



AFRISHORE

D I S T R I B U T I O N

C A T A L O G U E

109 Manhattan Street | Matroosfontein, 7489

info@afrishoresa.co.za

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WELCOME TO

AFRISHORE

DISTRIBUTION

PREMIUM FROZEN SEAFOOD SOLUTIONS

At Afrishore Distribution, we believe premium seafood is defined by more than quality alone – it is shaped by consistency, presentation, reliability, and trust.

As a dedicated frozen seafood distributor and wholesaler, we proudly supply the hospitality, restaurant, catering, and retail industries with carefully selected seafood products sourced from both local and international waters.

From premium prawns and calamari to shellfish, specialty imports, and hospitality solutions, our catalogue reflects our commitment to delivering products that meet the expectations of modern professional kitchens.



WHO WE ARE

Afrishore Distribution is built on a foundation of professionalism, product knowledge, and a passion for the seafood industry.

We understand the importance of dependable supply chains, consistent product standards, and responsive service within the fast-paced hospitality environment.



PREMIUM
PRODUCTS



RELIABLE
SERVICE



TRUSTED
DISTRIBUTION



OUR VALUES



QUALITY WITHOUT COMPROMISE

We are committed to maintaining high standards across our product range, ensuring consistency, freshness, and a dependable quality.



PROFESSIONAL SERVICE

We believe strong business relationships are built through communication, efficiency, and reliability.



INTEGRITY & TRUST

Honest partnerships, ethical business practices, and accountability remain at the core of our business philosophy.



INDUSTRY COMMITMENT

We proudly support the hospitality and food service industries by supplying products tailored to professional culinary environments.



CUSTOMER-CENTERED APPROACH

Every client relationship matters. We strive to provide personalized service and practical solutions suited to our customers' operational needs.

OUR COMMITMENT TO EXCELLENCE

At Afrishore Distribution, we aim to deliver more than frozen food.

We deliver confidence in supply, consistency in quality, and service built around long-term partnerships.

Whether servicing restaurants, hospitality groups, caterers, retailers, or distributors, our commitment remains the same:



TO SUPPLY PREMIUM FROZEN SEAFOOD PRODUCTS WITH
PROFESSIONISM, RELIABILITY & CARE.



UNDERSTANDING SUSTAINABLE SEAFOOD



Make Every Seafood Choice Count

Healthy oceans depend on responsible fishing and informed choices. The WWF Southern African Sustainable Seafood Initiative (WWF-SASSI) uses a simple traffic light system to help consumers, chefs, and buyers choose seafood from sustainable sources.



From well-managed and sustainable fisheries or responsible aquaculture.
Choose with confidence



Available under certain conditions only.

Always check:

Species

Country of Origin

Fishing or farming method



Species or fisheries that are considered unsustainable, overfished, illegally harvested, or environmentally damaging.

Choosing alternatives helps protect marine ecosystems for future generations.

CHECK THE LATEST SEAFOOD STATUS

Because sustainability ratings are regularly updated, always refer to the official WWF-SASSI website for the most current information.



WWW.WWFSASSI.CO.ZA/SASSI-LIST

Scan to search any seafood species instantly!



BEFORE YOU BUY, ASK THESE 3 QUESTIONS

According to WWF-SASSI, always ask:



WHAT
SPECIES IS IT?

Different species have different impacts and sustainability statuses.



WHERE
DOES IT COME FROM?

The country or area of origin matters – not all fisheries are managed the same way.



HOW
IS IT CAUGHT OR FARMED?

The country or area of origin matters – not all fisheries are managed the same way.

OUR OCEAN. OUR RESPONSIBILITY. OUR FUTURE.



HEALTHY OCEANS

Support thriving marine ecosystems.



RESPONSIBLE FISHING

Sustainable practices protect fish stocks and habitats.



SUSTAINABLE CHOICE

Informed decisions today create a better future.



FROM OCEAN TO PLATE

Enjoy delicious seafood sustainably.

SUSTAINABLE SEAFOOD STARTS WITH INFORMED CHOICES



SASSI
Southern African Sustainable Seafood Initiative

UNDERSTANDING SEAFOOD GLAZING



The invisible shield that protects quality from ocean to plate

Glazing is a thin, protective coating of clean ice applied to frozen seafood to lock in freshness, flavor and nutrients.

WHY GLAZING IMPORTANT?

Without a glaze, frozen seafood gradually loses moisture during storage. This can result in:



FREEZER BURN



DEHYDRATION



LOSS OF FLAVOR



TOUGHER TEXTURE



SHORTER SHELF LIFE

WHAT DOES THE GLAZE DO?

The ice layer acts as a barrier that protects the seafood by:

- ✓ Locking in natural moisture
- ✓ Preventing dehydration
- ✓ Reducing oxidation
- ✓ Preventing freezer burn
- ✓ Preserving texture
- ✓ Maintaining appearance

HOW IS GLAZE APPLIED?

Two common methods are used to create an even, thin layer of protective ice.



DIPPING

The frozen seafood is briefly immersed in chilled, potable water.



SPRAYING

A fine mist of water is sprayed over the frozen seafood.

THE PROTECTIVE PROCESS

SEAFOOD

Freshly frozen to preserve natural quality

1



WATER APPLIED

Clean, potable water is dipped or sprayed onto the seafood.

2



INSTANT FREEZE

Water freezes instantly on contact, creating a thin ice layer

3



PROTECTIVE SHIELD

A natural ice barrier locks in freshness, flavor & nutrients until thawed.

4



HOW MUCH GLAZE IS NORMAL?

For most premium seafood products, a glaze is of approximately 6-10% is generally considered sufficient to protect quality.

Some products are intentionally supplied with higher glaze percentages (for example 15-20%) for longer transport or customer requirements.

6-10%

TYPICAL
GLAZE RANGE

NET WEIGHT VS GROSS WEIGHT

Gross Weight includes the seafood plus the protective ice glaze.

Net Weight is the actual seafood after the glaze is removed.

EXAMPLE: 1KG FROZEN PRAWNS

GLAZE (10%)	=	100G (ICE)
SEAFOOD (90%)	=	900G
GROSS WEIGHT	=	1000G

The glaze is not part of the edible seafood.

CHEF'S TIP



Glaze protects your seafood - it isn't a sign of lower quality.

The right glaze level helps preserve freshness, flavor and texture from the moment the seafood is frozen until it reaches your kitchen

PURE PROTECTION. PURE QUALITY.

IQF *vs* BLOCK FROZEN

Two ways to freeze. One goal - Premium quality

At Afrishore, we use advanced freezing methods to lock in the freshness, flavor and nutrients of our seafood. Understanding the difference helps you choose the right option for your kitchen.

IQF – INDIVIDUALLY QUICK FROZEN



Each piece is frozen separately in a blast of very cold air.
Nothing sticks together.



HOW IT WORKS

- Seafood is spread out on trays.
- Blast frozen with cold air at extremely low temperatures.
- Each piece freezes individually.



BENEFITS

- Take what you need, leave the rest.
- No defrosting of the whole pack.
- Perfect portion control.
- Faster and more even cooking.
- Minimises freezer burn.



BEST FOR

- Restaurants, sushi and poke bowls
- Stir-fries, pastas and small portions.
- Kitchen that need flexibility.



APPEARANCE

- Pieces are loose and separate with minimal ice build-up.

BOTH METHODS PRESERVE:



NUTRITION



FLAVOR



TEXTURE



QUALITY

BLOCK FROZEN



Seafood is frozen together in large blocks.
Cost-effective for bulk storage and transport.



HOW IT WORKS

- Seafood is packed in layers.
- Water is added and it is frozen as one solid block.
- Block is removed from the mold and packed.



BENEFITS

- Cost-effective for bulk quantities.
- Ideal for storage and transport.
- Protects seafood well during long transit.
- Extended shelf life when kept frozen.



BEST FOR

- Large volume users and caterers.
- Hotels, wholesalers and processors.
- Thawing and using larger quantities.



APPEARANCE

- Seafood is frozen in a solid block and must be thawed before use.

HANDLING & STORAGE TIPS



KEEP FROZEN AT -18C

Always keep frozen until ready to use.



THAW SAFELY

Thaw in the refrigerator or under cold running water. Do not refreeze.



USE CLEAN TOOLS

Use clean, dry utensils to maintain quality & food safety.



USE WITHIN 24-48 HOURS

Once thawed, use within 24-48 hours for best results.

AFRISHORE
Premium Quality | Ocean Fresh

PRAWNS

Carefully sourced.
Expertly handled. Naturally delicious.



FROZEN TO LOCK
IN FRESHNESS



PREMIUM QUALITY



KEEP FROZEN



NATURALLY DELICIOUS

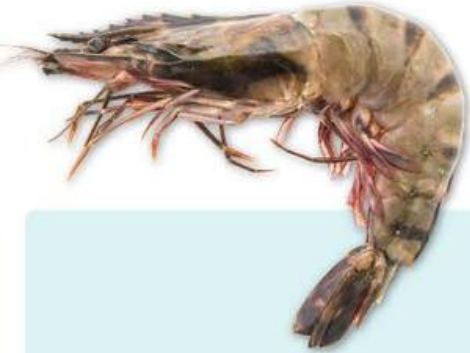
PRAWN VARIETY COMPARISON

FOUR POPULAR VARIETIES

ALL FOUR VARIETIES ARE HIGH IN PROTEIN, LOW IN FAT, AND PACKED WITH ESSENTIAL NUTRIENTS.

BLACK TIGER PRAWN

(*Penaeus monodon*)



APPEARANCE:
Bold dark stripes on body and legs.



SIZE:
Large size, typically 8-15pcs/kg.



TEXTURE & FLAVOR:
Firm texture, with rich, robust flavor.



ORIGIN:
Indo- Pacific region.



BEST FOR:
Grilling, BBQ, premium dishes.

VANNAMEI PRAWN

(*Litopenaeus vannamei*)



APPEARANCE:
Light grey to translucent body, smooth tail



SIZE:
Medium size, typically 20-40pcs/kg.



TEXTURE & FLAVOR:
Mild flavor with tender, juicy texture.



ORIGIN:
Native to Pacific coasts of Latin America.



BEST FOR:
Frying, boiling, everyday dishes.

MOZAMBIQUE PRAWN

(*Metapenaeus monoceros*)



APPEARANCE:
Olive to brown body with subtle bands.



SIZE:
Large size, typically 6-12 pcs/kg.



TEXTURE & FLAVOR:
Sweet flavor with firm, meaty texture.



ORIGIN:
Mozambique Channel (off the coast of Africa)



BEST FOR:
Grilling, baking, fine dining.

ARGENTIAN PRAWN

(*Pleoticus muelleri*)



APPEARANCE:
Reddish-Pink colour with long antennae.



SIZE:
Large size, typically 10-20pcs/kg.



TEXTURE & FLAVOR:
Sweet, delicate flavor with tender texture.



ORIGIN:
Argentina (Patagonian coastline).



BEST FOR:
Grilling, roasting, gourmet dishes.

PRAWN SIZE GUIDE

SIZE REFERS TO COUNT PER BOX

700g, 800g, 1kg or 2kg box depending on variant



U/10

EXTRA COLOSSAL



U/12

SUPER COLOSSAL



U/15

COLOSSAL



16/20

EXTRA JUMBO



21/25

JUMBO



26/30

EXTRA LARGE



31/35

LARGE



36/40

MEDIUM LARGE



41/50

MEDIUM



51/60

SMALL



61/70

EXTRA SMALL

PRAWN CUT GUIDE

DIFFERENT CUTS . SAME PREMIUM QUALITY

700g, 800g, 1kg or 2kg box depending on variant

STYLES MAY VARY SLIGHTLY DEPENDING ON SUPPLIER



**HEAD ON,
SHELL ON**

**WHOLE PRAWN WITH HEAD
AND SHELL INTACT.**

- ✓ Flavorsome with maximum freshness.
- ✓ Retains natural juices and nutrients.
- ✓ Ideal for grilling, boiling, soups and curries.



**HEAD OFF,
SHELL ON**

**HEAD REMOVED,
SHELL LEFT ON.**

- ✓ Juicy and flavorful.
- ✓ Perfect for Grilling, baking and pan-searing.
- ✓ Cleaner look and easy to prepare.



**PEELED, DEVEINED,
TAIL ON**

**SHELL REMOVED, DEVEINED,
TAIL LEFT ON.**

- ✓ Great presentation with tail on.
- ✓ Perfect for grilling, baking and entertaining.
- ✓ Ready to cook and convenient.



