

PLEASE DON'T BIN ME! - I'LL BE PICKED UP SOON!
(Help to recycle for our future)

MARK'S FOODS PRESENTS



Quality "Air Frozen"
Fish & Seafood Specialist
Plus Restaurant
Quality Meats

SPLASH OUT
ON FISH!

"Free Home Delivery"

Free Call Order Line - 08000 934082

Mobile: 07791 769247

MARK'S FOODS PRESENTS



Quality "Air Frozen"
Fish & Seafood Specialist
Plus Restaurant
Quality Meats

TO ORDER:

Complete form and hand it to your agent,
or freephone 08000 934082 / 07791 769247

or send it to the Seafood Factory
(in the envelope provided)



AGENT NO:.....

CUSTOMER:.....

(All photographs shown are for illustration purposes only)

THE SEAFOOD FACTORY 301, SPRINGVALE IN EST. CWMBRAN NP44 5BR

PLAIN FISH (individually quick frozen)

PACK SIZE

001	Cod loin steaks. Skinless & boneless cod steaks Pk 2 ... £4.95 Pk 4....£8.95 (140-170grams / 6-7oz per portion) TOPSELLER
002	Large Cod fillets (Skin on cod) fillet.....Pk 2....£3.75 Pk 4....£6.75 (170-200grams / 7-8oz per portion)
003	Coley fillets Skinless fillet Pk 2 .. £2.95 Pk 4....£4.75 (140-170grams / 6-7oz per portion)
004	Cross cut plaice filletsPk 2 ... £3.95 Pk 4.. £6.75 (110-160grams / 5-6oz per portion)
005	Cape "Hake" fillets skinless & Boned Pk 2 ... £3.95 Pk 4 .. £6.75 (140-170grams / 6-7oz per portion) TOPSELLER
006	Luxury Salmon fillets skinless and bonelessPk 2 ... £4.40 Pk 4 .. £7.75 (140-170grams / 6-7oz per portion) HIGH IN OMEGA 3
007	Tuna loin steaks skinless & bonelessPk 2 ... £3.95 Pk 4 .. £6.75 (140-170grams / 6-7oz per portion) HIGH IN OMEGA 3
008	Swordfish loin steaks skinless & boneless Pk 2 ... £4.95 Pk 4 . £8.75 (140-170grams / 6-7oz per portion) HIGH IN OMEGA 3
009	Shark Supremes skinless & boneless Pk 2 ... £4.95 Pk 4 . £8.75 (140-170grams / 6-7oz per portion) HIGH IN OMEGA 3
010	Sea bass (whole) Pk 2.£12.95 Pk 4.£24.75 (300-400grams / 12-16oz per portion) HIGH IN OMEGA 3

SMOKED FISH

023	Natural oak smoked haddock (no dye)Pk 2....£3.95 Pk 4...£6.75 (140-170grams / 6-7oz per portion) TOPSELLER
024	Smoked mackerel fillets x 4.....£ 3.75 (110-140grams / 4-6oz per portion) HIGH IN OMEGA 3
025	Peppered mackerel x 4.....£3.75 (110-140grams / 4-6oz per portion) HIGH IN OMEGA 3
026	Smoked salmon x 2.....£5.75 (100grams / 4-5oz per portion)

LUXURY PRAWNS & SHELL FISH (individually quick frozen)

Pack Size

011	Large jumbo king prawns cooked, de-veined, de-headed, de-shelled, tail-on.....£9.75 (500gram /14-16oz per pack) TOP SELLER
012	New Zealand green lipped mussels, cooked, presented in half shell...£8.75 (900gram /1.9lb per pack)
013	Luxury cold water salad prawns, low glaze.....£5.75 (400gram / 12-14oz per pack)
014	Queen scallops with protective glaze.....£9.75 (400gram / 12-14oz per pack)
015	King scallops with protective glaze.....£11.75 (500gram / 14-16oz per pack)
016	Dressed crab presented in its own shell, dressed with light mayonnaise x 2.....£8.75 (160-180gram / 6-7oz including shell per portion)
017	Golden oven bake squid in golden bread crumb.....£3.75 (400gram / 12-14oz per pack)
019	Luxury meat & seafood paella mixed seafood, rice, peppers & meat..£3.75 (400gram / 12-14oz per pack) TOP SELLER
020	Luxury seafood cocktail (cooked) squid, clams, muscles, prawns sumari sticks.....£4.75 (400gram / 12-14oz per pack)
021	Breaded whole tail scampi (whole scampi tails in crumb).....£6.75 (500gram /14-16oz per pack)
022	"Tempura" King prawns (King prawns in a light batter).....£5.75 (280gram / 8-10oz per pack) TOP SELLER



