



CHESHIRE'S PREMIER CHOICE FOR  
**FRESH FISH & SEAFOOD**

Finest quality fresh fish straight from market  
delivered to your door



# HAVING SELECTED THE BEST OF THE DAY'S CATCH AT MARKET, WE SPEND EACH DAY TUESDAY - FRIDAY DELIVERING TO OUR CUSTOMER BASE RIGHT ACROSS CHESHIRE.

## FRESHLY SOURCED DAILY

ALL of our produce is hand selected daily at Fleetwood market. A once thriving fishing village has a smattering of remaining small day boats. Fortunately, our auction hall is still thriving with fish from our remaining day boats landed for auction along with catches less than 12 hours old from ports all around Britain.

Once marketed the fish is transported to our specialist team of filleters who process the fish through the night ready for us to have it in Cheshire for 7 am daily.

### FRESH FISH

Delivering a wide range of the finest cuts, suited for all palates

MONKFISH	SWORDFISH	COD
RED SNAPPER	MACKEREL	HADDOCK
HAKE	TUNA STEAKS	HALIBUT
BRILL	SEA TROUT	PLAICE
TURBOT	SEA BREAM & BASS	SALMON
TROUT FILLETS	LEMON SOLE	RAY WINGS (SKATE)



### FRESH SMOKED FISH

Using traditional methods our smoked seafood gives a unique blend of flavours

SMOKED COD FILLET	SMOKED SALMON (SLICED OR UNSLICED)
SMOKED HADDOCK FILLET	SMOKED SALMON PACKS (100' 200' 400' GRAM'S)
SMOKED GOLDEN CUTLETS	
MANX KIPPERS	
BONELESS KIPPERS	
SMOKED MACKEREL (GARLIC, PEPPERED OR PLAIN)	

### SHELLFISH

A delicacy that gives a delicious authentic taste of the sea

MUSSELS	LANGOUSTINES
OYSTERS	CRAYFISH
SCALLOPS	PRAWNS
	SHRIMP
	LOBSTER
	CRAB



### SPECIALITY

Look for something different?  
We can provide speciality seafood fresh to order

OCTOPUS  
SQUID  
MORE ON REQUEST



Call to Order 07788 767 677  
[www.oceanwavefreshfish.co.uk](http://www.oceanwavefreshfish.co.uk)



# WE DELIVER FRESH FISH TO OUR CUSTOMER BASE RIGHT ACROSS CHESHIRE EVERY WEEK TUESDAY - FRIDAY FOR 7AM.

## TUESDAY



CHELFORD  
WILMSLOW  
ALDERLEY EDGE  
TYTHERINGTON  
BOLLINGTON  
ADLINGTON  
POYNTON  
WOODFORD  
RAINOW

## WEDNESDAY



BRAMHALL  
WILMSLOW  
ALDERLEY EDGE  
CHELFORD  
STYAL

## THURSDAY

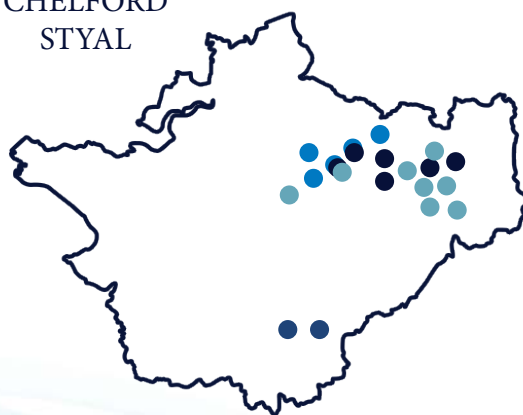


SANDBACH  
TARPORLEY

## FRIDAY



WOODFORD  
BRAMHALL  
WILMSLOW  
ALDERLEY EDGE  
PRESTBURY  
BOLLINGTON



## PRICES



Our prices are always driven by market sustainability and availability each morning. Clearly on display on every product before every sale, the fish is weighed so the customer is happy in the knowledge of what the cost is before purchasing. Our emphasis will always be on only sourcing the finest quality wet fish, shell fish and seafood.

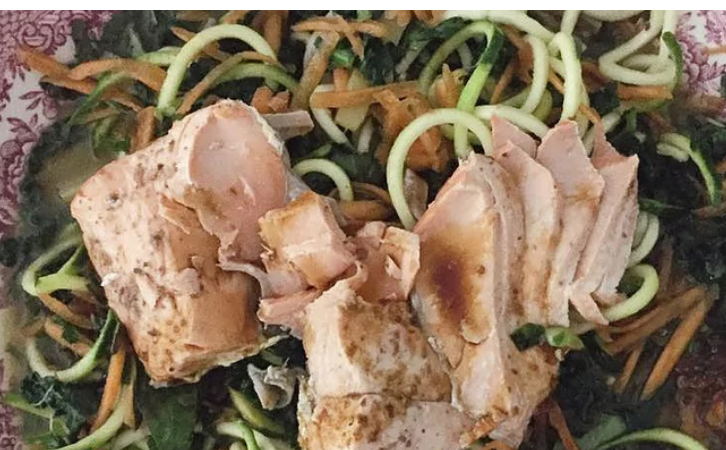


## UNRIVALLED PRODUCE

We are very proud of our produce and value our customers, that's why we operate:

- NO Minimum order
- NO pressure sales techniques
- NO delivery charges.

We simply deliver freshly prepared fish to your satisfaction, ready to cook.



## YOU SAY TOMATO

Gemma from "You Say Tomato" is one of Cheshire's leading chefs and believes our fresh fish to be the finest she has ever used in her business. She personally cooks for some of the counties famous faces and guarantees it's quality. [www.yousaytomatocooking.com](http://www.yousaytomatocooking.com).

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CHESHIRE'S PREMIER CHOICE FOR  
**FRESH FISH & SEAFOOD**

**DELIVERING FRESH FISH EVERY WEEK**

Tuesday-Friday to our customer base right across Cheshire

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CHELFORD  
WILMSLOW  
ALDERLEY EDGE  
TYTHERINGTON

BOLLINGTON  
ADLINGTON  
POYNTON

WOODFORD  
RAINOW  
SANDBACH

TARPORLEY  
STYAL  
PRESTBURY