**PEELED, DEVEINED,
TAIL OFF**

**HEAD AND SHELL
REMOVED, TAIL OFF.**

- ✓ Easy to use and versatile.
- ✓ Ideal for pasta, salads, stir-fries and more.
- ✓ Uniform cooking and clean appearance.



EZ PEEL

**SHELL ON, DEVEINED WITH A
CUT ALONG THE BACK**

- ✓ Easy to peel while eating.
- ✓ Great for casual dining, seafood boils and BBQ.
- ✓ Mess-free and convenient.

SHRIMP *vs* PRAWN

KNOW THE DIFFERENCE

STYLES MAY VARY SLIGHTLY DEPENDING ON SUPPLIER

SHRIMP



SIZE: Smaller than a prawn. From 2-10cm

ROSTRUM: Shorter than a prawn. Reaches up to the eyes.

BODY: More curved than a prawn. Sleeker body shape.

FLAVOR & TEXTURE: Mild flavor. Flesh is tender and delicate.

PRAWN



SIZE: Larger than a shrimp. From 10-30+cm

ROSTRUM: Extends well beyond the eyes

BODY: Less curved than a shrimp. More robust body shape.

FLAVOR & TEXTURE: Richer flavor. Firmer and meatier.

PRAWN MEAT

DESHELLED / BLANCHED

Deshelled, blanched prawn meat that is convenient, versatile and easy to use in a variety of recipes.

SIZES (per 800g)

UNDER 20

PIECES PER 800g



20-40

PIECES PER 800g



40-60

PIECES PER 800g



60-80

PIECES PER 800g



80-120

PIECES PER 800g



DESHELLED

Ready to cook and easy to use.



BLANCHED

Lightly blanched to preserve freshness and natural flavor.



USUALLY TOUGHER OR MORE 'RUBBERY' THAN SHELLS

Perfect for bold-flavored and longer cooking recipes.

USE FOR :



PAELLA'S



SLICED FOR PIZZA



CURRIES

BLACK TIGER PRAWN

Premium Quality | Exceptional Taste



ORIGIN:

Indian Ocean (warmer waters).



APPEARANCE:

White shell with grey-blue, black or dark distinctive stripes. Large Prawn.



MEAT:

Very Meaty.



TEXTURE:

Firm texture.



TASTE:

Mild, slightly sweet taste although not as sweet as Argentinian Prawn.



VERSATILE AND RELIABLE:

Perfect for a wide range of culinary applications, with a consistency you can trust.

CASE INFORMATION

Box count per case to be confirmed upon ordering.



SIZES AVAILABLE PER 700g/800g/1kg or 2kg BOXES
DEPENDENT ON VARIANT.

USED BEST FOR:

Grilling

Gourmet

Boiling or Fryer

Sauteing



PERFECT IN SCAMPIS, PASTA, RISOTTO, BISQUE, SKEWERS, TACO'S & MORE

BOLD STRIPES. BIG FLAVOUR. ENDLESS POSSIBILITIES



KEEP FROZEN AT -18°C OR BELOW. DO NOT REFREEZE ONCE THAWED.

AFRISHORE

SIZE PACK REFERS TO NUMBER PER PACK (700G/800G)

ARGENTINIAN PRAWN

Premium Quality | Exceptional Taste



ORIGIN:

Southwestern Atlantic Ocean (Argentina, Uruguay, Brazil)



APPEARANCE:

Looks appetizing, very presentable to the eye!



SHELL & MEAT:

Pink soft shell (easy to peel). White meat.



TEXTURE:

Succulent texture.



TASTE:

Sweet, unique taste. Similar to Langoustine but far more affordable and available.



BENEFITS:

Easier for restaurateurs and customers to use on the menu as it has a more fixed price and is not seasonal. They are pricier than Vannamee and Black Tiger Prawn.

CASE INFORMATION

Box count per case to be confirmed upon ordering.



SIZES AVAILABLE PER 700g/800g/1kg or 2kg BOXES
DEPENDENT ON VARIANT.

L1 10-20



L2 20-30



USED BEST FOR:

Grilling



Gourmet



Pasta



Salad



PERFECT IN SCAMPIS, PASTA, RISOTTO, BISQUE, SKEWERS, TACO'S & MORE



ARGENTINIAN PRAWNS OFFER A PREMIUM DINING EXPERIENCE WITH CONSISTENT QUALITY, DELIGHTFUL TASTE AND IMPRESSIVE PRESENTATION.

QUALITY GUARANTEED

AFRISHORE

SUSTAINABLY & RESPONSIBLY SOURCED.

MOZAMBIQUE PRAWN

Premium Quality | Exceptional Taste



ORIGIN:

Wild-caught from the Mozambique Channel (off the coast of Africa)



APPEARANCE:

Olive to brown body with subtle bands and orange-tinted antennae and tail fan.



MEAT:

Firmer than most other prawns.



TEXTURE:

Meaty, juicy and satisfying.



TASTE:

A Sweet and delicate flavor yet more savoury compared to the Argentinian Prawn.



PREMIUM CHOICE:

Mozambique prawns consistently rank highly among diners seeking an authentic and satisfying experience, favored for their premium texture and bold flavor.

CASE INFORMATION

Box count per case to be confirmed upon ordering.



USED BEST FOR:

Grilling

Oven Baking

Gourmet

Boiling or Fryer

Sauteing



HIGH IN PROTEIN, LOW IN FAT, AND PACKED WITH ESSENTIAL NUTRIENTS.

SUSTAINABLE, NATURALLY DELICIOUS. FROM OUR OCEAN TO YOUR TABLE

AFRISHORE

SIZES AVAILABLE PER 700g/800g/1kg or 2kg BOXES
DEPENDING ON VARIANT.

6-8

8-12

13-15

16-20

21-25

26-30

FROM OUR OCEANS TO YOUR TABLE

AFRISHORE

SUSTAINABLE. NUTRITIOUS. DELICIOUS

VANNAMEI PRAWN

Premium Quality | Exceptional Taste



ORIGIN:

Pacific and Indian Ocean (South America)



APPEARANCE:

Not as appealing to the eye as Argentinian prawn.
More pliable white meat (softer than others)



MEAT:

Softer, more subtle profile that absorbs marinades and seasoning.



TEXTURE:

Tender and juicy.



TASTE:

Mild and delicate with an ocean flavor.



BALANCED AND POPULAR:

Good balance between taste and value for money. Usually popular for family restaurants. Added popularity due to the fact they are disease resistant and suitable for aquaculture.

CASE INFORMATION

Box count per case to be confirmed upon ordering.



SIZES AVAILABLE

PER 700g/800g/1kg or 2kg BOXES
DEPENDENT ON VARIANT.

QUALITY YOU CAN RELY ON. VALUE YOU COUNT ON.

USED BEST FOR:

Grilling



fried



Steamed



Boiled



PERFECT IN SOUPS, CURRIES, STEWS, SALADS, SKEWERS, SUSHI & MORE

13-15



16-20



21-25



26-30



31-40



40-50



KEEP FROZEN AT -18°C OR BELOW. DO NOT REFREEZE ONCE THAWED.

AFRISHORE

SIZE PACK REFERS TO NUMBER PER PACK (700G/800G)

PRAWNS

3 Delicious Ways to Enjoy

Prawns are naturally sweet, tender and incredibly versatile. Quick to cook and perfect for a variety of dishes. Here are 3 simple ways to enjoy them.

1 GARLIC BUTTER PRAWNS



Succulent prawns grilled or pan-seared in garlic butter, finished with a squeeze of lemon and fresh parsley. A timeless favourite that never disappoints.

BEST SERVED WITH



Crusty bread



Green salad



Steamed Rice

2 CHILLI & LIME PRAWNS



Prawns cooked with garlic, chilli and a squeeze of lime for a bold, zesty kick. Quick, easy and packed with vibrant flavor.

BEST SERVED WITH



Coconut Rice



Asian-style slaw



Grilled Vegetables

3 PRAWN & CREAMY TOMATO PASTA



Juicy prawns in a creamy tomato and garlic sauce, tossed through pasta with herbs and parmesan. A hearty, restaurant-style dish made at home.

BEST SERVED WITH



Garlic bread



Green salad



Crisp white wine

CHEF'S TIP



Prawns cook very quickly – just 2-3 minutes on each side. Overcooking can make them tough. Cook until pink, opaque and just curled.

COOKING METHODS



PAN-SEAR



SAUTÉ



STIR-FRY



GRILL



BAKE

GOOD FOR YOU



Low in fat and calories, high in protein and a good source of essential nutrients like iodine, selenium and vitamin B12.

AFRISHORE
Premium Quality | Ocean Fresh

CRAB & LANGOUSTINES

Carefully sourced. Expertly handled. Naturally delicious.
From our ocean to your table.



FROZEN TO LOCK
IN FRESHNESS



PREMIUM
QUALITY



KEEP
FROZEN



CHEF
APPROVED



PERFECT FOR
SPECIAL OCCASIONS

CRABS

Premium Quality | Locked in freshness

Our crabs are sustainably sourced from clean, cold waters to preserve their natural sweetness, texture and flavor. nutritious, versatile and perfect for a wide range of culinary creations.



Crab varieties are subject to availability.

VARIETIES AVAILABLE (WHEN AVAILABLE)

BLUE SWIMMER CRAB



Sweet, delicate flavor with tender, white meat. Perfect for steaming, boiling and a variety of dishes.

SPANNER CRAB



Known for its meaty claws and rich flavor. Great for cracking, grilling and seafood platters.

MUD CRAB



Large, succulent and full of flavor. Ideal for special occasions and premium seafood dishes.

KING CRAB LEGS



Tender, sweet and impressively meaty. Perfect for grilling, baking or steaming.

SNOW CRAB



Delicate, slightly sweet meat with a fine texture. Great for platters, pasta and soups.

AVAILABLE AS: WHOLE OR SECTIONS

WHOLE CRABS

Frozen whole to lock in freshness and flavor. Perfect for steaming, boiling or your favorite recipes.



FROZEN
AT SEA

PREMIUM
QUALITY

SUSTAINABLY
SOURCED

PORTIONS / SECTIONS

Conveniently prepared and frozen for easy cooking. Ideal for quick meals, platters and sharing.

CLUSTERS



CRAB CLAWS



CRAB LEGS



CRAB BODY (ROE)



CRAB HALVES



CRAB MEAT



From whole crabs for a feast to convenient portions for everyday meals - we have the perfect crab selection for every occasion.



FROZEN FOR FRESHNESS
AND TO PRESERVE TASTE,
TEXTURE & NUTRIENTS



KEEP FROZEN
STORE AT -18C OR BELOW.
DO NOT REFREEZE ONCE
THAWED



QUALITY GUARANTEED
OUR CRABS ARE CAREFULLY
SELECTED TO ENSURE PREMIUM
QUALITY



SUSTAINABLY SOURCED
RESPONSIBLY CAUGHT WITH CARE FOR
OUR OCEANS AND FUTURE GENERATIONS.

QUALITY GUARANTEED

AFRISHORE

SUSTAINABLY & RESPONSIBLY SOURCED.

LANGOUSTINES

Premium Quality | Exceptional Taste



ORIGIN:

Pristine cold waters of the North Atlantic (Scotland, Norway, Iceland) and Mediterranean.



APPEARANCE:

Elegant, vibrant orange-pink shell with long slender claws. Naturally beautiful and very presentable.



MEAT:

Sweet, delicate and succulent. High meat-to-shell ratio.



TEXTURE:

Tender yet firm.



TASTE:

Exceptionally sweet with a refined, delicate flavor - often described as the sweetest of all shellfish. Similar to lobster yet more delicate.



PREMIUM CHOICE:

A true delicacy and a sign of quality on any menu. Perfect for fine dining and special occasions.

CASE INFORMATION

Box count per case to be confirmed upon ordering.



SIZES AVAILABLE

PER 700g/800g/1kg or 2kg BOXES
DEPENDENT ON VARIANT.

USED BEST FOR:

Grilling



Oven Baking



Gourmet



Boiling or Fryer



Sauteing



PERFECT IN SCAMPIS, PASTA, RISOTTO, BISQUE, SKEWERS, TACO'S & MORE

COOKING TIP

For the best results, cook just until the shell turns bright pink and the meat is opaque. Overcooking can dry out the delicate meat.



RAW



COOKING



PERFECT

"Langoustines- naturally exquisite, unforgettable in every bite."



AFRISHORE

A TASTE OF THE OCEANS FINEST.
ELEGANT. DELICATE. EXCEPTIONAL

AFRISHORE
Premium Quality | Ocean Fresh

CRAYFISH & LOBSTER



Premium quality. Carefully sourced. Expertly handled.
Naturally delicious. From our ocean to your table.



