



REGAL SEAFOODS

Seafood · Meats · Poultry · Foodservice

| REGAL STAFF...
WHO ARE WE? |
Craig Bonney

Sales

market e-report | wed 1 aug 2012

This week will be a difficult one for fresh fish. Local poor fishing conditions and poor catches will see scarcity across most lines with inflated pricing for most of the week. Arrivals from o/s will also be limited, with Blue Eye, Monkfish, Crabs all remaining limited this week.

Good options for this week: Swordfish, Shark & Blue Grenadier

Plentiful-Available: John Dory, Blue Eye, YF Tuna, Swordfish, Large Snapper, Hapuka, Spotted Trevally, Blue Grenadier, Orange Roughy, Pink Ling, Tiger Flathead, Blue Swimmer Crabs, Baby Barramundi, Baby Snapper, Rainbow Trout, Smoked Trout, Rudderfish, Gummy Shark & King Reef Barramundi

Limited-Not Available: Gold Band Snapper, Kingfish, King Dory, Rock Flathead, KG Whiting, Sand Crabs, Spanish Mackerel, Black Trevally, Ribaldo Cod, Sea Bream, Bass Groper, Striped Trumpeter, Smooth Dory, Marlin, Gemfish, Red Snapper, Cooked Lobster, Live Lobster, Monkfish, Gurnard, Live Mud Crabs, Flounder, Calamari, Deep Water Flathead, Mirror Dory, Live Spanner Crabs, Live Clams, Live Yabbies, Mahi Mahi, Garfish, Leather Jackets & Red Emperor

| ZAC'S SPRING MENU IDEAS |

Zac Zammit is Head Chef at Dock 31 – Regal Seafoods' very own restaurant at the Docklands. Here is a great menu tip for this Spring...

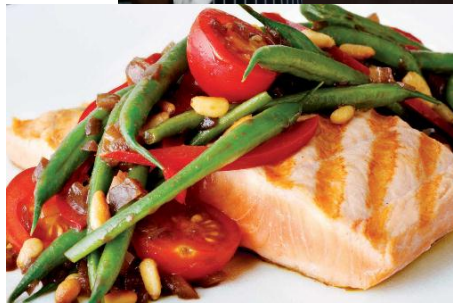
Grilled Salmon With Green Bean Salad

Salmon – keeping salmon simple and light

- Salmon Portion 180g (pin-boned)
- Sear skin-side down until golden brown
- Cook to medium in oven (4min)

Green Bean Salad fresh green beans, cherry tomato, spanish onion, capers, lemon & lime segments, salt & pepper, citrus dressing

Cooking Tips To achieve crispy skin on salmon and ocean trout, salt the skin side of the salmon portion and cook skin-side down on high heat



| SUPPLY INFORMATION |

Talley's 13mm Chips are not available for one month; Golden Pride brand will be substituted instead

La Ionica Chicken Small/Medium has increased in price due to shortages in smaller sized birds

Crabs (whole fresh and frozen) are very scarce due to seasonal availability and poor weather

Chopped Leaf Spinach is extremely scarce due to poor availability

Beef (Eye Fillet, Cube Roll, Rump, Porterhouse) are all in good supply with good pricing – see regal weekly price list for range and prices

Barramundi 200/300g (imported) is scarce as stock is in between seasons; please specify if you prefer 100/200g or 300/500g as alternative

Barramundi 100/200g & 300/500g (imported) have increased in price due to poor availability

Fresh Eggs 600's are increasing in price due to local shortages

Scampi No. 3/4 are currently unavailable; we have excellent Number 2 (larger) available as alternative

Tropical/Sweet Lip Snapper/Red Emperor (imported) has been out of season and stocks have run out – replacement stock should be available in August



Craig Bonney has been executive chef at some of Melbourne's premier hotels and restaurants, and brings his wealth of experience to Regal Seafoods in sales

How long have you been with Regal?

1 week as employee and 20 years as client in hotel/restaurant Regal have supplied

Favorite fish to cook: Blue Eye Trevalla

Life-long ambition:

See my children grow up.

| AUSTRALIAN SEAFOOD |

VIC Lakes Entrance, Portland & San Remo
Tiger Flathead, Gummy Shark, Grenadier, Ling, Spotted Trevally, King Dory

NSW Eden
Tiger Flathead, Spot Trevally, John Dory, Snapper

TAS Grenadier, Orange Roughy, Blue Eye

WA Limited arrivals

SA Shark, Snapper, Blue Swimmer Crabs

NT Gold Band Snapper

QLD YF Tuna, Swordfish, Baby & Lge Barramundi

NZ Baby Snapper, Orange Roughy, Hapuka, Ling

Tasmanian Aquaculture Petuna Salmon and Ocean Trout growth and supply is strong with consistent quality and good color; size of fillets is small as fish are new season and yet to grow out

Ocean Aquaculture Large Barramundi from Nth Queensland is steady in supply; Baby Barramundi are available this week, however remain scarce

Aquaculture Goulburn River Rainbow Trout, Smoked Rainbow Trout, Smoked Rainbow Trout Fillets are in good supply; Live Yabbies available through pre-order

Oysters Pacific Oysters from Tasmania are back to normal condition; **Rock** Oysters are not available this week due to rains in Pambula region

Mussels Organic Port Arlington Mussels are fantastic quality with great size and plump meat; Spring Bay Mussels are available and great quality, and come pre-scrubbed and cleaned; Marinated Mussels in various flavors available from NZ