



fresh off
the hook



Fresh Seafood Catalogue

Since 1943, PFD has been proudly supplying seafood across Australia.

Around the clock and around this country we continue the tradition; delivering the highest quality, sustainably sourced fresh seafood to your kitchen...wherever you are.

Our buyers are up before sunrise, hand selecting directly from the boats that bring in the finest seafood from Australian waters.

Our specialised fishmongers fillet and prepare the best wild caught and farmed fish, shellfish and crustaceans.

Across the country, our refrigerated distribution network ensures your seafood is of the highest quality and always arrives fresh.

So add some fresh seafood to your PFD order today!



from coast to coast

Note: Stock codes refer to PFD's national fresh seafood range. Please discuss your specific seafood requirements with your local PFD branch representative. We endeavour to bring you the freshest seafood possible however PFD Seafood is subject to seasonality, as such, some seafood items may not be available at certain times of the year.

** Abbreviations: **R/W** - Random Weight, **DZ** - Dozen, **KG** - Kilogram, **G** - Gram*





*delicate
flavour*

SALMON

Farmed in Tasmania, in a unique mix of cool seawater and fresh waters from World Heritage listed mountains, our Atlantic Salmon has a smooth and mild flavour with a delicate texture.

Atlantic Salmon flesh is rich orange in colour and is great for grilling, poaching, oven baking or ideal raw for sushi or sashimi.

202040

R/W FRESH SALMON WHOLE TASMANIAN

016337

R/W FRESH SALMON FILLET SKIN ON
BONELESS

202783

R/W FRESH SALMON FILLET SKINLESS
BONELESS

201799

180G FRESH SALMON PORTION SKIN ON
BONELESS

201903

180G FRESH SALMON PORTION SKINLESS
BONELESS

018803

200G FRESH SALMON PORTION SKIN ON
BONELESS

018801

200G FRESH SALMON PORTION SKINLESS
BONELESS



BARRAMUNDI

Our selection of farmed or wild Barramundi is sourced from the warmer northern waters of Australia.

With a mild flavour and medium oil content the flesh is light grey in colour, which becomes white and flaky when cooked. Barramundi is one of Australia's finest eating fish, great for baking or grilling with a crispy skin.

201801

R/W FRESH BARRAMUNDI BABY WHOLE
FARMED

049821

R/W FRESH BARRAMUNDI LARGE WHOLE
FARMED

201797

R/W FRESH BARRAMUNDI FILLET SKIN ON

200757

R/W FRESH BARRAMUNDI FILLET SKINLESS

201810

180G FRESH BARRAMUNDI PORTION SKIN ON
BONELESS

062551

180G FRESH BARRAMUNDI PORTION SKINLESS
BONELESS

201811

200G FRESH BARRAMUNDI PORTION SKIN ON
BONELESS

214242

200G FRESH BARRAMUNDI PORTION SKINLESS
CENTRE CUT



OYSTERS

Grown in Australia's secluded inlets and open bays, Australian oysters are the ultimate food experience!

Raw oysters have complex flavours that vary greatly among varieties and regions: some taste sweet, others salty with a mineral flavour. Throughout the seasons we access the best regional oysters from around the country.

030488

1DZ FRESH 1/2 SHELL BISTRO PACIFIC OYSTERS

030486

1DZ FRESH 1/2 SHELL PLATE PACIFIC OYSTERS

030487

1DZ FRESH 1/2 SHELL STANDARD PACIFIC OYSTERS

202214

1DZ FRESH 1/2 SHELL BISTRO ROCK OYSTERS

202218

1DZ FRESH 1/2 SHELL PLATE ROCK OYSTERS

Oyster sizing:

Pacific Oysters

Bistro: 60-70mm

Plate: 70-80mm

Standard: 80-90mm

Rock Oysters

Bistro: 65-70mm

Plate: 75-80mm

*sweet and
salty flavours*



*bright and
lustrous*

PRAWNS

Australia's prawn fishermen and farmers work hard to supply top quality prawns all year round. Prawns should smell like the ocean, feel firm and look bright and lustrous.