FROZEN TO LOCK
IN FRESHNESS



PREMIUM
QUALITY



KEEP
FROZEN



CHEF
APPROVED



ENDLESS
POSSIBILITIES

DID YOU KNOW?

Responsible today. Sustainable tomorrow



ANCIENT & RESILIENT

Rock lobster ancestors have existed for hundreds of millions of years.



NUTRITIOUS & GOOD FOR YOU

High in protein, low in fat and a natural source of omega-3, vitamins and minerals.



VERSATILE & DELICIOUS

From the braai to fine dining - lobster and crayfish are perfect for any occasion.

SOUTH AFRICAN HERITAGE

Sustainably harvested from our waters, supporting local communities

SUSTAINABLE BY CHOICE

By following the rules and respecting the ocean, we ensure healthy stocks for the future.

PROTECTED BREEDING SEASONS

Lobster and crayfish have breeding seasons. Closed seasons are in place during these times to allow them to reproduce and sustain populations.

CLOSED SEASONS APPLY DURING BREEDING SEASONS

Dates vary by species, area and year.



i Did you know?

Female lobster and crayfish carry thousands of eggs under their tail for up to 9-12 months before they hatch. By protecting them during this time, we protect the future generations.

YOU MAY NOT CATCH:



Egg bearing females

It is illegal to catch, keep or sell females carrying eggs.



Undersized lobster

Legal minimum size limits require undersized lobsters and crayfish to be released unharmed.



Soft Shelled lobster

Soft shell indicates moulting and they must be returned to the sea.



Out of season

Fishing outside closed seasons is illegal.



Using Illegal methods

Harvesting using scuba, baited traps or in restricted areas.

SIZE MATTERS



Always check the minimum legal size for the species and region you are fishing in. It ensures they have the chance to reproduce before they are caught.

OUR COMMITMENT TO SUSTAINABILITY



RESPONSIBLY
SOURCED



CONSERVING OUR
OCEANS



SUPPORTING LOCAL
COMMUNITIES



PROTECTING THE
FUTURE



QUALITY YOU CAN
TRUST

**HEALTHY OCEANS.
HEALTHY SEAFOOD.
HEALTHY FUTURE.**

QUALITY GUARANTEED

AFRISHORE

SUSTAINABLY & RESPONSIBLY SOURCED.

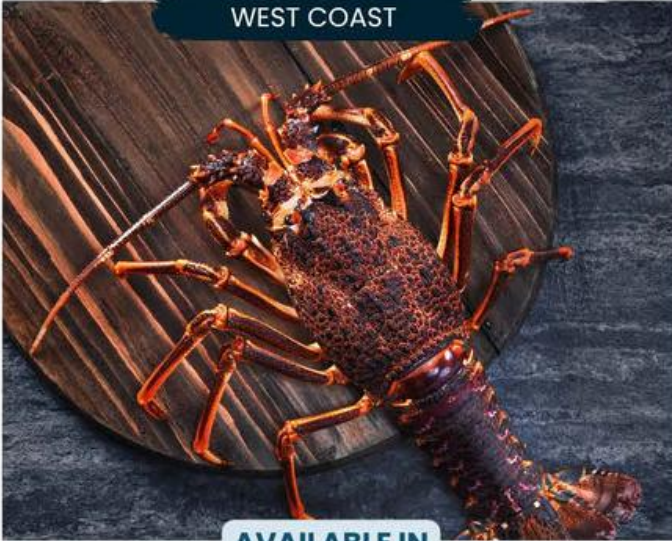
CRAYFISH & LOBSTER

Premium quality | Exceptional Taste

We offer a selection of premium crayfish and lobster, sourced from the best waters and frozen to lock in freshness, flavor and quality.

SOUTH AFRICAN CRAYFISH

WEST COAST



AVAILABLE IN

WHOLE



TAIL



ALL FROZEN

SOUTH AFRICAN CRAYFISH

EAST COAST



AVAILABLE IN

WHOLE



TAIL



ALL FROZEN

IMPORTED CRAYFISH/LOBSTER



AVAILABLE IN

WHOLE



TAIL



ALL FROZEN



ALL FROZEN
TO LOCK IN FRESHNESS
AND FLAVOR.



PREMIUM QUALITY
CAREFULLY SELECTED FOR
QUALITY, SIZE AND
CONSISTENCY.



SOURCED WITH CARE
FROM THE BEST WATERS -
PROUDLY SOUTH AFRICAN AND
IMPORTED.



VERSATILE
PERFECT FOR GRILLING, BAKING,
STEAMING, BOILING AND MORE.



NATURALLY NUTRITIOUS
HIGH IN PROTEIN, LOW IN FAT AND
AND A GOOD SOURCE OF OMEGA-3.

QUALITY GUARANTEED

AFRISHORE

SUSTAINABLY & RESPONSIBLY SOURCED.

CRAYFISH & LOBSTER TAILS

Premium Quality | Exceptional Taste

Our crayfish and lobster tailed are carefully sourced and frozen to lock in freshness, flavor and nutrients sonyou get premium quality, every time.



ALL FROZEN

to lock in freshness.



PREMIUM QUALITY

Carefully selected for quality, size and consistency.



NATURALLY NUTRITIOUS

High in protein, low in fat and a good source of omega-3.



VERSATILE & DELICIOUS

Perfect for grilling, baking, steaming, boiling and more.



SOURCED WITH CARE

From the best waters - proudly South African and imported.

USED BEST FOR:

Grilling



Bake



Boiling



Stir-fry



PERFECT IN BAKES, PASTA, RISOTTO, BISQUE, SKEWERS, TACO'S & MORE

CRAYFISH/LOBSTER TAIL SIZE GUIDE

Per Box. Box size will vary slightly depending on supplier

AFRISHORE

2-3 TAILS



330 - 500g per tail
Best for large portions, special occasions & sharing.

3-4 TAILS



350 - 330g per tail
Best for substantial portions, grilling & entertaining.

4-5 TAILS



200 - 250g per tail
Best for generous portions, baking, grilling & special dishes.

5-6 TAILS



160 - 200g per tail
Perfect all-round size for most recipes.

6-7 TAILS



120 - 160g per tail
Best for every day meals, versatile cooking & value

8-10 TAILS



80 - 120g per tail
Best for light meals, appetisers, pasta, salads etc.

CHEF'S TIP



For best results, thaw overnight in the fridge. Brush with garlic butter, herbs and a squeeze of lemon for incredible flavor.

COOKING METHODS



PAN-SEAR



GRILL



STEAM



BOIL



STIR-FRY

STORAGE INSTRUCTIONS



Keep frozen at -18°C or below. Do not refreeze once thawed.

CRAYFISH & LOBSTER

3 Delicious Ways to Enjoy

Crayfish and lobster are naturally delicious, perfectly tender and full of flavor. Here are 3 simple, crowd pleasing ways to enjoy them.

1 GARLIC BUTTER GRILLED



Split, brush with garlic butter, and grill until tender and slightly charred. A timeless favorite that lets the natural sweetness shine.

BEST SERVED WITH



Crusty bread



Green salad



Lemon wedges

2 CREAMY LOBSTER THERMIDOR



Tender lobster meat in a rich, creamy sauce with a touch of mustard and cheese, baked until golden and bubbling. Pure indulgence.

BEST SERVED WITH



Roasted vegetables



Steamed rice



Chilled white wine

3 CHILLI & LIME CRAYFISH TAILS



Sautéed in olive oil with garlic, chilli, lime and herbs for a light and zesty dish full of vibrant flavor.

BEST SERVED WITH



Asian-style slaw



Warm baguette



Crisp white wine

CHEF'S TIP



For best results, thaw overnight in the fridge. Brush with garlic butter, herbs and a squeeze of lemon for incredible flavor.

COOKING METHODS



PAN-SEAR



STEAM



STIR-FRY



GRILL



BOIL

GOOD FOR YOU



High in protein, low in fat and a natural source of omega-3, vitamins and minerals.

AFRISHORE
Premium Quality | Ocean Fresh

MUSSELS & CLAMS



Our mussels and clams are meticulously sourced from pristine, cold waters and treated with utmost care to ensure freshness, flavor, and quality that you can rely on.



**FROZEN TO LOCK
IN FRESHNESS**



**PERFECTLY
VERSATILE**



**SUSTAINABLY
SOURCED**



**NATURALLY
NUTRITIOUS**

MUSSELS vs CLAMS



Know the difference. Choose with Confidence.

Mussels have dark, smooth, shells, mildly sweet briny flavor

MUSSELS

SHELL

Dark (black to blue) and smooth with an elongated teardrop shape.

MEAT

Deep orange to peach in color, soft and tender.

FLAVOR

Mildly sweet, briny, and oceanic.

BEST USES

Steam, sauté, bake, add to pasta's, soups, stews and marinieres.



DID YOU KNOW?

Mussels attach to surfaces by strong byssal threads and are excellent natural filters, helping keep out oceans clean.

CLAMS

Clams have lighter, ridged shells and a tender buttery flavor

SHELL

Lighter in color (beige, gray, tan) with ridges and a rounded, oval shape.

MEAT

Pale beige to cream in color, firm and plump.

FLAVOR

Mild, slightly sweet and buttery.

BEST USES

Steam, bake, grill, add to chowders, pasta, risotto and sauces.



DID YOU KNOW?

Clams burrow in the sand and can live for many years, some for 100 years!

VS

QUICK COMPARISON

	SHELL	SHAPE	COLOR	MEAT COLOR	FLAVOR	TEXTURE	BEST IN
MUSSELS	Smooth	Elongated, Teardrop	Dark (blue to black)	Deep orange to peach	Mildly Sweet, briny	Soft, tender	Pasta, soups, stews, marinieres
CLAMS	Ridged	Rounded, Oval	Light (beige, gray, tan)	Pale beige to cream	Mild, slightly sweet, buttery	Firm, plump	Chowders, pasta, risotto, sauces

PERFECT FOR:

steamed



Pasta



Broths/Stews



Baked



Sauces



Grill



Chowders



Appetizers



WEST COAST MUSSELS

Premium Quality | Exceptional Taste

West Coast Mussels are known for their tender, textured, sweet, briny flavor and beautiful orange meat.
Perfect for a variety of culinary applications.

HALF SHELL MUSSELS

WHOLE SHELL MUSSELS

VS

APPEARANCE

Mussels are shucked and presented in one half of the shell.

CONVENIENCE

Ready to cook and easy to serve.
Saves prep time in the kitchen.

COOKS QUICKLY

Cooks faster due to increased heat exposure.
Ideal for high volume kitchens.

BEST USES

Perfect for Pasta, bakes, stews, sauces and appetizers.

DID YOU KNOW?

Half shell mussels are shucked for convenience but retain the same great taste and nutrition.

DID YOU KNOW?

Whole shell mussels protect the meat while cooking, resulting in a juicier, more flavorful bite.

APPEARANCE

Mussels are in their natural, whole shell.

FRESHNESS LOCKED IN

Cooking in the shell helps retain natural juices and enhances flavor.

PERFECT FOR STEAMING

Ideal for steaming, boiling or preparing in broths

BEST USES

Great for classic mussel dishes like steamed mussels, chowders and broths.

PERFECT FOR:

Steamed Mussels

Pasta

Broths/Stews

Baked

Sauces

Appetizers

Chowders

Boiled



FROZEN MUSSEL MEAT

Premium Quality | Exceptional Taste

Carefully shucked and frozen to lock in freshness, flavor and nutrients. Our mussel meat is tender, versatile and perfect for a wide range of dishes.



TENDER & JUICY

Tender texture with a naturally sweet, briny flavor.



CONVENIENT

Already shucked and cooked. Ready to use - saves time in the kitchen.



FLASH FROZEN FOR FRESHNESS

Flash frozen to lock in taste, quality and nutrition.



NUTRITIOUS & WHOLESOME

A lean source of protein, low in fat and calories, and rich in essential nutrients including iron, vitamin B12 and omega-3 fatty acids.



VERSATILE

Perfect for pasta's, rice dishes, soups, stews, sauces and more.

USED BEST FOR:

Grilling



Steaming



Boiled



PERFECT IN PASTA'S, SOUPS, RICE DISHES, SAUCES, STIR FRIES, SALADS.

EASY TO PREPARE

❄ THAW

Thaw in the refrigerator overnight or under cold running water for 15-20 minutes.

💧 DRAIN

Drain and pat dry.

