

SPECIES	CATEGORY	ALTERNATIVES	FARMED	SEASONALITY													
				Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Lemon Sole	Flat Fish	Dover Sole, Plaice, Torbay Sole		Red	Red	Red	Yellow	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Ling	Round Fish, Coldwater, Cod-like	Any Cod-like species		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Lobster - Canadian	Shellfish - Crustacean	Native Lobsters, Crawfish		Green	Yellow	Yellow	Yellow	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Green	Green
Lobster - Native	Shellfish - Crustacean	Canadian Lobsters, Crawfish		Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Yellow	Yellow
Mackerel	Round Fish, Coldwater	Herring, Kingfish		Red	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red
Mahi Mahi	Game Fish	Yellowtail Kingfish		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Marlin	Game Fish	Swordfish, Sailfish, Tuna		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Meagre (Stone Bass)	Round Fish, Warmwater	Sea Bass, Grey Mullet	✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Megrim	Flat Fish	Torbay Sole, Plaice, Lemon Sole		Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Yellow	Yellow
Monkfish	Round Fish, Coldwater	Langoustines (for flavour)		Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Mussels	Shellfish - Molluscs	Clams	✓	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green
Octopus	Shellfish - Cephalopods	Squid, Cuttlefish		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Oysters (Native)	Shellfish - Molluscs		✓	Green	Green	Green	Green	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green
Oysters (Pacific)	Shellfish - Molluscs		✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Pangasius	Round Fish, Freshwater	Catfish, Tilapia, Cod-like species	✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Pike	Round Fish, Freshwater	Zander, Perch	✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Plaice	Flat Fish	Lemon Sole, Dab, Megrim, Torbay Sole		Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Pollack (Alaskan)	Round Fish, Coldwater, Cod-like	Any Cod-like species		Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Pollock	Round Fish, Coldwater, Cod-like	Any Cod-like species		Green	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red
Pouting (Bib)	Round Fish, Coldwater, Cod-like	Whiting or Any Cod-like species		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Prawns	Shellfish - Crustacean	Langoustines, Crayfish	✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Red Mullet	Round Fish, Warmwater	Goatfish, Snappers		Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green
Red Snapper	Round Fish, Warmwater	Other Snappers		Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Salmon (Farmed Atlantic)	Round Fish, Cold/Freshwater	Sea Trout, Pacific Salmon	✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Salmon (Wild Atlantic)	Round Fish, Cold/Freshwater	Sea Trout, Pacific Salmon		Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red
Salmon (Wild Pacific)	Round Fish, Cold/Freshwater	Atlantic Salmon, Sea Trout		Red	Red	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red
Sardines	Round Fish, Coldwater	Herrings		Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green	Green
Scallops	Shellfish - Molluscs			Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Sea Bass (Farmed)	Round Fish, Warmwater	Gilt Head Bream	✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Sea Bass (Wild)	Round Fish, Warmwater	Farmed Sea Bass, Meagre, Barramundi		Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Sprats	Round Fish, Coldwater	Anchovies, Whitebait, Sardines		Yellow	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Squid	Shellfish - Cephalopods	Cuttlefish, Octopus		Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Green	Green	Green
Swordfish	Game Fish	Marlin, Sailfish, Tuna		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Tilapia - Orange & Black	Round Fish, Freshwater	Sea Breams, Pangasius	✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Torbay Sole (Witch)	Flat Fish	Lemon Sole, Plaice, Megrim, Dabs		Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Trout - Brown, Rainbow, Golden	Round Fish, Freshwater	Sea Trout, Salmon, Arctic Char	✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Trout - Sea TROUT	Round Fish, Cold/Freshwater	Brown Trout, Salmon, Arctic Char	✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Tuna (Yellowfin)	Game Fish	Swordfish, Marlin, Bonito		Green	Green	Green	Green	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Turbot	Flat Fish	Brill	✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Whelks	Shellfish - Molluscs	Winkles		Yellow	Red	Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Whitebait	Round Fish, Coldwater	Sprats		Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Whiting	Round Fish, Coldwater, Cod-like	Pouting or Any Cod-like species		Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Yellowtail Kingfish	Game Fish	Jacks	✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Zander	Round Fish, Freshwater	Perch, Pike	✓	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green

