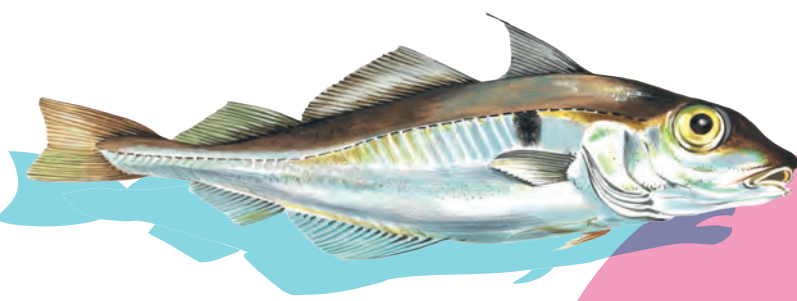


KEY SCOTTISH SPECIES

With over 18,000 kilometres of pristine coastline, the sea has always played a large part in Scotland’s history. Scottish fishers and fish farmers land and harvest over 65 species of the highest quality farmed fish and wild seafood.

From salmon and trout to langoustines, scallops and mackerel; the array of seafood species from Scotland is wide and the flavour is abundant.

WHITEFISH

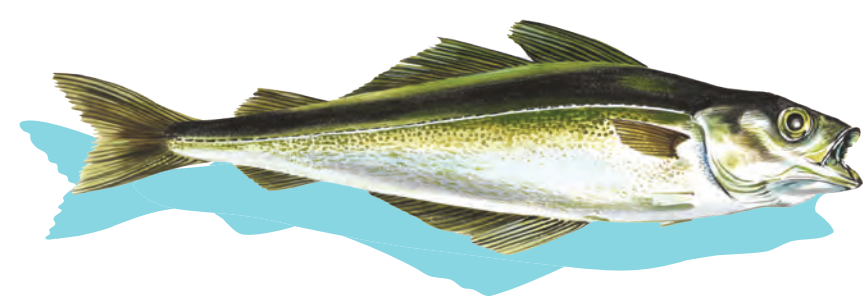


HADDOCK
Melanogrammus aeglefinus

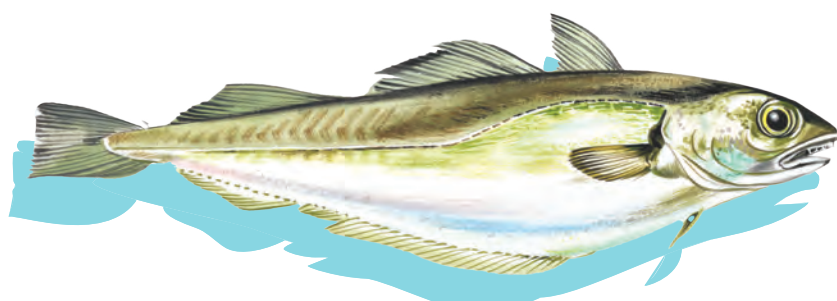


COD
Gadus morhua

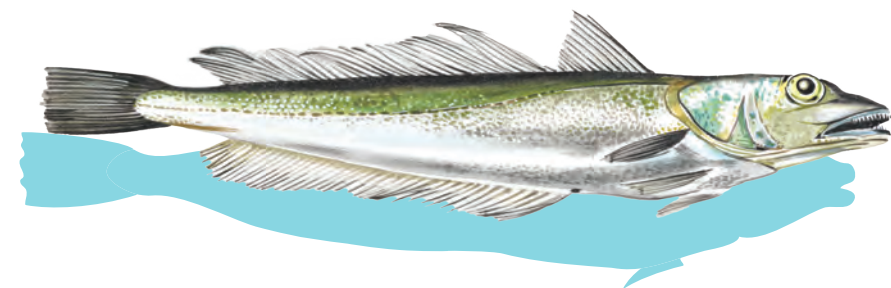
SOME SPECIES, LIKE HADDOCK AND COD, ARE A GOOD SOURCE OF VITAMIN B