🔥 HEAT & ENJOY

Add to your favourite recipes and heat through.



HIGH IN PROTEIN

Supports a balanced and healthy diet.



RICH IN IRON

Contribute to normal energy metabolism



SOURCE OF VITAMIN B12

Supports normal red blood cell formation.



LOW IN FAT

Perfect for lighter, nutritious meals.

CLAM SIZE GUIDE

CLAMS SIZE INFLUENCES TEXTURE, FLAVOR INTENSITY AND THE PERFECT COOKING APPLICATION.
USE THIS GUIDE TO CHOOSE THE RIGHT CLAM FOR EVERY DISH.

25 - 35mm
shell length



EXTRA SMALL

Delicate, sweet & very tender



BEST OR

Pasta, tapas,
rice dishes

35 - 45mm
shell length



SMALL

Tender with beautiful presentation



BEST FOR

Vongole, steaming,
paella

45 - 55mm
shell length



MEDIUM

Balanced meat to shell ratio



BEST FOR

Pasta, curries, seafood
pots.

55 - 70mm
shell length



LARGE

Meatier & Firmer



BEST FOR

Grilling, baking,
stuffing

70mm +
shell length



EXTRA LARGE

Robust, substantial texture



BEST FOR

Chowders, chopping,
hearty dishes



DELICATE & TENDER

BALANCED & VERSATILE

MEATY & ROBUST



Clams naturally release their flavorful liquor as they cook, creating delicious, aromatic broths and enhancing every dish with the essence of the sea.



WHY SIZE MATTERS

THE RIGHT CLAM FOR THE RIGHT DISH

Clam size affects tenderness, flavor release, cooking time and how the clam performs in your recipe. Choose the size that brings out the best in your dish.

SMALL CLAMS

25 - 45mm



DELICATE, SWEET & TENDER

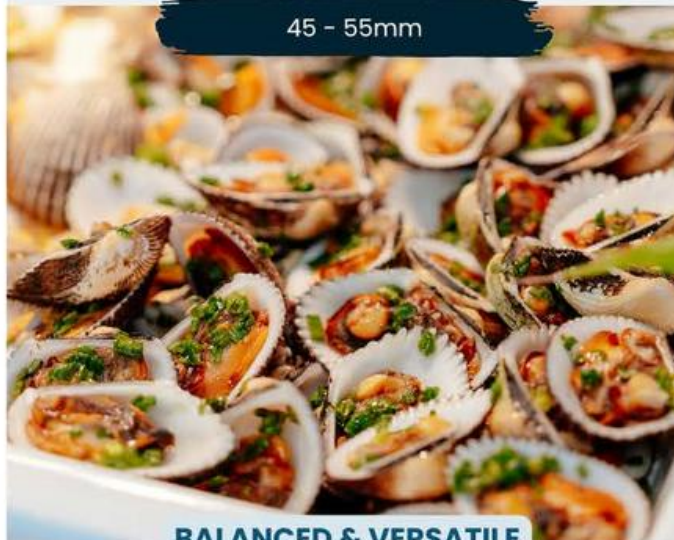
- Cook quickly, and stay tender.
- Release natural liquor for a light, flavorful sauce.
- Beautiful presentation with more clams per dish.
- Perfect for dishes where the clam remains whole.

BEST FOR

Vongole, tapas, steaming, rice dishes, light broths.

MEDIUM CLAMS

45 - 55mm



BALANCED & VERSATILE

- Great meat-to-shell ratio.
- Tender with a little more bite
- Release flavor while holding their texture.
- Work across a wide range of recipes.

BEST FOR

Paella, curries, seafood pots, pasta, sauces.

LARGE CLAMS

55mm +



MEATY, FIRM & ROBUST

- Meatier texture that stands up to bold flavors.
- Ideal for grilling, baking, stuffing and chopping.
- Perfect for hearty soups, chowders and rich dishes.

BEST FOR

Grilling, baking, stuffed clams, chowders, chopping, hearty dishes.

A NATURAL FLAVOR BUILDER

Clams naturally release their rich essence during cooking, creating depth, sweetness, and a clean ocean flavour in every dish.

TIPS FOR PERFECT CLAMS



Do not overcook. Clams when perfectly cooked.



Discard any clams that do not open after cooking.



Rinse well and remove from the fridge 10-15 minutes before cooking.



Store cold at 0-4°C and use within 2 days.

MUSSELS

3 DELICIOUS WAY TO ENJOY

Mussels are tender, juicy and packed with ocean flavor. Quick to cook and incredibly versatile. Here are 3 delicious ways to enjoy them.

1 GARLIC & WHITE WINE



Steamed in white wine with garlic, onion and herbs until the shells open and the flavor shines. Light, aromatic and utterly moreish.

BEST SERVED WITH



Crusty bread



Lemon wedges



Crisp white wine

2 SPICY TOMATO & CHILLI



Cooked in a rich tomato sauce with garlic, chilli and herbs for a vibrant, spicy kick. Perfect for those who love bold flavors.

BEST SERVED WITH



Crusty bread



Green salad



Chilled beer

3 CREAMY GARLIC & PARSLEY



Simmered in a creamy garlic sauce with fresh parsley for a rich and indulgent treat. Simple comfort food at its best.

BEST SERVED WITH



Garlic bread



Fries or chips



Crisp white wine

CLAMS

3 DELICIOUS WAY TO ENJOY

Clams are sweet, tender and soak up flavor beautifully. Quick to cook and perfect for a variety of dishes. Here are 3 tasty ways to enjoy them.

1 GARLIC & WHITE WINE



Steamed with garlic, shallots and white wine until open and tender. A fresh, delicate classic letting the natural sweetness shine.

BEST SERVED WITH



Crusty bread



Lemon wedges



Crisp white wine

2 BUTTER, GARLIC & HERB



Sautéed in garlic butter with fresh herbs for a rich, savory dish that's perfect as a starter or light main.

BEST SERVED WITH



Crusty bread



Green salad



Chilled beer

3 SPICY TOMATO & WHITE WINE



Simmered in tomato, garlic, chilli and white wine for a bold, zesty flavor. Perfect with bread to soak up the delicious sauce.

BEST SERVED WITH



Crusty bread



Rocket salad



Chilled Rosé wine

AFRISHORE
Premium Quality | Ocean Fresh

SQUID & OCTOPUS



SQUID

CLEAN & VERSATILE

Lean and delicate with a clean ocean flavor. Ideal for everyday meals and favorites.



OCTOPUS

MEATY & FLAVORFUL

Firm, succulent and full of flavor. Best slow-cooked, grilled or in rich savoury dishes.



FROZEN TO LOCK
IN FRESHNESS



PREMIUM
QUALITY



KEEP
FROZEN



CHEF
APPROVED



ENDLESS
POSSIBILITIES

CALAMARI **VS** SQUID

Same sea creature. Different names.

*Calamari is not a different species - it's simply the culinary name for squid.
All calamari is squid, but not all squid is called calamari!*



WHAT IS IT?

Calamari is the name used for squid in the kitchen. It refers to how the squid is prepared and served.

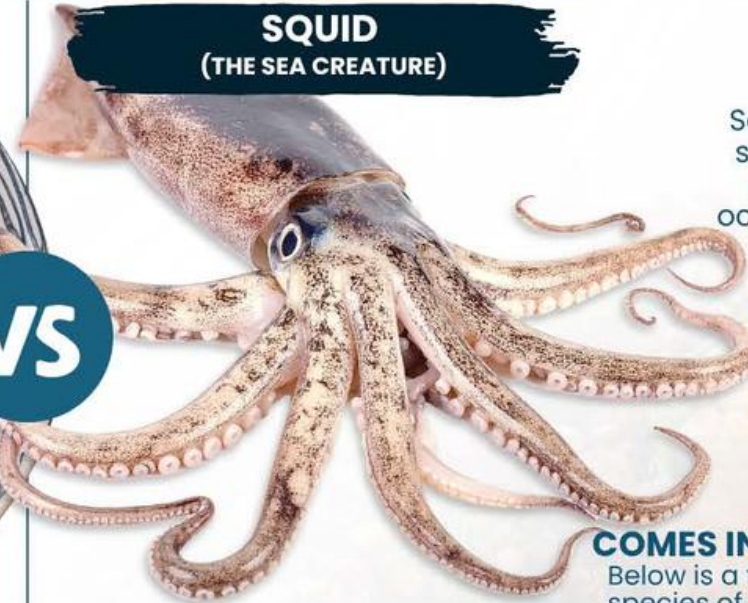
Known for its tender texture and delicate ocean flavour, calamari is enjoyed in cuisines around the world.

CALAMARI (CULINARY TERM)



VS

SQUID (THE SEA CREATURE)



WHAT IS IT?

Squid is the name of the sea creature. It includes many species found in oceans around the world.

Highly adaptable and fast-moving, squid are known for their intelligence, unique jet propulsion movement, and ability to change colour underwater.

COMES IN MANY SPECIES

Below is a fraction of the many species of squid worldwide



Patagonian Squid
(*Doryteuthis gahi*)



Chokka/Cape Hope Squid
(*Loligo reynaudii*)



Arrow Squid
(*Nototodarus* spp.)



European Squid
(*Loligo vulgaris*)

USED FOR MANY PURPOSES:



Food

(Calamari, Sushi, Steamed, Grilled etc.)



Bait

(Popular choice for anglers)



Industrial Use

(Ink extracts, feed, pharmaceuticals)

AVAILABLE CUTS & STYLES



Rings



Strips



Steaks



Tentacles



Tubes

COMMON PREPARATIONS INCLUDES:
GRILLED, FRIED, BAKED, STUFFED, STEWS, PASTA'S, SALADS & MORE



IN SHORT: CALAMARI IS WHAT YOU EAT. SQUID IS WHAT IT IS

SQUID & CALAMARI

Premium Quality | Exceptional Taste

Squid and calamari are among the most popular, seafood choices worldwide, loved for their mild flavor, tender texture and incredible versatility in the kitchen. Our squid and calamari are carefully selected and frozen at peak freshness to lock in quality, flavor and texture.



OUR SQUID & CALAMARI PRODUCTS

MILD & DELICATE FLAVOR

Mild, slightly sweet seafood flavor that pairs well with a variety of cuisines.

TENDER TEXTURE

Tender and succulent when cooked right.

QUICK & EASY TO COOK

Cooks fast- perfect for busy kitchens and convenient meals.

HIGHLY VERSATILE

Great for frying, grilling, sauteeing, stuffing, adding to stews and more.

NUTRITIOUS & WHOLESOME

Low in fat, high in protein and a source of important nutrients.

FROZEN FOR FRESHNESS

Flash-frozen at sea or at source to preserve freshness, texture, flavor and nutrients.

CONSISTENT QUALITY

Carefully selected and processed to ensure consistent size, color and taste.

SUSTAINABLY SOURCED

We work with trusted suppliers who share our commitment to responsible sourcing and sustainable oceans.

Calamari Tubes



Rings



Tentacles



Whole Squid



Pota



Steak Cuts



Calamari Strips



PERFECT FOR:

Fried Calamari



Grilled Calamari



Seafood Platters



Pastas



Paella's



Curries & Stews



Tapa's & Appetizers



FROZEN FOR FRESHNESS AND CONVENIENCE.

AFRISHORE

SUSTAINABLY AND RESPONSIBLY SOURCED.

PATAGONIAN SQUID

(LOLIGO / FALKLANDS)



ABOUT SQUID:

Doryteuthis gahi (*Loligo gahi*), also known as the Patagonian Longfin Squid or Patagonian Squid, is a small-sized squid species belonging to the family Loliginidae.

It occurs in the coastal waters of the Southwestern Atlantic Ocean and Southeastern Pacific Ocean, where it is widely harvested for premium seafood markets worldwide.

Known for its tender texture, mild flavor, and excellent cooking versatility, this species is considered one of the most desirable squid varieties available.



OTHER NAMES

- Patagonica
- Loligo
- Falklands Squid
(More tender and one of the best species)

SIZING GUIDE

SIZE GUIDE	APPROXIMATE SIZE
C0	>26 cm
C1	22-26 cm
C2	18-22 cm
C3	16-18 cm
C4L	12-16 cm
C4	10-13 cm
C5	8-10 cm (most commonly used)
C6	6-8 cm (Used when C5 not available)

PRODUCT FEATURES



PREMIUM
IMPORTED
SQUID



TENDER
TEXTURE &
FLAVOR



SUITABLE FOR GRILLING,
FRYING, STUFFING &
CALAMARI DISHES



AVAILABLE FROZEN
IN VARIOUS SIZE
GRADES



IDEAL FOR RESTAURANTS,
HOSPITALITY, RETAIL &
FOOD SERVICE INDUSTRIES

USED BEST FOR:

Grilled



Fried



Stuffed



Pasta



CLEANED **VS** UNCLEANED/UNDRESSED

CLEANED

Traditionally cleaned and fully cleaned squid have both head, internal organs, skin and quill removed.

