



# SLIMTONE



## MARIE'S GUIDE TO FISH

<b>Approx cals Per oz/28g uncooked</b>			
Cod, Haddock, Hake, Pollock	<b>22</b>	Plaice, Lemon sole & Basa	<b>26</b>
Caviar	<b>26</b>	Prawns (peeled)	<b>30</b>
Cockles/mussels	<b>15/24</b>	Tuna (fresh)	<b>44</b>
Fresh Salmon (smoked)	<b>52</b> <b>40</b>	Trout (fillet)	<b>39</b>
Kippers (fillet)	<b>75</b>	Sardines (raw)	<b>55</b>
Mackrel (fillet)	<b>63</b>	Scampi (raw/in breadcrumbs)	<b>30/66</b>
Mackrel (smoked)	<b>99</b>	Sea Bass	<b>36</b>
<b>Canned Fish per oz/28g</b>			
Anchovies	<b>79</b>	Salmon pink	<b>36</b>
Crab in brine	<b>22</b>	Sardines in brine	<b>48</b>
Mackerel in tomato sauce	<b>191 per can</b>	Sardines in tomato sauce	<b>197 per can</b>
Oysters (each)	<b>7</b>	Salmon red	<b>44</b>
Pilchard in tomato sauce	<b>36</b>	Tuna in brine or water/oil	<b>30/53</b>
<b>Prepared Fish per pack</b>			
Cod fish cake	<b>80</b>	Lightly dusted Cod/lemon sole & Haddock (113g fillet)	<b>170</b>
Crabsticks	<b>19</b>	Plaice/Lemon sole grilled or poached (150g/5½oz)	<b>150</b>
Cod/Hake in batter	<b>285</b>	Plaice in batter	<b>300</b>
Cod in parsley sauce pkt	<b>144</b>	Kipper	<b>Approx 250</b>
Fish finger cod/salmon	<b>50/63</b>	Smoked Mackerel (100g/3½oz)	<b>350</b>
Kippers boil in the bag	<b>416</b>	Smoked Haddock (6oz /168g Steamed)	<b>160</b>