaldo Cod, Black Trevally, Blue Eye

WA Limited arrivals from WA

SA Deep Water Flathead, Blue Crabs

NT limited arrivals from NT

QLD YF Tuna, Rudderfish

NZ Orange Roughy, Baby Snapper, Blue Eye, Pink Ling, Shark, Deep Sea Hake

Tasmanian Aquaculture Petuna/Tassal Salmon and Petuna/Huon Ocean Trout growth and supply is strong with consistent quality and good color

Ocean Aquaculture Farmed Barramundi will be short in supply over coming months and will increase in price

Aquaculture Goulburn River Rainbow Trout, Smoked Rainbow Trout, Smoked Rainbow Trout Fillets are in good supply; Live Yabbies available through pre-order

Oysters Pacific Oysters from Tasmania and SA are spawning, with most farms closed; stock will be limited/not available

Mussels Organic Port Arlington Mussels are fantastic quality with great size and plump meat; Spring Bay Mussels are available and great quality, and come pre-scrubbed and cleaned