Once the squid is fully cleaned, all that remains are its tentacles and tube.

The tentacles are saved with each kind of cleaned squid.



READY TO COOK



**LESS WASTE
MORE YIELD**



UNCLEANED

Includes the whole, unprepared squid.

40%

WASTE

HEAD

SKIN

HEAD CONTENTS

(Eyes, Beak, Quill)

INTERNAL ORGANS

(Digestive Organs, Ink Sac)

TENTACLES



i Did you know?

Choosing cleaned squid gives you more usable product, less waste, and better value - perfect for kitchens, factories, and food service.

SQUID IS NATURALLY RICH IN VITAMINS B12 AND B6, PHOSPHORUS, AND SELENIUM — SUPPORTING ENERGY, IMMUNITY, BRAIN FUNCTION, AND OVERALL WELLNESS.

HOW TO CLEAN SQUID

STEP-BY-STEP GUIDE FOR PERFECTLY CLEANED SQUID

SEPARATING THE HEAD & REMOVING THE BEAK

1. Hold the mantle firmly and gently pull the head away to remove the innards. Twist slightly if needed.
2. Squeeze out any remaining innards from inside the mantle.
3. Cut off the tentacles right below the eyes.
4. To get to the beak, cut both above and below the eyes.
5. Squeeze the centre of the tentacles to expose and remove the beak.



REMOVE THE CARTILAGE & INK SACK (OPTIONAL)

5. Pull the clear cuttlebone (cartilage) from the mantle in one gentle motion. If broken, push it out from the top.
6. The ink sack may still be attached to the innards — carefully remove it without bursting.



Squid ink can be mixed with water, stock, or white wine and used to flavour pasta, rice, and seafood dishes.

REMOVE THE SKIN & FINS

7. The skin is edible and often kept on for colour, but removing it gives calamari a cleaner white appearance.
8. Simply pinch the skin near the opening and gently peel it away.
9. For smooth calamari rings, remove the fins from the mantle.



The fins are fully edible and can be sliced into strips for cooking.

RINSE:

10. Rinse out the mantle and the tentacles in cold water.

Make sure to rinse inside and outside the body well.



KEEP REFRIGERATED
UNTIL READY TO USE

CALAMARI STEAKS

Premium Quality | Exceptional Taste

Cut from premium squid and prepared for a tender texture and delicate ocean flavour. Versatile, convenient, and perfect for grilling, frying, or seafood dishes.



HIGH IN PROTEIN



LOW IN FAT



NATURALLY NUTRITIOUS



PERFECT FOR MANY RECIPES

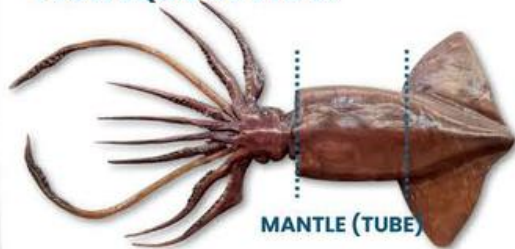
WHAT ARE CALAMARI STEAKS?

Calamari steaks are sliced crosswise from the tube (mantle) of the squid to create thick, even portions. They are prized for their tenderness, clean appearance and ability to absorb flavors beautifully.

PRODUCT FEATURES

- ✓ Premium quality squid
- ✓ Sliced from the mantle (tube)
- ✓ Tender, meaty texture
- ✓ Mild flavor- easy to season
- ✓ Individually Quick frozen (IQF) for freshness

FROM SQUID TO STEAK



Sizing will vary slightly depending on supplier



**CALAMARI STEAK
CUT CROSSWISE**

AVAILABLE OPTIONS



**RAW & FROZEN
FOR MAXIMUM
FRESHNESS**

COOKING TIPS

- ✓ Cook quickly over high heat (1-2 minutes per side)
- ✓ Avoid overcooking - calamari becomes tough if cooked for too long
- ✓ Marinate for extra flavor and tenderness
- ✓ Add to pasta's, salads, soups, stir-fries and much more!

USED BEST FOR:

Grill



Pan-Sear



Bake



Fry



Salads



CALAMARI STRIPS

Premium Quality | Exceptional Taste

Prepared from premium squid for a tender bite and delicate seafood flavour.



HIGH IN PROTEIN



LOW IN FAT



NATURALLY NUTRITIOUS



PERFECT FOR MANY RECIPES

WHAT ARE CALAMARI STRIPS?

Calamari strips are sliced from the body (mantle) of premium squid. Tender, slightly sweet and mild in flavor – perfect for a wide range of recipes from quick meals to gourmet dishes.

WHY YOU'LL LOVE THEM

- ✓ Tender texture
- ✓ Mild, sweet flavor
- ✓ Quick cooking
- ✓ Versatile and easy to use
- ✓ Individually Quick Frozen (IQF) for freshness and convenience



IDEAL FOR EVERYDAY MEALS, RESTAURANTS, CATERING, RETAIL, AND WHOLESALE.

FROM SQUID TO STRIPS



Sizing will vary slightly depending on supplier



CALAMARI STRIPS

AVAILABLE OPTIONS



**RAW & FROZEN
FOR MAXIMUM
FRESHNESS**

COOKING TIPS

- ✓ **Stir-fry** over heat for 2-3 minutes with your favorite vegetables.
- ✓ **Lightly grill** for 2-3 minutes for a smoky, delicious flavor.
- ✓ **Bake** at 200°C for 10-12 minutes with herbs, olive oil and lemon.
- ✓ **Deep fry** at 180°C for 2-3 minutes until golden and crispy.

USED BEST FOR:

stir-Fry



Grill



Bake



Fry



Salads



QUALITY YOU CAN TASTE EVERY TIME.

AFRISHORE

SUSTAINABLY & RESPONSIBLY SOURCED.

CALAMARI TENTACLES

Premium Quality | Exceptional Taste

Prepared from premium squid tentacles for a tender texture and rich ocean flavour.



HIGH IN PROTEIN



LOW IN FAT



NATURALLY NUTRITIOUS



PERFECT FOR MANY RECIPES

CALAMARI TENTACLES

Calamari tentacles are the arms of the squid, cleaned and trimmed for your convenience. Tender with a slightly firm bite, they're packed with flavor and perfect for a wide range of recipes - from grilling to stir-fries.

PRODUCT FEATURES

- ✓ Premium quality squid
- ✓ Cleaned, skinless and trimmed
- ✓ Tender with a slightly firm bite
- ✓ Individually Quick Frozen (IQF) for freshness and convenience
- ✓ Vacuum packed or bulk pack

★ **IDEAL FOR EVERYDAY MEALS, RESTAURANTS, CATERING, RETAIL, AND WHOLESALE.**

FROM SQUID TO CALAMARI TENTACLES



TENTACLES



CLEANED TENTACLES

Sizing will vary slightly depending on supplier

AVAILABLE OPTIONS



**RAW & FROZEN
FOR MAXIMUM
FRESHNESS**

COOKING TIPS

- ✓ **Grill** for a smoky, tender bite - great with garlic and herb marinades
- ✓ **Stir-fry** with veggies and sauce for a quick, flavorful meal.
- ✓ **Bake** with olive oil, lemon and spices for a delicious oven-baked dish.
- ✓ Lightly coat in batter and **deep fry** for crispy calamari style tentacles

USED BEST FOR:

Grill



Stir-fry



Bake



Fry



QUALITY YOU CAN TASTE EVERY TIME.

AFRISHORE

SUSTAINABLY & RESPONSIBLY SOURCED.

CALAMARI TUBES

Premium Quality | Exceptional Taste

Carefully prepared to maintain premium freshness and quality, calamari tubes are versatile and ideal for grilling, stuffing, frying, and a wide range of seafood dishes.



HIGH IN PROTEIN



LOW IN FAT



NATURALLY NUTRITIOUS



PERFECT FOR MANY RECIPES

CALAMARI TUBES

Calamari tubes are the body (mantle) of the premium squid, cleaned, skinned and trimmed for your convenience. Tender, mild and perfect for a variety of recipes from seafood classics to modern cuisine.

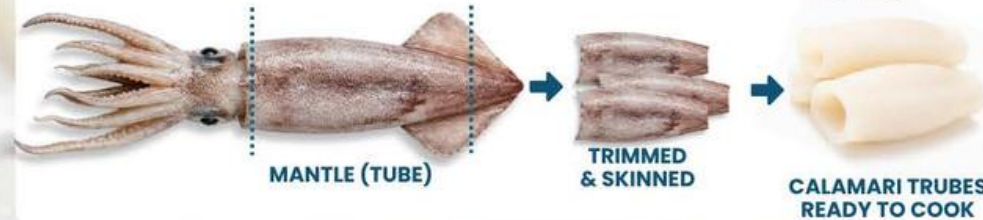
PRODUCT FEATURES

- ✓ Premium quality squid
- ✓ Cleaned, skinless and trimmed
- ✓ Tender texture and mild flavor
- ✓ Individually Quick Frozen (IQF) for maximum freshness
- ✓ Vacuum packed or bulk pack



IDEAL FOR EVERYDAY MEALS, RESTAURANTS, CATERING, RETAIL, AND WHOLESALE.

FROM SQUID TO CALAMARI TUBES



AVAILABLE OPTIONS



**RAW & FROZEN
FOR MAXIMUM
FRESHNESS**

COOKING TIPS

- ✓ **Stuff** with rice, seafood, veggies for a delicious main.
- ✓ **Grill** for a tender, flavorful dish with a light smoky taste.
- ✓ **Bake** in rich sauces or with cheese for a hearty family favorite.
- ✓ Slice into rings or strips and **stir-fry** for a quick and tasty meal.

USED BEST FOR:

Grill



Stir-fry



Bake



Stuffed



QUALITY YOU CAN TASTE EVERY TIME.

AFRISHORE

SUSTAINABLY & RESPONSIBLY SOURCED.

CHOOSING THE RIGHT CALAMARI

Clean. Versatile. Incredibly delicious.

From tender calamari to meaty octopus, our seafood is ocean fresh and perfect for any dish.



	POTA JUMBO FLYING SQUID Large squid with thick tubes and excellent yield. Mild flavor and firm texture make it ideal for a wide range of applications.	CHOKKA SOUTH AFRICAN SQUID South Africa's premium squid. Naturally tender with a slightly sweet, delicate flavor. Regarded as one of the world's finest.	PATAGONICA Argentinian Squid Consistent quality with a texture and mild flavor. A popular choice for restaurants and seafood professionals.	NAMIBIAN SQUID Caught in Namibian waters, this squid is known for its excellent quality, tender texture and clean, delicate flavor.	SPANISH CALAMARI EUROPEAN SQUID Premium European squid with a sweet flavor and tender texture. Perfect for traditional Mediterranean dishes.
TUBES					
RINGS					
STRIPS					
STEAKS					
TENTACLES					
	ORIGIN Pacific Ocean (Peru, Chile, Mexico)	ORIGIN South African Coast (East & Southern Cape)	ORIGIN Falkland Islands & Argentina	ORIGIN Namibia	ORIGIN Spain & Northeast Atlantic
	SCIENTIFIC NAME Doodlicus gigas	SCIENTIFIC NAME Loligo reynaudii	SCIENTIFIC NAME Doryteuthis gahi (formerly Loligo gahi)	SCIENTIFIC NAME Various Loliginid species (mainly Loligo reynaudii)	SCIENTIFIC NAME Loligo Vulgaris

	Pota	Chokka	Patagonica	Namibian	Spanish
Texture	Firm	Very Tender	Tender	Tender	Tender
Flavor	Mild	Sweet, Delicate	Mild	Clean, Delicate	Sweet
Tube Size	Large	Medium	Medium	Medium to Large	Medium
Colour	White to off white	White to off white	White to off white	White to off white	White to off white
Value	★★★★★	★★★★☆	★★★★☆	★★★★☆	★★★★☆
Best For	High volume kitchens, frying, Stuffed tubes, catering	Premium dishes, grilled calamari, fine dining	Restaurants, frying, grilling, pasta, tapas	Restaurants, grilling, frying, premium dishes.	Mediterranean dishes, tapas, grilling, olive oil recipes.

