Responsible sourcing is core to our businesses

The following species have an MCS 1-3 rating

Developed by the **Marine Conservation Society**, this system has been developed to help consumers choose the most environmentally sustainable fish.

Best choice | Eat occasionally | Special cases

Best Choices
Rating 1-2



Atlantic halibut
Farmed.
Rating 2



Coley
MSC certification from Iceland.
Rating 2



Dover sole
Cornwall and Devon.
Rating 2



Gilthead bream
Farmed with Global G.A.P. certification.
Rating 2



Haddock
Northeast Arctic, Icelandic, and Norwegian MSC-certified fisheries.
Rating 2



Hake
European, from Cornish or Scottish fisheries with MSC certification.
Rating 2



Mussels
Farmed, England and Cornwall.
Rating 1



Monkfish
From South West fisheries and Scottish fisheries.
Rating 2



Rainbow trout
Farmed, UK, GlobalG.A.P.
Rating 2



Stone bass|Meagre
Farmed, GlobalG.A.P. certified.
Rating 2



Sardine
UK-caught, MSC-certified fisheries.
Rating 2



Seabass
Farmed, GlobalG.A.P. / Wild, line-caught.
Rating 2



Turbot
Farmed, GlobalG.A.P.
Rating 2



Yellowtail kingfish
Zeeland-farmed, ASC-certified.
Rating 1

Eat Occasionally
Rating 3



Atlantic cod
Iceland, MSC-certified.
Rating 3



Atlantic bluefin tuna
From licensed South West hook-and-line day boats.
Rating 3



Lobster
Canadian with MSC certification.
Rating 3



Salmon Atlantic
Farmed, GlobalG.A.P. certified.
Rating 3



Yellowfin tuna
Indian Ocean.
Rating 3



Megrim
Otter trawl, Northern North Sea, West of Scotland or Rockall, and Cornwall.
Rating 3



Plaice
UK-caught, South West and Icelandic.
Rating 3



Spurdog
North Atlantic.
Rating 3

Special Cases
No rating
Has certification



Octopus tentacles
MSC certified.
Without Rating



Palourde clams
Poole Bay. Best option – hand-collected. MSC-certified | May to Dec.
Without Rating



MSC scallop meat
From MSC-certified USA or Japanese fisheries.
Without Rating



Squid
MSC certified.
Without Rating

Credit to Marine Conservation Society (MCS) for Images & Sustainability Ratings

- Spring 2026 -

RSV326