

# THE SEAFOOD RESTAURANT

## THE SEAFOOD RESTAURANTS SUSTAINABLE SEAFOOD POLICY

### THE NEED FOR SUSTAINABILITY

As a restaurant serving predominantly fish and shellfish, it is incredibly important to us that the product we supply to our customers can be enjoyed with the knowledge that the ingredients used have been sourced responsibly. To ensure our fish and shellfish are sustainable, we must be aware of where the product has come from, how it was caught and how it made its way to our kitchens. It is important to ask questions such as ‘Should we be serving a particular species at a certain time of year?’ or ‘Should we be serving this species at all?’ In the case of farmed fish, we must be certain that we know what the fish were fed, how they were farmed and if the whole process is organic or not. We believe that by asking these questions we can control the effect our business is having on our seas and provide details of provenance that will allow our customers to make informed choices and enjoy their experience with us a little bit more.

### HOW IS THIS ACHIEVED

With so many considerations to take into account, it can be difficult to know where to start. To ensure our seafood is from sustainable sources, we have to make sure each product is carefully sourced. We work closely with all of our suppliers to ensure we know ‘the Where and the How’ of each product we serve on our menus. Having worked hard to establish this information, we try our best to ensure as much of it as possible is translated to our customers so that they can make informed choices.

### OUR POLICY CRITERIA

- To only use seafood products which are sustainable and responsibly caught or farmed.
- To ensure fishing methods used pose no threat to local marine life.
- To avoid fish species during their spawning season.
- To inform our customers of the fishing method and the provenance of the species.
- To inform our guests whether the seafood is wild or farmed.

### WILD SEAFOOD

The majority of our white fish used to come from the North Sea, North Atlantic and Icelandic waters, and was landed at Aberdeen fish market. But we have had to be more resourceful in our efforts to not only supply fish from sustainable sources, but also to continue our aim of providing our customers with fish of the utmost calibre. Some fish from sustainable sources spend, in our opinion, too long in transit and deteriorate rapidly, therefore although sustainably caught, they are not good enough a product to serve in our restaurants.

So far our efforts have provided the following: our **scallops** are caught off the West Coast of Scotland by divers, and the **langoustines** are creel off Skye. We use line-caught **sea bass**

from Cornish suppliers. **Lemon soles** are purse-seined and caught in Scottish waters. We have begun using wild red or grey **gurnard**, which is an under-utilised but delicious fish which is not suffering from the effects of over-fishing. There is a tuna fishery in Cornwall which specialises in **Albacore tuna**, which we will source.

Every effort is made to ensure that the fishing methods used are not wasteful, ie do not result in tonnes of perfectly good fish being dumped back into the seas dead, and that also these fishing methods have as little impact on other animals and plant-life in these delicate ecosystems.

#### FARMED SEAFOOD

Fish farming has improved over the years, and we are now happy to source seafood from a selection of fisheries throughout Scotland and further afield. Our **smoked salmon** is from Uig Lodge on Lewis, in the Hebridean Isles on the West Coast of Scotland; our fresh **salmon** comes from Loch Duart, the first salmon fishery in the world to be granted RSPCA **Freedom Farmed** status. Our **halibut** is now sourced from a land-based fishery on Gigha on the west coast of Scotland. Our **stone bass** is farmed in French Mediterranean waters. We have been using **Kilbrandon Oysters**, from the Isle of Seil, since 1993. Our **mussels** are farmed in Shetland.

Sourcing fish to serve in our restaurants is one of our most important activities, and we have often discussed creating our own fish merchant business and employ some one full time to supply ourselves with suitable produce. With our move towards sustainability, this idea of self-supply is looking more and more likely.