CHEF'S GUIDE AT A GLANCE



BEST VALUE

POTA
Excellent yield and affordable. Ideal for high-volume kitchens and catering.



MOST TENDER

CHOKKA
The softest texture with a naturally sweet, delicate flavor. Top choice for premium dishes.



BEST BALANCE

PATAGONICA
Great balance of quality, tenderness and value. Consistent and reliable.



GREAT QUALITY

NAMIBIAN SQUID
Excellent quality and tender texture. A premium choice from Namibian waters.



MEDITERRANEAN FAVORITE

SPANISH CALAMARI
Sweet, tender and perfect for authentic Mediterranean cuisine.

Chef's tip:

Cooking time is key! Overcooking any squid can make it tough. Cook quickly on high heat for the best results every time.

Images used are for illustrative purposes only.

SQUID VS OCTOPUS



Know the difference. Enjoy the best

Squid are fast-swimming molluscs with a streamlined body, ten arms and two longer tentacles

Octopus are intelligent molluscs with a soft, bulbous head and eight arms.

SQUID

OCTOPUS

VS

BODY SHAPE

Elongated tube-shaped body with fins at the end.

ARMS & TENTACLES

10 arms: 8 short arms and 2 longer tentacles.

SIZE

Squid sizes can vary greatly depending on species and the cut purchased.

TEXTURE & TASTE

Tender and delicate with a mild, slightly sweet flavor.

BEST COOKING METHODS

Perfect for grilling, frying, stir-frying, boiling, stuffing.

IDEAL FOR:

- ✓ Calamari (tubes, strips, rings)
- ✓ Pota Calamari
- ✓ Light, quick-cookign dishes
- ✓ Mild flavors and delicate recipes

BODY SHAPE

Rounded head (no internal shell) with eight arms.

ARMS & TENTACLES

8 arms, all the same length, with suckers along the entire length.

SIZE

Octopus sizes can vary greatly depending on species and the cut purchased

TEXTURE & TASTE

Meaty and firm with a rich, oceanic flavor.

BEST COOKING METHODS

Boiling, grilling, braising, roasting, slow-cooking.

IDEAL FOR:

- ✓ Grilled or braised dishes
- ✓ Hearty stews and meditarrean recipes
- ✓ Bold flavors and robust seasonings
- ✓ Impressive centrepiece meals

FEATURE	SQUID	OCTOPUS
Body	Elongated tube with fins	Rounded head, no fins
Arms	10 arms (8 + 2 Tentacles)	8 arms (All the same)
Suckers	On arms and tentacles only	Along the entire length of arms
Size	Sizes can vary depending on the species and the cut purchased	Sizes can vary depending on the species and the cut purchased
Texture	Tender and delicate	Firm and chewy
Flavor	Mild and slightly sweet	Rich and oceanic
Cooking Time	Quick (1-3 mintues)	Longer (30m-2+ hours)

Both squid and octopus are excellent sources of protein, low in fat, rich in nutrients, and can be frozen to preserve their freshness and quality.

PATAGONICA VS CHOKKA

A visual Comparison

PATAGONIAN SQUID

Doryteuthis gahi/Loligo gahi

Commonly called Patagonian longfin squid. It comes mainly from the Southwestern Atlantic and Southeastern Pacific, including the Falkland/Patagonian region.

ORIGIN & HABITAT



- Found in the Southwestern Atlantic & Southeastern Pacific Oceans.
- Cool waters.
- Wild Caught.



CHOKKA (SOUTH AFRICA)

Loligo reynaudii / Cape Hope Squid

Commonly known as Chokka in South Africa. It is commercially caught along South Africa's coast, especially from East London and at times west toward False Bay.

ORIGIN & HABITAT



- Found along the South African Coast.
- Mainly from East London to Cape Agulhas and west towards False Bay.
- Warm waters.
- Wild Caught.



SCIENTIFIC NAME

Doryteuthis gahi/Loligo gahi.

COMMON NAMES

Patagonica, Patagonian Squid, Falkland Squid.

BODY SHAPE

Slender, elongated, cylindrical mantle.

FINS

Long, narrow fins that extend along much of the mantle.

ARMS & TENTACLES

Longer arms and tentacles.

SIZE (AVERAGE)

South African Chokka is prized for its thick, tender flesh and premium quality. Compared to Patagonica squid, it offers meatier portions and a firmer texture, while Patagonica is a more affordable option commonly used for rings, strips, and tubes.

TEXTURE & FLAVOR

Tender, mild, slightly sweet flavor.

BEST USE

Calamari rings, grilling, stuffing, frying, sashimi.

SCIENTIFIC NAME

Loligo reynaudii.

COMMON NAMES

Chokka, Cape Hope Squid, South African Squid, Calamari.

BODY SHAPE

Stouter, wider mantles.

FINS

Shorter, triangular fins that don't extend far along the mantle.

ARMS & TENTACLES

Shorter arms and tentacles.

SIZE (AVERAGE)

South African Chokka is prized for its thick, tender flesh and premium quality. Compared to Patagonica squid, it offers meatier portions and a firmer texture, while Patagonica is a more affordable option commonly used for rings, strips, and tubes.

TEXTURE & FLAVOR

Firm, meaty texture with a richer taste.

BEST USE

Calamari, grilling, stews, curries, traditional SA dishes.

CALAMARI

STEAKS & STRIPS

3 DELICIOUS WAYS TO ENJOY

Calamari strips or steaks are tender, mild in flavor and incredibly versatile. Quick to cook and perfect for a variety of dishes. Here are 3 simple ways to enjoy them.

1 GARLIC & LEMON CALAMARI STEAKS



Pan-seared calamari steaks in garlic butter, finished with lemon juice and fresh parsley. A simple classic that lets the natural flavor shine.

BEST SERVED WITH



Crusty bread



Green salad



Crisp white wine

2 SPICY CALAMARI STRIP STIR-FRY



Tender calamari strips stir-fried with garlic, ginger, peppers and Asian greens in a savoury soy and chilli sauce. Perfect for a quick and nutritious meal.

BEST SERVED WITH



Steamed rice



Stir-fried greens



Chilli sauce

3 LIGHTLY CRUMBED CALAMARI STRIPS



Lightly crumbed calamari strips, fried until golden and crisp. A family favourite and perfect as a main or appetiser.

BEST SERVED WITH



Garlic aioli



Lemon wedges



Fresh Salad

CHEF'S TIP



Calamari cooks very quickly. Overcooking can make it tough and rubbery. Cook just until opaque and tender for the best results.

COOKING METHODS



PAN-SEAR



DEEP FRY



STIR-FRY



GRILL



AIR FRY

GOOD FOR YOU



Low in fat and calories, high in protein and a good source of essential nutrients like selenium, vitamin B12 and zinc.

PATAGONICA

TUBES & TENTACLES

3 DELICIOUS WAYS TO ENJOY

Patagonica squid tubes and tentacles are tender, mild and incredibly versatile. Sustainably wild-caught in the clean, cold waters of the South Atlantic. Quick to cook and perfect for a variety of dishes. Here are 3 simple ways to enjoy them.

1 GARLIC BUTTER PATAGONICA



Sautéed in garlic butter until golden and tender. A classic combination that lets the natural flavor shine. Quick, simple, and always a crowd favorite.

BEST SERVED WITH



Crusty bread



Lemon & rocket salad



Crisp white wine

2 GRILLED PATAGONICA



Marinated in olive oil, lemon, herbs and a touch of chilli, then grilled to perfection. Lightly charred, tender and full of fresh, vibrant flavor.

BEST SERVED WITH



Herb couscous or quinoa



Chimchurri sauce



Sauvignon Blanc

3 CRISPY PATAGONICA



Lightly seasoned, coated and fried until golden and crisp. Tender on the inside with a perfect crunch. Great as a main, starter or snack.

BEST SERVED WITH



Aioli or tartare sauce



Lemon wedges



Fresh Salad

CHEF'S TIP



Patagonica cooks very quickly – overcooking can make it tough. Sear, grill or fry for just 1-3 minutes until tender for the best results.

COOKING METHODS



PAN-SEAR



DEEP FRY



BAKE



GRILL



AIR FRY

GOOD FOR YOU



Low in fat and calories, high in protein and a good source of essential nutrients like selenium, vitamin B12 and zinc.

AFRISHORE
Premium Quality | Ocean Fresh

FISH



Premium quality fish, carefully sourced from sustainable waters and delivered with freshness, flavor and integrity.



FROZEN TO LOCK
IN FRESHNESS



PREMIUM
QUALITY



SUSTAINABLY
SOURCED



CHEF
APPROVED



VERSATILE &
DELICIOUS

LINE FISH



Wild caught | Quality you can trust

Line fish refers to fish that are traditionally caught using a fishing line and hook, rather than trawling nets or large-scale drag methods.

POPULAR SOUTH AFRICA LINE FISH SPECIES



YELLOWTAIL



KINGKLIP



HAKE
(CERTAIN FISHERIES)



KABELJOU
(KOB)



SNOEK



DORADO
(MAHI MAHI)



TUNA



GEELBEK
(CAPE YELLOWTAIL)



RED ROMAN



CAPE SALMON

LINE FISHING IS A MORE SELECTIVE METHOD, ALLOWING UNWANTED SPECIES & UNDERSIZED FISH TO BE RELEASED MORE EASILY. THIS HELPS REDUCE BYCATCH AND MINIMIZES DAMAGE TO THE OCEAN FLOOR.

WHY LINE FISH IS POPULAR



WILD-CAUGHT
FLAVOR & FIRM
TEXTURE



OFTEN FRESHER &
CAREFULLY HANDLED



PREMIUM
QUALITY
SEAFOOD



IDEAL FOR GRILLING,
BRAAIING, BAKING &
PAN-FRYING.



SELECTIVE FISHING
METHODS

AVAILABLE AS: WHOLE OR SECTIONS



WHOLE

Perfect for roasting,
braaiing or steaming.



GUTTED

Cleaned and prepared
for convenience.



FILLETS

Boneless and skinless
options for easy cooking.



PORTIONS

Cut into convenient sizes
for anytime meals.



FROZEN

Individually frozen to lock
in freshness and flavor.



FROZEN FOR FRESHNESS
AND TO PRESERVE TASTE,
TEXTURE & NUTRIENTS



VERSATILE & CONVENIENT
AVAILABLE IN A VARIETY OF
FORMATS TO SUIT YOUR
KITCHEN NEEDS.



PREMIUM QUALITY
CAREFULLY SELECTED FOR
SUPERIOR TASTE, TEXTURE &
FRESHNESS.



WILD CAUGHT
SUSTAINABLY SOURCED FROM OUR SOUTH
AFRICAN COASTLINE.

QUALITY GUARANTEED

AFRISHORE

SUSTAINABLY & RESPONSIBLY SOURCED.



CAPE SALMON **VS** NORWEGIAN SALMON

Two very different fish. One common misconception

Although both are sold under the name 'Salmon', these fish are not closely related. **Cape Salmon** (Geelbek) is a South African marine fish. **Norwegian Salmon** is the Atlantic Salmon (*Salmo salar*), renowned worldwide for its rich, buttery flesh.



WILD CAUGHT

From the cold, clean waters of the South African coast.



WHITE FLESH

Pale white to cream in colour.



LEAN AND FIRM

Lean with a firm, flakeable texture.

**SUSTAINABLY
WILD CAUGHT**



CHOOSE CAPE SALMON

when you want a lean, flaky white fish with a delicate flavor.

✓ APPEARANCE

White to pale cream flesh.
Lean muscle structure.
Large flaky fillets.

✓ FLAVOR

Mild.
Clean.
Delicate.

✓ BEST SUITED FOR

- Grilling
- Pan Frying
- Baking
- Fish & Chips
- Traditional Seafood Dishes



CAPE SALMON (GEELBEK)

South African species (geelbek)

Wild-caught

White flesh

Lean

Mild flavor

Firm texture

Excellent for grilling & frying

Lower fat content

Moderate in Omega-3



NORWEGIAN SALMON

Atlantic Salmon (*salmo salar*)

Primarily responsibly farmed

Orange-pink flesh

Rich in healthy natural oils

Rich, buttery flavor

Soft, silky texture

Excellent raw, smoked or cooked

High Fat content

Very high in Omega-3

QUICK COMPARISON

FEATURE	CAPE SALMON	NORWEGIAN SALMON
FLESH COLOUR	White	Orange
TEXTURE	Firm	Soft & Buttery
FAT CONTENT	Low	High
OMEGA-3	Moderate	Very High
BEST FOR SUSHI	✗	✓
BEST FOR GRILLING	✓	✓
SOUTH AFRICAN FAVORITE	✓	✓

FARM-RAISED

Responsibly farmed.



