

TAKEAWAY OPTIONS

Seafood Paella £9.50

Thursday night is Paella Night serving from our shop on Bryher, from April to October 6.30–7.00 pm. Locally made Chocolate Brownies also available. Booking required.

‘Half a grilled’ Lobster, Wedges & Slaw £11.00

Sunday night is Takeaway Lobster, Wedges & Slaw Night prepared by Shellfish Fisherman of the Year, Mark Pender. Available from the Island Fish shop on Bryher April to October, 6.00pm–7.00pm. Booking required.

Phone 01720 423880 to book

ISLAND FISH

 Island Fish Ltd

 @IOS Fish

 01720 423880

 contactus@islandfish.co.uk

WWW.ISLANDFISH.CO.UK

How to order

Contact Amanda to place your order or to chat about your requirements.

We deliver to Tresco free of charge 5 days a week – Tuesdays to Saturdays and will meet you on Tresco Quay between 5.00–5.15pm with your order. Look out for Mark or Mike in the ‘Green’ punt! We welcome orders of any size from feeding a large party to crab meat just for one.

Our ‘pop up’ market stall can be found at Tresco Harbour every Tuesday 3.30–5pm (or when the last boat comes in) from April through until the end of October. Come and say hello and see for yourself what we have to offer – we know you’ll be tempted!

Visiting Bryher? Drop into the Island Fish Shop & Café at Bar, Bryher. We are open 7 days a week from the 30th March to the end of October 9.30am to 5.30pm (10.00am to 4.00pm on Sundays). As well as seafood we stock a range of quality gifts and souvenirs.

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MENU

Whole Lobster Live or Cooked £21 per kilo

Crab Live or Cooked £6 per kilo

Hand Picked White Crab Meat £8.50 (227g)

Hand Picked Brown Crab Meat £3 (227g)

Dressed Crab £8 (300g)



‘Bryher Granny’s’ Potted Crab £8 (227g)

Crab Sandwich £6.00

Lobster Sandwich £6.00

Crab/Half Lobster Salad £8.50

Sue’s Crab Quiche £6.50

Homemade Crab Chowder £6 (500ml)

Fish Pie £6.50 per person

FRESH FISH Our fresh fish normally includes mackerel, pollock, mullet and a selection of white fish. Subject to availability and seasonal variations.



FRESH SCILLY CRAB, LOBSTER & SEAFOOD

‘Food worth getting your hands dirty for’

XANTHE CLAY, DAILY TELEGRAPH

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Our Café

We now offer a range of our freshly caught shellfish produce available for you to try all day in our Island Fish Café, including:

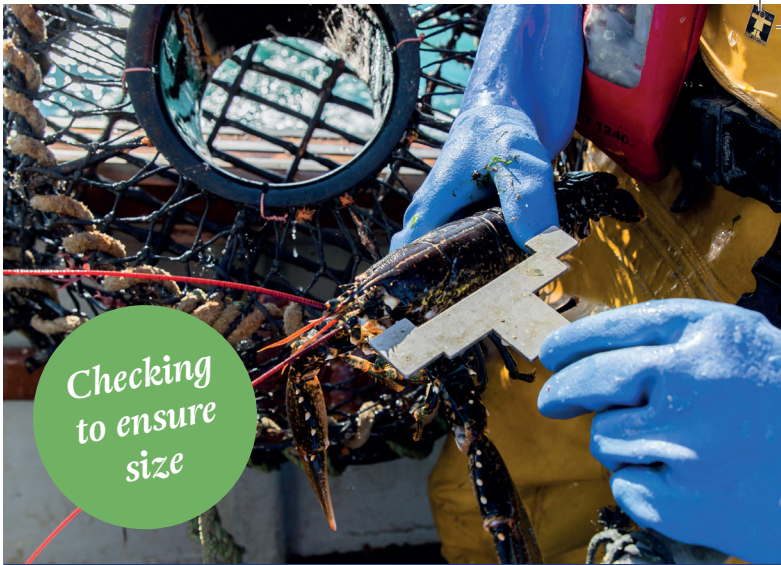
Lobster/Crab Sandwich	£7
Potted Crab, Salad & Artisan Roll	£10
Crab Quiche & Salad	£7.50
Lobster/Crab Salad	£10
Seafood Sharing Platter	£32
Dressed Crab, Salad & Artisan Roll	£10
Lobster, Potato Wedges and Slaw	£12
Lobster & Bacon Burger with Fries	£12



Our Catch

Father, Son & Grandson, Mike, Mark & Shamus go out daily to fish the waters around Scilly in the Emerald Dawn, Helgi Mor and the latest addition to the fleet ‘The Dorothy Ethel’ (named after both grandmothers)

Dropping their pots from our family boats anywhere from Bishop Rock to the Eastern Isles, they catch the very freshest of local fish and shellfish from April through to December. Every day the crabs are cooked and hand picked by mother and daughter team Sue and Amanda and are prepared in a variety of ways for you to enjoy – you can’t get fresher than that!



Checking to ensure size

The Future

As a family we are passionate about preserving Scilly’s fishing heritage for future generations. We work hard to make sure that the effect we have on the marine environment is as modest as possible by using low impact methods of fishing, practicing conservation techniques and by working with local fisheries, agencies and scientists to better understand fish stocks and patterns of migration. For example:

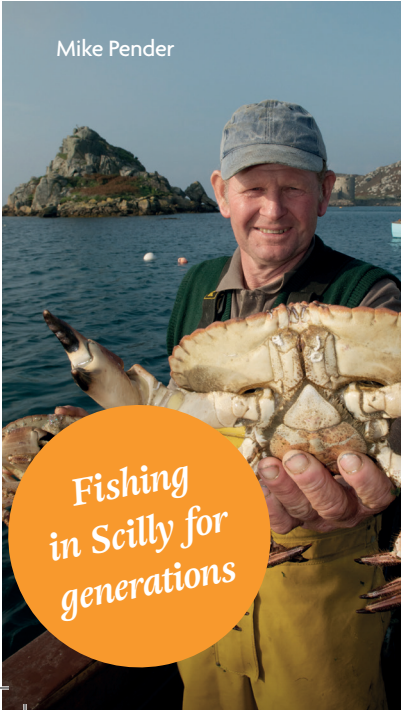
- We catch our lobsters and crabs in ‘pots’, which results in limited to no by-catch.
- All of our mackerel and pollock are caught by ‘handlines’, again ensuring zero by-catch.
- Between January and March we cease fishing, partly to undergo maintenance but also to give the ground a rest.



The Crew

The Pender family has been fishing out of Bryher on the Isles of Scilly for hundreds of years.

Island Fish is continuing this proud family tradition, with three generations of Penders following in the footsteps of their ancestors supplying quality fresh lobster, crab, wet fish and shellfish products across the Isles of Scilly. We know these waters well, it’s in our blood, so you can sure of the finest catch from the sea to shore daily!



Mike Pender



Amanda Pender

Fishing in Scilly for generations



Mark Pender
Shellfish fisherman of the Year 2016



Susan Pender