Throughout the seasons we access the best wild caught and farmed prawns from around Australia and around the world.

076911

5KG U/10 FROZEN COOKED OCEAN KING PRAWNS

023612

5KG 10/15 FROZEN COOKED OCEAN KING PRAWNS

202752

5KG U/8 FROZEN RAW OCEAN KING PRAWNS

202753

5KG U/10 FROZEN RAW OCEAN KING PRAWNS

023603

5KG 10/15 FROZEN RAW OCEAN KING PRAWNS

260407

3KG(3) 9/12 FROZEN RAW SEA TIGER PRAWNS WILD CAUGHT

204455


3KG(3) 6/8 FROZEN RAW SEA TIGER PRAWNS WILD CAUGHT

052658

5KG 10/15 FROZEN COOKED FARMED TIGER PRAWNS

020009

5KG 10/20 FROZEN COOKED SEA TIGER PRAWNS WILD CAUGHT



PFD can source quality, highly prized fish especially for your kitchen. Talk to your PFD representative today about supplying the best fresh Coral Trout, Goldband and Saddletail Snapper or Red Emperor for you.

CORAL TROUT

049805

R/W FRESH CORAL TROUT WHOLE

201836

R/W FRESH CORAL TROUT FILLET SKIN ON

202621

R/W FRESH CORAL TROUT FILLET SKINLESS

GOLDBAND SNAPPER

202820

R/W FRESH GOLDBAND SNAPPER WHOLE

016478

R/W FRESH GOLDBAND SNAPPER FILLET SKIN ON

016488

R/W FRESH GOLDBAND SNAPPER FILLET SKINLESS

SADDLETAIL SNAPPER

058038

R/W FRESH SADDLETAIL SNAPPER WHOLE

027074

R/W FRESH SADDLETAIL SNAPPER FILLET SKINLESS

RED EMPEROR

049813

R/W FRESH RED EMPEROR WHOLE

201891

R/W FRESH RED EMPEROR FILLET SKIN ON

026986

R/W FRESH RED EMPEROR FILLET SKINLESS

Sometimes frozen seafood provides more flexibility for your kitchen.

PFD offers a complete range of frozen seafood, including fish fillets, shellfish, crustaceans and value added products from your favourite national brands.

Speak to your PFD representative today to discuss your frozen seafood requirements. Call 131 733.



from coast to coast



TUNA

Tuna is a wild, line caught fish. It has a mild to medium flavour with a low to medium oil content.

Tuna has firm texture and the flesh is usually a deep red. It is very popular as sushi or sashimi and also ideal for pan-frying or grilling.

027051

R/W FRESH YELLOWFIN TUNA FILLET
SKINLESS

027052

R/W FRESH YELLOWFIN TUNA FILLET
SKIN ON

FLATHEAD

Highly sought after as a whole table fish or filleted, a number of flathead species are available in Australia.

Widely considered to be the best fish for battering and deep-frying, the sweet flesh remains moist, flaky and tender when encased in a crisp batter.

201848

R/W FRESH FLATHEAD WHOLE

201924

R/W FRESH FLATHEAD FILLET SKINLESS
BONELESS

200809

R/W FRESH FLATHEAD FILLET SKIN ON
WING OFF

SNAPPER

Snapper is a wild saltwater fish caught around Australia and throughout New Zealand.

A prized table fish, snapper is a moist fish with firm texture. It has a mild to medium flavour and a low oil content.

051113

R/W FRESH LARGE PINK SNAPPER WHOLE

032864

R/W FRESH LARGE PINK SNAPPER FILLET
SKIN ON

KING GEORGE WHITING

Available whole or filleted, this popular fish has a delicate, sweet flavour with a flaky flesh.