ORANGE FLESH

Vibrant orange colour from natural Astaxanthin



RICH AND BUTTERY

High in natural oils for a soft, silky texture.



**RESPONSIBLY
FARMED**



CHOOSE NORWEGIAN SALMON

when you're looking for rich flavor, luxurious texture, and a premium dining experience.

✓ APPEARANCE

Vibrant orange flesh.
Fine marbling.
High natural oil content.

✓ FLAVOR

Rich.
Buttery.
Smooth.

✓ BEST SUITED FOR

- Sushi
- Sashimi
- Poke Bowls
- Smoking
- Grilling
- Premium restaurant dishes

NORWEGIAN SALMON



Rich. Buttery. Exceptional

Raised in the cold, crystal-clear fjords of Norway, our premium Norwegian Salmon is responsibly farmed to the highest standards, delivering exceptional quality, rich flavour, and outstanding consistency



RESPONSIBLY FARMED

Farmed with care in the pristine waters of Norway.



RICH IN OMEGA-3

High in essential Omega-3 fatty acids for a healthy lifestyle.



FROZEN AT PEAK FRESHNESS

Frozen to lock in freshness, flavor and nutritional value.



CONSISTENT QUALITY YOU CAN TRUST

Strict quality control for a constant premium product.

USED BEST FOR:

Grilling



Sushi



Baking



Poke Bowl



SUSHI GRADE

- ✓ Sushi grade quality - safe for raw consumption
- ✓ Firm texture with beautiful marbling
- ✓ Mild, buttery flavor
- ✓ Perfect for sushi, sashimi, poke bowls, ceviche & other premium raw dishes
- ✓ Frozen for ultimate freshness & convenience



SALMON FILLETS

- ✓ Premium fillets - skin on or skinless
- ✓ Rich orange colour with fine marbling
- ✓ High in natural oils for a rich, buttery taste
- ✓ Perfect grilling, baking, smoking, pan-searing & more
- ✓ Convenient, easy to portion & prepare



AVAILABLE IN

RDW (RANDOM WEIGHT)

- Individually vacuum packed
- Approx. 1.2-2.5kg per piece (varies)
- Protects quality & extends shelf life
- Ideal for flexibility & portion control



OR

5KG BOXES

- Bulk convenience
- 5kg net weight
- Cost-effective
- Ideal for busy kitchens & volume users



TUNA

Wild Caught. Premium Quality.

Our Yellowfin Tuna (*Thunnus albacares*) is wild caught in the clean waters of the ocean, carefully selected for its premium quality, rich flavor and firm texture. Perfect for raw or cooked applications.



WILD CAUGHT

Sustainably sourced from the world's best fisheries.



RESTAURANT QUALITY

Consistent quality and taste chefs can rely on.



FROZEN AT PEAK FRESHNESS

Frozen to lock in freshness, flavor and nutrients.



PREMIUM YELLOWFIN

Firm texture, clean flavor and beautiful ruby-red flesh.

USED BEST FOR:

Grilling



Sushi



Gourmet



Poke Bowl



TUNA LOINS

- ✓ Premium quality Yellowfin Tuna.
- ✓ Ideal for portioning and custom cuts.
- ✓ Mild, meaty texture.
- ✓ Versatile for raw or cooked applications.
- ✓ Individually quick frozen.



TUNA STEAKS

- ✓ Individually cut steaks
Even sizing for portion control.
- ✓ Perfect for grilling, pan-searing or baking.
- ✓ Rich in protein and naturally low in fat.
- ✓ Individually quick frozen.



NUTRITIONAL BENEFITS:



HIGH IN
PROTEIN



RICH
OMEGA-3



NATURAL &
NUTRITIOUS

SNOEK

Responsibly caught. Premium Quality

Snoek is a firm, oily fish with a rich, distinctive flavor that South Africans love. Responsibly caught, expertly frozen and delivered with the quality you can trust.



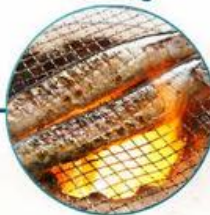
WHAT IS SNOEK?

Snoek (*Thyrsites atun*) is a delicious, oily fish found in the cool waters of the Benguela Current along South Africa's west and south coasts.

It is prized for its firm texture, rich flavor and versatility in the kitchen.

USED BEST FOR:

Grilling



Baking



Pan Frying



Oven Roasting



Traditional SA dishes



PRODUCT OPTIONS

WHOLE SNOEK

Whole snoek, cleaned and ready to cook. Ideal for grilling, braaing or smoking.



MILD CURED SNOEK

Mild cured snoek, lightly seasoned for a delicious balance of flavor. Perfect grilled, pan-fried or enjoyed the traditional way.



ORIGIN

Wild caught in the cold nutrient-rich waters of the Benguela Current along South Africa's west and south coasts.

Images are for illustrative purposes only



SUSTAINABLE CHOICE

Snoek is a renewable resource managed under South Africa's demersal line fishery. By choosing snoek, you're supporting local fisheries and sustainable seafood.

CHEF'S TIP



For the best flavor, cook snoek over medium heat and avoid overcooking- it stays juicy and delicious!

WHITEBAIT

Clean. Crisp. Irresistible

Whitebait are juvenile fish, caught at their finest and frozen at sea to lock in freshness, flavor and nutrients. Delicate, mild and versatile – a true ocean delicacy enjoyed around the world.



WILD CAUGHT

Sustainable source from pristine waters.



FROZEN

Frozen at peak freshness to preserve flavor and texture.



NATURAL GOODNESS

High in protein, low in fat and a good source of essential nutrients.



CHEF APPROVED

A favorite for chef's – perfect for starters, tapas and sharing platters.

USED BEST FOR:

Grilled



Fried



Tapas



platters/meze



DELICATE BY NATURE

Whitebait have a mild, clean flavor and a light, crispy texture when cooked. They are quick to prepare and incredibly versatile.

- ✓ Mild, delicate flavor.
- ✓ Tender, whole fish – bones are soft and edible.
- ✓ Cooks in minutes
- ✓ Excellent source of protein
- ✓ Low in fat
- ✓ Good source of Omega-3
- ✓ Perfect for the whole family



Images are for illustrative purposes only

COOKING METHODS



FRY



STEAM



GRILL



DEEP FRY



BAKE



CURRY

NUTRITIONAL VALUE



High in Protein



Low in Fat



Rich in Omega-3



Source of Calcium



Source of Vitamin B12



PACKAGING

Packaging is supplier dependent.

Keep Frozen

Handle with care

Do not refreeze once thawed

Thaw under refrigeration

SOLE

Premium Quality | Exceptional Taste

Sourced from trusted fisheries around the world, our sole is flash-frozen at peak freshness to lock in its delicate flavor, tender texture and essential nutrients.



WEST COAST SOLE

WILD-CAUGHT IN SOUTH AFRICA
ATLANTIC OCEAN.



Caught along South Africa's West Coast in the rich, cold waters of the Atlantic Ocean. Known for its delicate flavor and tender, flaky white meat.



DELICATE & MILD

Mild, slightly sweet flavor with a delicate texture that's light and buttery.



SOURCED FROM

The pristine Atlantic waters along South Africa's West Coast.



APPEARANCE

Light brown to tan skin and a smooth texture. White, tender fillets.



PERFECT FOR

Pan-searing, baking, grilling or sauteeing. Pairs well with lemon, herbs and light sauces.

EAST COAST SOLE

WILD-CAUGHT IN THE INDIAN OCEAN.



Caught along South Africa's East Coast in the warm, nutrient rich waters of the Indian Ocean. East Coast Sole has a slightly firmer texture and a clean, sweet taste.



CLEAN & SWEET

Clean, mild and sweet flavor with a slightly firmer texture.



SOURCED FROM

The warm Indian Ocean waters along South Africa's East Coast.



APPEARANCE

Darker brown with natural speckling. White, firm, flaky fillets.



PERFECT FOR

Baking, broiling, pan-searing or grilling. Great with garlic, butter and fresh herbs.

IMPORTED SOLE

WILD-CAUGHT,
REST OF THE WORLD.



Sourced from the trusted fisheries around the rest of the world. Our imported sole offers consistent quality, delicate flavor and versatility.



MILD & VERSATILE

Mild, delicate flavor and tender, flaky white meat.



SOURCED FROM

Trusted fisheries from around the rest of the world.



APPEARANCE

Light tan to ivory in color. White, flaky fillets.



PERFECT FOR

Versatile and easy to cook. Great for weeknight meals or special occasions.

PERFECT FOR:

Crumbed
Fried Sole



Baked with
Tomatoes



Stuffed
Sole Rolls



Grilled Lemon
Butter Sole



Gourmet
Sole dish



Sole
Meunière



Sole
Florentine



Creamy
Sole Soup



PORTUGUESE SARDINES

Premium Quality | Exceptional Taste

Wild-caught from the nutrient rich waters of the Atlantic Ocean.



APPEARANCE

Silver body with blue-green back and natural iridescent shine.



SIZE

Small to medium size. Typically 12-20cm in length.



TEXTURE & FLAVOR

Firm, tender flesh with a rich mild flavor and slight oily finish.



ORIGIN

Northeastern Atlantic Ocean, sustainably fished off the coast of Portugal.



BEST FOR

Grilling, baking, frying or preserving. Perfect for everyday meals and traditional recipes.



USED BEST FOR:

Grilling



Pan-Fried



Baking



In Sauce



On Toast



Pasta



Preserved



Dried



PORTUGUESE SARDINES ARE INCREDIBLY VERSATILE, PAIRING EFFORTLESSLY WITH A WIDE RANGE OF FLAVOURS AND COOKING STYLES.



HIGH IN OMEGA-3

Supports heart, brain, and joint health.



EXCELLENT SOURCE OF PROTEIN

helps with muscle repair and energy



RICH IN VITAMIN D

important for immunity and bone strength



HIGH IN B12

supports nerve function and red blood cell production

KINGKLIP



Premium Quality | Frozen to perfection

Kingklip (*Genypterus capensis*) is a prized South Africa seafood, known for its mild flavor, firm texture and versatility in the kitchen. All our kingklip is carefully selected, cleaned and frozen to lock in freshness, flavor and nutritional value.



QUALITY ASSURED

Strict quality control.



VERSATILE

ideal for grilling, baking, frying & steaming.



MILD & DELICATE FLAVOR

Perfect for a wide range of dishes.



FROZEN

Frozen for maximum freshness.

USED BEST FOR:

Deep Fry



Grilling



Pan-Fried



Baking



In Sauce



MIDDLE CUT PORTIONS

Thick, meaty portions cut from the centre of the fish.



- Firm texture holding shape well.
- Portion controlled for convenience

Perfect for grilling, baking, curried dishes, rich sauces & hearty meals.

KINGKLIP OPTIONS (FROZEN)

FILLETS (SKINLESS)

Boneless, skinless fillets expertly trimmed for convenience.



- Ready to cook with no waste.
- Ideal for everyday meals and premium dishes.

Perfect for pan-frying, baking, grilling, steaming and light sauces.

BABY - DRESSED

Whole baby kingklip, dressed and cleaned.



- Whole fish with head removed & cleaned.
- Delicate texture & mild flavor.

Best for deep-frying, oven baking, light meals & seafood platters.

WHY CHOOSE OUR KINGKLIP?

- Rich in protein, low in fat.
- Versatile cuts for every recipe and occasion.
- Convenient, consistent and ready when you are.

COOKING METHODS



FRY



GRILL



BAKE



STEAM



DEEP FRY



CURRY

STORAGE INSTRUCTIONS



Keep frozen at -18°C or below.
Do not refreeze once thawed

KINGKLIP MIDDLE CUT



Premium Quality | Frozen to perfection

Our kingklip middle cut portions are expertly cut from the centre of the fish, hand selected and frozen to lock in freshness, flavor and nutritional value.



QUALITY ASSURED

strict quality control



MILD & DELICATE FLAVOR

Perfect for a wide range of dishes.



VERSATILE

Ideal for grilling, baking, frying and steaming.



FROZEN

Locks in freshness and flavor.

USED BEST FOR:

Grilling



Pan-Fried



Baking



Steam



KINGKLIP MIDDLE CUT PORTION SIZE GUIDE

220-250g

Average weight



Best for everyday meals, pan-frying, baking, steaming, curries and family portions.

250-280g

Average weight



Best for grilling, oven-baking, steaming, fish curries & hearty meals.

