



BY APPOINTMENT TO HRH MAJESTY THE KING
SUPPLIER OF FRESH CORNISH SEAFOODS
FLYING FISH SEAFOODS CO LTD



PURVEYORS OF THE FINEST
CORNISH SEAFOODS



flyng fish
• SEAFOODS •

OUR STORY



A BUSINESS BUILT ON HARD WORK AND EARNED EXPERTISE

Flying Fish Seafoods has been proudly supplying the finest Cornish seafood to chefs around the UK, since 2006. Through years of refinement, our passionate team has developed the perfect process to deliver fresh fish and seafood to chefs every day of the week, all year long, in just 48 hours.

At the helm is Johnny Godden, Managing Director. Johnny worked his way up the ranks to eventually establish his own business. Built on a foundation of hard-won respect from chefs and clients, Flying Fish Seafoods has enjoyed steady organic growth which has led to nationwide recognition. With nearly 20 years of trade behind the name, Flying Fish Seafoods' core principles of hard work, earned expertise and respectful practices run throughout the whole team.

SEASONAL SUPPLIES AND TAILORED SERVICE

At Flying Fish, respectful business practices extend to sustainability and seasonality commitments, along with customer care. It means only sourcing seafood from the most highly regarded suppliers and fishermen with the strictest welfare standards, to help protect the rich stocks found in seas today.

And the award-winning team offers a reliable promise to supply quality fish from ship to plate within 48 hours, one of the fastest times in the industry.

As a result, we're lucky enough to work with some of the top chefs in the country, including Michelin-starred restaurants such as The Fat Duck, Le Manoir Aux Quat'Saisons and The Waterside Inn, amongst others.



WHERE WE SOURCE



WHERE WE BUY FROM

Flying Fish Seafoods has been built on acquired expertise, the trust of respected chefs and decades of experience. Our highly knowledgeable buyers work from dawn, every weekday morning, selecting the best catch from day boats from Brixham, Newlyn and Plymouth seafood markets.

Alongside this, we support local fishermen, who bring their catch directly to our door, coupled with artisan suppliers who source sustainable, speciality products from Scotland and the Rungis market in Paris. It's really important to every single member of the team that we only choose seafood from the most respected and responsible fishermen, so we can all work somewhere that we're proud to call our company.

All this, to ensure top chefs receive the finest and freshest seafood, in the fastest time possible.



SHIP TO PLATE IN 48 HOURS

Through years of refinement, the Flying Fish team has developed the perfect process to deliver fresh fish to chefs all year long, in 48 hours.

Buyers work from dawn selecting the finest seafood. An award-winning team works through the day, preparing the fish for top restaurants around the country and providing an approachable advice service for chefs. Delivery drivers travel at night to make sure certain chefs have fish on their doorstep at the crack of dawn.

With many members of Flying Fish having come from the kitchen themselves, the team knows that fish preparation is a big task, and having fish ready and waiting for service helps chefs start their day in the best way.

OUR SUSTAINABILITY COMMITMENT

Sourcing quality seafood requires respect and a responsibility to care for the natural world. Everyone at Flying Fish wants future generations to continue to enjoy fresh seafood for years to come. We source our seafood from reputable suppliers, seafood markets and fishermen with only the highest welfare standards.

Nothing is wasted – the team will always find a home for everything, and offcuts or lower quality fish are sent to be used in fish stock or collected by local fishermen to be used as bait in crab and lobster pots. Packaging options are constantly under review and clients can use a collection service to return used boxes that are then crushed and recycled responsibly – one less thing to worry about for chefs.

The Flying Fish sustainability philosophy is a living document, that we continue to challenge and evolve as the business grows and the surrounding climate changes, and we listen to every team member to help inform next steps.



A PROBLEM SHARED

We're passionate about sharing the knowledge we've picked-up during nearly 20 years of business to educate and support chefs and business alike about the most sustainable seafood sourcing.

The Flying Fish team is active in the local community, passing on information about fish patterns and changes affected by climate to support research. We also work with schools, businesses and charities in association with the Royal Academy of Culinary Arts, to help educate the next generation of consumers and chefs about fishing and sustainability. We align closely with the Cornwall Good Seafood Guide to make sure we're keeping our business up to date with the most recent sustainability advice.



UNDERSTANDING SEASONALITY

Choosing the best of what's in season, all year round, is key to providing the finest quality and freshest fish.


The whole team is responsible when it comes to how we source seafood, and we consider not only the season, but environmental and oceanographic elements that affect adapting fish patterns.


Our knowledgeable and considerate team is always on hand to discuss the ideal seafood for your menu, changing day-by-day, from Cornish mussels to oysters, crabs and more. Education is very important to us and, where we can, we're happy to educate chefs and clients, for those wanting to learn more.




SEASONALITY CHART

Cornish Fresh Fish		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Anchovies	Round, Cold Water, Oil rich												
Britt	Flat, Coldwater												
Cod Whole	Round, Coldwater							Q	Q	Q	Q		
Cuttle Fish	Cephalopods	Q	Q									Q	Q
Dabs	Flat, Cold water												
Dover Sole	Flat, Cold water			Q	Q			Q	Q	Q	Q	Q	
Grey Mullet	Round Coldwater												
Gurnard	Round, Coldwater					Q	Q	Q	Q	Q			
Haddock	Round, Coldwater		Q	Q	Q			Q	Q	Q			
Hake	Round, Coldwater												
Herring	Round, Coldwater, Oil rich												
John Dory	Round, Coldwater												
Lemon Sole	Flat, Cold water						Q	Q	Q	Q			
Line Caught Wild Seabass	Round, Warm Water												
Mackerel	Round, Cold Water, Oil rich												
Monkfish	Unique, Coldwater	Q	Q	Q	Q						Q	Q	Q
Octopus	Cephalopods												
Plaice	Flat, Cold water						Q	Q	Q				
Pollack	Round, Coldwater, Cod-like												
Red Mullet	Round, Warm water												
Sand Sole	Flat, Cold water												
Sardines	Round, Coldwater, Oil rich, small	Q	Q	Q	Q						Q	Q	Q
Skate Wings	Flat, Cold water												
Squid	Cephalopods	Q	Q	Q							Q	Q	Q
Turbot	Flat, Cold water												
Whiting	Round, Coldwater												
Cornish Shellfish and Scallops		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Offshore St Austell Bay Mussels	Molluscs	Q	Q	Q							Q	Q	Q
Live Cock Crabs	Crustacean			Q	Q	Q	Q			Q	Q	Q	Q
Crabmeat Fresh Brown Hand Picked	Crustacean			Q	Q	Q	Q			Q	Q	Q	Q
Crabmeat Fresh White Hand Picked	Crustacean			Q	Q	Q	Q			Q	Q	Q	Q
Canadian Lobster	Crustacean												
Native Cornish Lobsters	Crustacean												
Porthilly Oysters	Molluscs												
Palourde Clams	Molluscs												
Looe Bay Half Shell Scallops	Molluscs									Q	Q		
Orkney Hand Dived Scallops	Molluscs												

Good Availability 

Poor Availability 

Varying Availability 

Time of Best Quality 