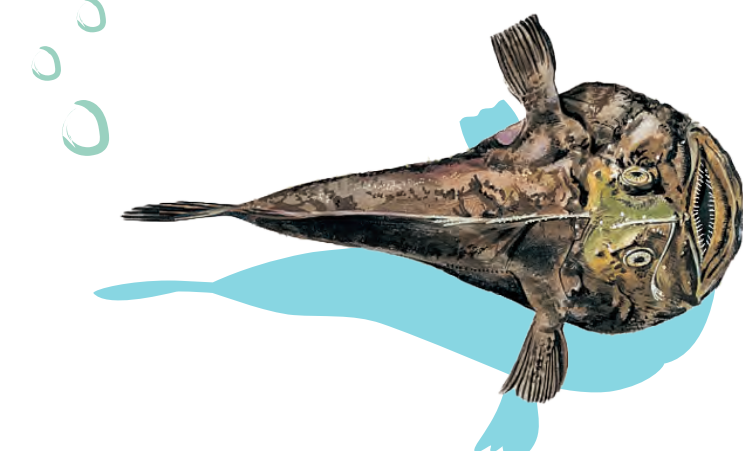
SAITHE (COLEY)
Pollachius virens



WHITING
Merlangius merlangus

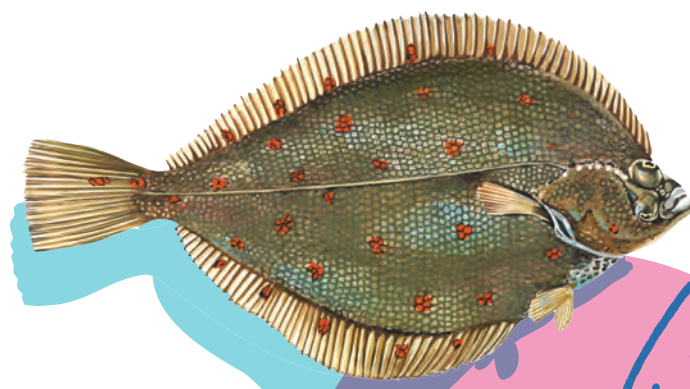


HAKE
Merluccius merluccius

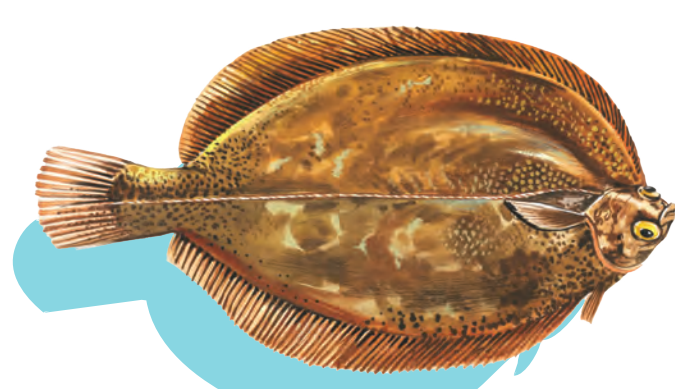


MONKFISH
Lophius piscatorius / L. budegassa

FLATFISH



PLAICE
Plueronectes platessa

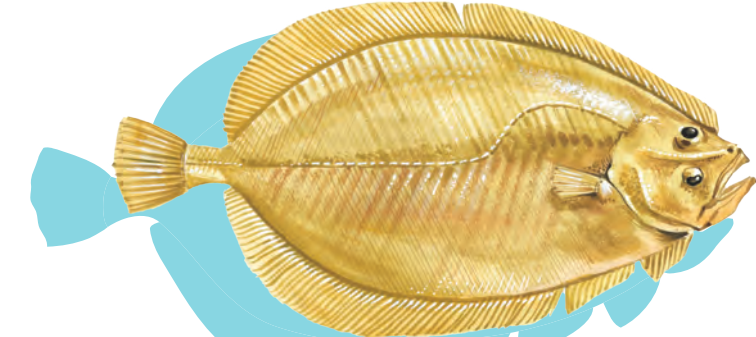


LEMON SOLE
Microstomus kitt

SEAFOOD IS PACKED WITH PROTEIN - GREAT FOR MUSCLE REPAIR AND GROWTH

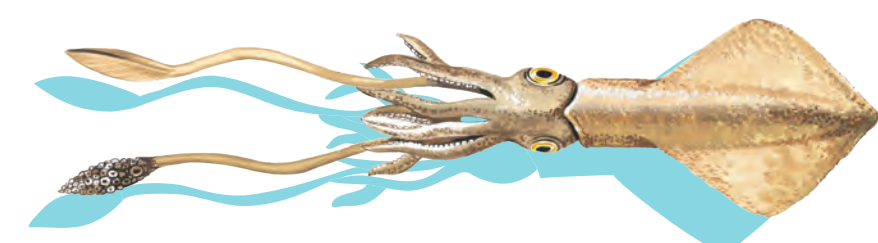


WITCH SOLE
Glyptocephalus cynoglossus



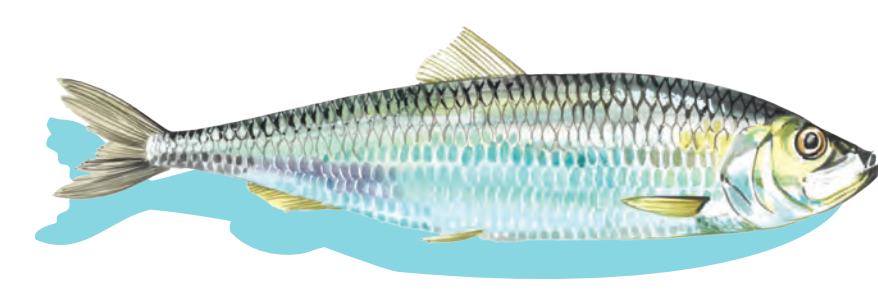
MEGRIM
Lepidorhombus whiffiagonis

CEPHALOPODS



SQUID
Loligo forbesii

OIL-RICH FISH



HERRING
Clupea harengus



MACKEREL
