

[www.wellseasoned.co.uk](http://www.wellseasoned.co.uk)

		winter			spring			summer			autumn		
		Dec.	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.
BLACK BREAM	🍷	█					█	█	█	█	█	█	█
COCKLES	🍷	█	█	█	█	█	█				█	█	█
COD	🛒	█	█	█			█	█	█	█	█	█	█
COLEY ('Saithe')	🛒	█				█	█	█	█	█			
CRAB (brown male)	🛒	█	█	█	█	█	█	█	█	█	█	█	█
CRAB (brown female)	🛒	█	█	█	█	█	█	█	█	█	█	█	█
CRAB (spider male)	🍷					█	█	█	█	█	█	█	█
CRAB (spider female)	🍷					█	█	█	█	█	█	█	█
CRAYFISH (signal, freshwater)	🛒					█	█	█	█	█	█	█	█
CUTTLEFISH	🍷					█	█	█	█	█			
GURNARD (grey & red)	🍷	█	█	█	█						█	█	█
HERRING	🛒							█	█	█	█	█	█
LEMON SOLE	🛒	█	█	█	█	█						█	█
LOBSTER	🛒	█	█	█	█	█	█	█	█	█	█	█	█
MACKEREL	🛒	█	█	█	█	█	█	█	█	█	█	█	█
MEGRIM	🍷	█						█	█	█	█	█	█
MUSSELS	🛒	█	█	█	█	█	█	█	█	█	█	█	█
OYSTERS (native)	🛒	█	█	█	█	█					█	█	█
OYSTERS (rock)	🛒	█	█	█	█	█	█	█	█	█	█	█	█
PILCHARD (Cornish sardine)	🛒	█	█							█	█	█	█
PLAICE	🛒	█					█	█	█	█	█	█	█
POLLOCK (Lythe)	🛒	█	█	█	█	█	█	█	█	█	█	█	█
PRAWNS	🛒	█						█	█	█	█	█	█
RAZOR CLAMS	🍷	█	█	█	█	█	█			█	█	█	█
SALMON (farmed)	🛒	█	█	█	█	█	█	█	█	█	█	█	█
SALMON (wild)	🍷						█	█	█	█	█	█	█
SARDINE	🛒	█	█							█	█	█	█
SCALLOPS	🛒	█	█	█	█	█	█	█	█	█	█	█	█
SEA BASS	🛒	█	█	█	█	█	█	█	█	█	█	█	█

Our seasonal colours - At Well Seasoned we are passionate about the rich variety of our seasonal produce. Our seasonal colour bars are designed to convey the vibrancy of every season and the foods they bring us!



**KEY:** 🛒 Shopper - the seasonal standards; You should find all of this in your local supermarket. 🍷 Forager - just as tasty, but not as widely available. █ Available, but may not be at its seasonal best.



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SHRIMP				█	█	█	█	█	█	█	█	
SQUID	█							█	█	█	█	█
TROUT (freshwater, brown & rainbow)					█	█	█	█	█	█	█	
TROUT (farmed)	█	█	█	█	█	█	█	█	█	█	█	█
WHELKS					█	█	█	█	█	█	█	█
WHITING	█	█	█				█	█	█	█	█	█
WINKLES	█	█	█	█	█					█	█	█
WITCH (Torbay sole)	█	█	█	█						█	█	█

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