280-320g

Average weight



Best for premium portions, grilling, oven-baking & special occasion meals.

WHY CHOOSE OUR KINGKLIP?

- Wild caught from the cold, clean waters of the South Atlantic.
- Expertly cleaned and cut for consistency & premium quality.
- Versatile portions to suit every recipe and menu need.

COOKING METHODS



PAN FRY



GRILL



BAKE



STEAM



DEEP FRY



CURRY

STORAGE INSTRUCTIONS



Keep frozen at -18°C or below.
Do not refreeze once thawed

KINGKLIP FILLETS | SKINLESS



Premium Quality | Frozen to perfection

Our kingklip fillets are skinless, boneless and frozen to lock in freshness, flavor and nutritional value.



QUALITY ASSURED

strict quality control



MILD & DELICATE FLAVOR

Perfect for a wide range of dishes.



VERSATILE

Ideal for grilling, baking, frying and steaming.



FROZEN

Locks in freshness and flavor.

USED BEST FOR:

Grilling



Pan-Fried



Baking



Steam



KINGKLIP FILLET SIZE GUIDE PER FILLET (FROZEN - SKINLESS)

220-250g

Average weight



Best for everyday meals, light frying & baking

250-280g

Average weight



Best for grilling, pan-frying & family meals.

280-320g

Average weight



Best for baking, steaming & fish curries.

320-400g

Average weight



Best for oven baking, grilling & hearty portions.

400-500g

Average weight



Best for premium portions, grilling and entertaining.

500+ g

Average weight



Best for large portions, special occasions & sharings

WHY CHOOSE OUR KINGKLIP FILLETS?

- Wild caught from the pristine waters of the South Atlantic.
- Expertly cut for consistency & portion control.
- Frozen for ultimate freshness.
- Mild, delicate flavor with a firm, flaky texture.

COOKING METHODS



FRY



GRILL



BAKE



STEAM



DEEP FRY



CURRY

STORAGE INSTRUCTIONS



Keep frozen at -18°C or below.
Do not refreeze once thawed

BABY KINGKLIP (DRESSED)



Premium Quality | Exceptional Taste

Our dressed baby kingklip are carefully cleaned and gutted to ensure convenience without compromising quality. Frozen to lock in freshness, flavor, and nutritional value.



QUALITY ASSURED

strict quality control



MILD & DELICATE FLAVOR

Perfect for a wide range of dishes.



VERSATILE

Ideal for frying, baking, grilling and steaming.



FROZEN

Locks in freshness and flavor.

USED BEST FOR:

Grilling



Pan-Fried



Baking



In Sauce



BABY KINGKLIP DRESSED SIZES GUIDE (FROZEN)

300-400G



Best for light frying, shallow baking, soups & everyday meals.

400-500G



Best for grilling, oven baking, curries and family meals.

500-700G



Best for bigger portions, oven baking, grilling and special dishes.

700 + G



Best for premium portions, entertaining, braai's and special occasions.

WHY CHOOSE BABY KINGKLIP?

- Wild caught from the cold, clean waters of the South Atlantic.
- Carefully cleaned and dressed for your convenience.
- Frozen for ultimate freshness.
- Mild, delicate flavor with a firm, moist texture.

COOKING METHODS



FRY



GRILL



BAKE



STEAM



DEEP FRY



CURRY

STORAGE INSTRUCTIONS



Keep frozen at -18°C or below.
Do not refreeze once thawed

HAKE | THE DIFFERENT CUTS



Premium Quality | Frozen to perfection

Our hake is wild caught in the pristine waters of the South Atlantic, then carefully handled and frozen to lock in freshness, flavor, and nutritional value.



QUALITY ASSURED

Strict quality control.



WILD CAUGHT

Sustainable fishing.



NUTRITIOUS & DELICIOUS

Rich in protein & omega-3.



FROZEN

Frozen for maximum freshness.

USED BEST FOR:

Deep Fry



Grilling



Pan-Fried



Baking



In Sauce



HAKE CUT OPTIONS (FROZEN)

WHOLE HAKE



- Gutted & cleaned.
- Retains natural flavor & texture.

Perfect for baking, steaming, poaching, stews & curries.

HAKE FILLETS (SKIN ON)



- Skin on for better texture & flavor.
- Boneless & ready to cook.

Perfect for grilling, pan-frying, baking and air frying.

HAKE MIDDLE CUT



- Thick & meaty portions.
- Less waste, more yield.

Perfect for stews, curries, braising, baking & deep frying.

BABY HAKE



- Whole & cleaned.
- Delicate texture & mild flavor.

Perfect for deep frying, pan-frying light meals & snacks.

WHY CHOOSE OUR HAKE?

- Rich in protein, low in fat.
- Versatile cuts for every recipe and occasion.
- Convenient, consistent and ready when you are.

COOKING METHODS



FRY



GRILL



BAKE



STEAM



DEEP FRY



CURRY

STORAGE INSTRUCTIONS



Keep frozen at -18°C or below.
Do not refreeze once thawed

HAKE FILLETS

THE DIFFERENT SIZES



Premium Quality | Frozen to perfection

Our hake fillets are expertly cut and frozen to lock in freshness, flavor, and nutritional value. They are available in a range of sizes to suit every menu and cooking application.



QUALITY ASSURED

strict quality control



MILD & DELICATE FLAVOR

Perfect for a wide range of dishes.



VERSATILE

Ideal for frying, baking, grilling and steaming.



FROZEN

Locks in freshness and flavor.

USED BEST FOR:

Grilling



Pan-Fried



Baking



In Sauce



HAKE FILLET SIZE GUIDE

2-4 FILLETS
Small



Length: 10-14cm



Best for fish bites, snacks, stir-fries, soups, salads & childrens meals

3-4 FILLETS
Small - Medium



Length: 13-16cm



Best for everyday meals, light frying, fish cakes, sandwiches & portion control

6-8 FILLETS
Medium



Length: 18-22cm



Best for pan-frying, grilling, curried dishes & family portions.

8-10 FILLETS
Medium - Large



Length: 20-24cm



Best for grilling, oven-baking, steaming & hearty main meals.

10-12 FILLETS
Large



Length: 22-26cm



Best for premium plated dishes, grilling, baking whole fillets & sharing portions.

12+ FILLETS
Jumbo



Length: +24cm



Best for large premium portions, oven-baking & special occasions

WHY CHOOSE OUR HAKE FILLETS?

- Wild caught from the pristine waters of the South Atlantic.
- Expertly cut for consistency & portion control.
- Frozen for ultimate freshness.
- Versatile sizes to suit every recipe and menu need.

COOKING METHODS



FRY



GRILL



BAKE



STEAM



DEEP FRY



CURRY

STORAGE INSTRUCTIONS



Keep frozen at -18°C or below.
Do not refreeze once thawed

BABY HAKE



Delicate .Tender & naturally versatile

Our Baby Hake are small fish known for their tender white flesh and delicate flavor. Frozen shortly after harvest to maintain freshness, they offer versatility for chefs and home cooks, suitable for various culinary styles.



WILD CAUGHT

Responsibly sourced from nutrient rich waters of the Benguela current.



FROZEN

Frozen to lock in freshness, flavor and nutrients.



LEAN & DELICATE

Naturally lean with a delicate flavor and tender, flaky texture.



RESTAURANT QUALITY

Consistent quality and taste chefs can rely on, every time.

USED BEST FOR:

Grilling



Baking



Pan Frying



Oven Roasting



Traditional SA dishes



ABOUT BABY HAKE

South African hake consists of two closely related commercial species:

- **Shallow-water Hake**
Merluccius capensis
- **Deep-water Hake**
Merluccius paradoxus

Both species are highly regarded for their mild flavor, white flaky flesh and excellent eating quality. "Baby Hake" refers to smaller whole hake selected for their tenderness and convenience.



BENGUELA
CURRENT

CHEF'S TIP



Baby Hake cooks quickly due to its delicate flesh. Use gentle cooking methods to retain its moisture and flaky texture.



AVAILABLE FROM AFRISHORE



FROZEN



PACKAGING SIZES VARY
DEPENDING ON SUPPLIER AVAILABLE

AFRISHORE
Premium Quality | Ocean Fresh

VALUE ADDED PRODUCTS



CONVENIENCE. CONSISTENCY. QUALITY.

Premium seafood, expertly prepared and ready for your kitchen.



**FROZEN TO LOCK
IN FRESHNESS**



**CONVENIENT &
READY TO USE**



**PREMIUM
QUALITY**



**CONSISTENT
& RELIABLE**

CRABSTICKS

Premium Quality | Exceptional Taste

Made from finely minced fish and carefully seasoned for a sweet delicate flavor and tender, flaky texture. Versatile, convenient and perfect for any meal.



DELICIOUSLY MILD

Sweet, delicate flavor with a tender, flaky texture.



CONVENIENT

Ready to eat and perfect for quick, easy meals.



MEAT:

Sweet, delicate and succulent.



FROZEN FOR FRESHNESS

Flash-frozen to lock in taste, texture and quality.



VERSATILE

Enjoy a wide range of hot or cold dishes and cuisines.

USED BEST FOR:

Salads



Sushi



Frying



Boiling



PERFECT IN SALADS, SUSHI, FRIED RICE, SOUPS, STIR-FRIES, PASTA

Did you know?

Crab sticks are made from surimi — finely minced white fish blended with seasoning and shaped to deliver a consistent texture and mild, seafood flavor.



SERVING SUGGESTIONS



ADD TO
WRAPS AND
SANDWICHES



SERVE WITH
YOUR
FAVORITE DIP



GARNISH
PIZZA'S AND
FLATBREADS

EASY TO PREPARE

❄️ THAW

Thaw in the refrigerator overnight or under cold running water for 15-20 minutes.

💧 DRAIN

Drain and pat dry if using in hot dishes.

🔪 SLICED OR SHRED

Enjoy whole, sliced, chopped or shredded to suit your recipe.

🍴 ENJOY

Add to salads, sushi, soups, stir-fries and much more!

LOW IN FAT

A lighter choice that's high in protein and low in fat.

GOOD SOURCE OF PROTEIN

Supports a balanced and healthy diet.

READY TO EAT

No cooking required. Simply thaw and enjoy straight from the pack.

FAMILY FRIENDLY

Loved by all ages — great for lunch boxes, snacks and meals

SEAFOOD MIX



A perfect blend of ocean goodness

Our Seafood Mix is a carefully selected blend of premium seafood, cleaned, portioned and frozen to lock in flavor and freshness. Versatile, convenient and full of ocean goodness – perfect for a variety of delicious dishes.



OCEAN CAUGHT

Responsibly sourced from trusted fisheries.



FROZEN

Frozen to lock in freshness, flavor and nutrients.



PREMIUM QUALITY

Selected seafood pieces for excellent taste and texture



CONVENIENT & VERSATILE

Ready to use – saves time without compromising on quality. Ideal for a wide range of seafood recipes.

USED BEST FOR:

Grilling



Pasta/Risotto



Curry



Stir Fry



Soups/broths



CONSISTS OF:



PRAWN MEAT

Sweet, succulent & tender



MUSSEL MEAT

Juicy, rich with a distinct ocean flavor



CALAMARI

Tender, calamari, cleaned & cut



CRABSTICKS

Flavored crabstick for taste, flavor texture

CHEF'S TIP



Cook from frozen for best results. Add to your favorite recipe early in the cooking process for even cooking and a burst of fresh ocean flavor.

AVAILABLE FROM AFRISHORE



FROZEN



SEAFOOD MIX



PACKAGING SIZES VARY DEPENDING ON SUPPLIER AVAILABLE



AFRISHORE

D I S T R I B U T I O N

DELIVERING FRESHNESS. BUILDING TRUST.

YOUR TRUSTED SEAFOOD SUPPLY PARTNER

At Afrishore, we're passionate about delivering premium-quality seafood to restaurants, hospitality venues, retailers, and food service businesses across Cape Town. With a commitment to freshness, consistency, and dependable service, we ensure every delivery meets the highest standards.

Whether you're serving your signature seafood dish or stocking your kitchen for a busy service, you can rely on Afrishore for exceptional products, competitive pricing, and reliable distribution.

WHY CHOOSE AFRISHORE?

- Premium Quality Seafood
- Reliable Daily Distribution
 - Consistent Supply
 - Competitive Pricing
- Exceptional Customer Service

FRESH FROM THE OCEAN. DELIVERED WITH CARE.

109 Manhattan Street |
Matroosfontein, 7489

021 853 3857
info@afrishoresa.co.za