Scomber scombrus

OILY FISH, LIKE SALMON AND MACKEREL, CONTAINS OMEGA-3



SALMON (FARMED)
Salmo salar



STEELHEAD TROUT (FARMED)
Oncorhynchus mykiss

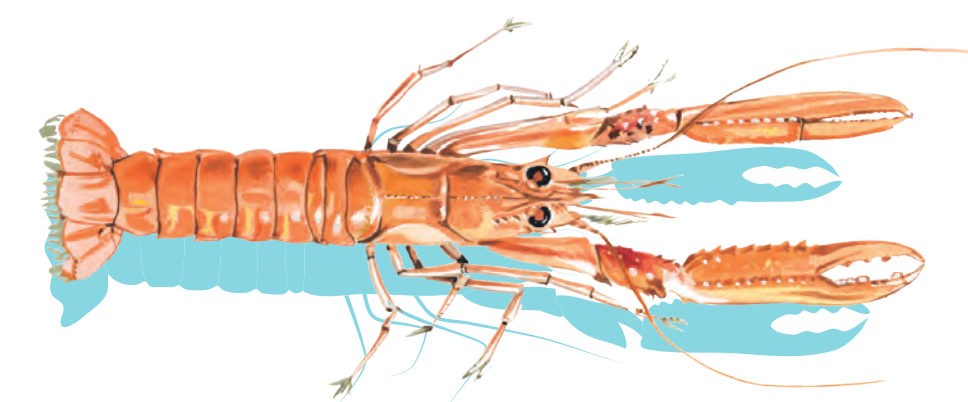
SHELLFISH



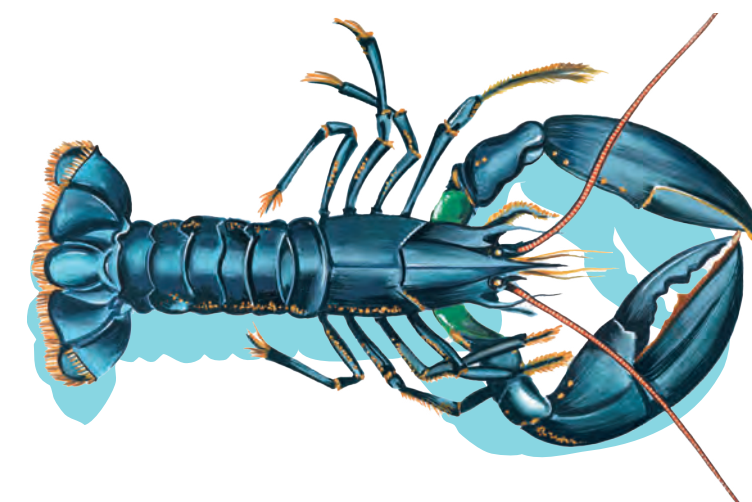
BROWN CRAB
Cancer pagurus



VELVET CRAB
Necora puber



LANGOUSTINE
Nephrops norvegicus



LOBSTER
Homarus gammarus



MUSSELS
Mytilus edulis



SCALLOP
Pecten maximus

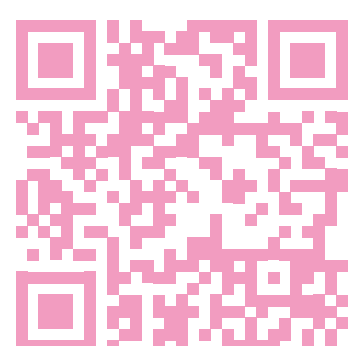


PACIFIC OYSTER
Crassostrea gigas

FISH IS A NATURAL SOURCE OF VITAMIN D



RAZOR CLAMS
Solenidae



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[@SeafoodFromScotland](https://www.instagram.com/SeafoodFromScotland)

**SEAFOOD
SCOTLAND**