Whole Raw Black Tiger King Prawns (pictured cooked)



Headless Shell-on Freshwater Prawns



Raw Peeled Black Tiger King Prawns (pictured cooked)



Cooked & Peeled Black Tiger King Prawns

GOURMET SPECIALTIES FISH, MEAT, CHICKEN (individually frozen)

All products on this page can be oven baked and come with full cooking instructions

PACK SIZE

- 027 Luxury salmon shanties
Diced salmon, in a broccoli, cream dill sauce,
coated in homemade rough cut bread crumbs.....Pk 2 .. £4.75...Pk 4....£8.75
(150-180grams / 6-7oz per portion) **TOP SELLER**
- 028 Haddock Florentine, white haddock fillet topped with spinach
and gruyere cheese, in crispy bread crumbs.....Pk 2....£4.75...Pk 4....£8.75
(190 - 210grams / 7-8oz per portion) **TOP SELLER**
- 030 Paris chicken, whole chicken breast stuffed
with duck pate wrapped in palma ham.....Pk 2....£6.95...Pk 4...£12.75
(170-220grams / 6-8oz per portion) **TOP SELLER**
- 031 Louisiana lemon sole, sole fillets with a
lemon and pepper bread crumb dusting.....Pk 2.....£5.75...Pk 4....£9.75
(140-170grams / 5-7oz per portion)
- 032 Duck forester, Duck breast in orange and basil topped with
cranberry & whiskey sauce with fruits of the forest.....Pk 2...£10.75....Pk 4...£20.75
(200-225grams / 7-8oz per portion)
- 033 Beef Wellington - Prime fillet steak topped with
home made pate wrapped in a light puff pastry.....Pk 2...£10.75.....Pk 4...£19.75
(180-225grams / 7-8oz per portion)
- 034 Cod fillets deluxe
Prime cod fillets in a lemon and parsley
bread crumb dusting.....Pk 2.....£3.75.....Pk 4...£6.75
(140-160grams / 6-7oz per portion)
- 035 Salmon St Laurence - Salmon escallop fillets
lightly dusted with a sweet chilli breadcrumb.....Pk 2....£4.75....Pk 4....£7.75
(170-225grams / 6-8oz per portion)
- 036 Lemon & rosemary breaded plaice fillets.....Pk 2.....£3.75...Pk 4....£5.75
(140-170grams / 6-7oz per portion)

(All photographs shown are for illustration only)

RESTAURANT QUALITY MEAT & GAME

PACK SIZE

(individually vacuum packed and frozen for your convenience)

- 037 UK prime sirloin steak.....Pk 2...£7.75...Pk 4....£14.75
(220-230 grams / 7-8oz per portion) **TOP SELLER**
- 038 UK prime boneless Pork loin steaks.....Pk 2...£4.75...Pk 4....£8.75
(150-170 grams 16-7oz per portion)
- 039 UK prime boneless lambs steaks.....Pk 2....£7.75...Pk 4...£14.75
(210-230 grams / 7-8oz per portion)
- 040 UK minted boneless Lamb steaks.....Pk 2....£7.75...Pk 4...£14.75
(210-230 grams / 7-8oz per portion) **TOP SELLER**
- 041 French Duck breast fillets (barbury).....Pk 2....£8.75...Pk 4...£15.75
(210-230 grams / 7-8oz per portion)
- 042 Danish Horseshoe Gammon SteaksPk 2....£3.75...Pk 4....£7.75
(220-260 grams / 7-9oz per portion) **TOP SELLER**

NEW PRODUCTS

- 044 Yellowfin sole filled with smoked haddock, spinach
and white wine sauce x 2.....£5.75
(170-225 grams / 6-8oz per portion)
- 046 Beer Battered Cod Goujons
Prime cod steak fillets coated in light beer batter.....£4.75
(500 gram / 14-16oz per pack)
- 047 Butterfly Sardines
Whole sardines de-headed, de-tailed and filleted.....£4.50
(500 gram / 14-16oz per pack) **HIGH IN OMEGA 3**

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