

TAKEAWAY NIGHTS

Available May - October - BOOKING REQUIRED

Seafood Paella £12.50

Thursday night is Paella Night serving from our shop on Bryher, 6.30-7.00 pm. Booking required. Prepared by the matriarch of Island Fish - Sue Pender.

'Half a grilled' Lobster, Wedges & Slaw £14.50

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, 6.00pm-7.00pm.

Phone 01720 423880 to book

ISLAND FISH



@islandfishltd



@iosfish



@islandfishltd



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 at 5.00 pm 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.

Visiting Bryher? Drop into the Island Fish Shop & Café located at Bar, Bryher. We are open from 1st April till 31st October. Open 9.30am to 5.30pm Monday - Saturday. Sundays: 10.00am - 4.30pm. Food served all day.

As well as seafood we stock a range of quality gifts and souvenirs.



01720 423880



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

Takeaway Menu

Whole Lobster Live or Cooked	£30 per kilo
Crab Live or Cooked	£7.50 per kilo
Seafood Sharing Platter	£55
Hand Picked White Crab Meat	£12 (227g)
Hand Picked Brown Crab Meat	£5 (227g)
Dressed Crab	£11 (300g)
 'Bryher Granny's' Potted Crab	£10 (227g)
Crab or Lobster Sandwich	£10
Crab/Half Lobster Salad	£12
Sue's Crab Quiche	£7
Homemade Crab Chowder	£7 (500ml)
Fish Pie	£7 per person
Anchovies - Smoked or Plain	£8
Cooked Crevettes	£28/kg
Scallops	POA

All prices are subject to seasonal variation



FRESH SCILLY CRAB, LOBSTER & SEAFOOD

'Food worth getting your hands dirty for'

XANTHE CLAY, DAILY TELEGRAPH

www.islandfish.co.uk



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:

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Lobster or Crab Sandwich
.....

Homemade Potted Crab, Salad & Artisan Roll
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Homemade Crab Chowder
.....

Homemade Crab Quiche & Salad
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Lobster/Crab/Dressed Crab Salad
.....

Jumbo Seafood Sharing Platter
.....

Lobster, Potato Wedges & Slaw
.....

Lobster & Bacon Burger with Wedges
.....

Garlic Butter Crevettes, Wedges & Slaw
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Homemade Mackerel Pate, Crusty Roll & Salad
.....

Homemade Fishcakes, Sweet Chilli Sauce & Wedges

We serve food all day - no need to book!

Mike Pender

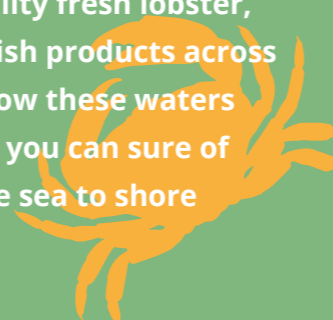
Amanda Pender



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 be sure of the finest catch from the sea to shore daily!

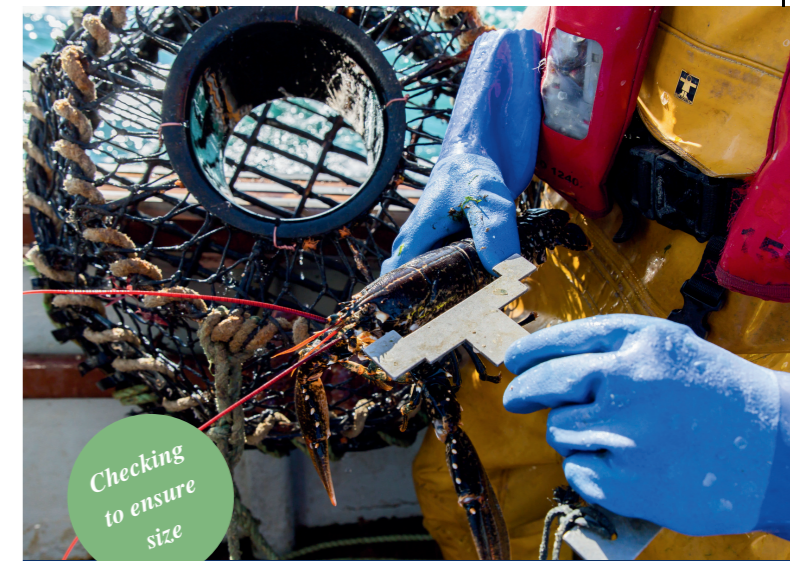


Our Catch

Father, Son & Grandson, Mike, Mark & Shamus go out daily to fish the waters around Scilly in the Emerald Dawn, Ma-Vie, & 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!



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.

Supplying the Crab Shack, Hell Bay, Bryher