The edible skin can be left on the fish when steaming, poaching, deep-frying, pan-frying, baking, braising or grilling. King George Whiting can also be consumed raw as sashimi.

201915

R/W FRESH KING GEORGE WHITING WHOLE

860056

R/W FRESH KING GEORGE WHITING FILLET
SKIN ON

MACKEREL

A number of species of mackerel are found in Australian waters, and are available whole or as fillets.

Mackerel is firm and lustrous with a pleasant, fresh sea smell. Its strong, distinct flavour and oily, firm flesh makes it ideal for pan-frying, baking, grilling, battering or crumbing.

023800

R/W FRESH SPANISH MACKEREL WHOLE

201970

R/W FRESH SPANISH MACKEREL FILLET
SKIN ON

from wild
waters

fresh sea
aroma

DORY

These large-eyed, silvery fish with flat, disc-shaped bodies and spiny fins are generally found in deep water on or near the ocean bed.

Available whole or filleted, Dory has a lustrous skin, firm flesh and a pleasant fresh sea aroma. Suitable for steaming, poaching, deep-frying, pan-frying, baking, grilling and barbecuing.

201856

R/W FRESH JOHN DORY WHOLE

201855

R/W FRESH JOHN DORY FILLET SKIN ON

201854

R/W FRESH JOHN DORY FILLET SKINLESS

201922

R/W FRESH SILVER DORY FILLET SKIN ON

BLUE EYE (BLUE NOSE)

Blue Eye is a wild caught fish found in deep water in New Zealand and Southern Australia.

Blue Eye is a very versatile and popular fish, due to its firm, moist and delicately flavoured white flesh. Fillets will hold up well when grilling, frying and it can handle robust flavours.

211410

R/W FRESH BLUE EYE WHOLE

201814

R/W FRESH BLUE EYE FILLET SKINLESS

201816

R/W FRESH BLUE EYE FILLET SKIN ON

201805

180G FRESH BLUE EYE PORTION
SKIN ON BONELESS

201806

200G FRESH BLUE EYE PORTION
SKIN ON BONELESS

HOKI (BLUE GRENADIER)

Found predominantly around the deep waters of New Zealand and Southern Australia.

Hoki is a firm succulent fillet with a delicate flavour, low oil content and few bones. It is ideal for delicate fish recipes and can be prepared using most cooking methods.

075780

R/W FRESH HOKI FILLET SKIN ON

LING

Also known also as Rock Ling and Pink Ling. Ling is a wild caught fish, which has a mild flavour and is low in oil.

Tasty, versatile and firm-fleshed. Ling has large, moist, bone-free fillets and can be cooked in almost anyway, often served raw as sashimi or in wok cooking.

201864

R/W FRESH LING FILLET SKINLESS
BONELESS

207631

180/200G FRESH LING PORTION SKINLESS
BONELESS

NEW ZEALAND SNAPPER

New Zealand Snapper are found in the warmer coastal waters around the North Island.

New Zealand Snapper has a tender white to pinkish flesh with a sweet, mild flavour. It can be cooked in practically every way, or served raw as sashimi.

201901

R/W FRESH BABY SNAPPER WHOLE

201938

R/W FRESH LARGE SNAPPER WHOLE

201825

R/W FRESH LARGE SNAPPER FILLET SKIN ON

201918

R/W FRESH LARGE SNAPPER FILLET SKINLESS

Sourcing the very best seafood from the pristine waters of Australia we maintain a focus on quality and freshness.

We can prepare and deliver to your needs, whether you are after a specific variety of seafood, a specialised cut or are simply looking for something a bit different for your menu.

Talk to your PFD representative today about your seafood requirements and add some fresh seafood to your PFD order today.

www.pfdseafood.com.au



from coast to coast





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Speak to your local PFD representative
for market pricing and availability.

Call 131 733

www.pfdseafood.com.au

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