

LIST OF PRODUCTS **2016**



NUTRIFRESCO

PORTUGAL



TREASURES OF THE SEA

With a privileged position on the south coast of Portugal, NUTRIFRESCO is the ultimate provider of the finest marine species, caught off the coast and delivered straight to your door

ESTABLISHED by a specialist team in southern Portugal, NUTRIFRESCO provides the catering and hospitality industry with the finest quality seafood, caught in the so-called 'Golden Triangle', a point where the Northern Atlantic meets the North African coast and the Mediterranean Sea. It is this unique combination of coastal conditions that provide a medley of varied and exceptional marine species.

NUTRIFRESCO is the first choice of some of the best restaurants and world-renowned Michelin chefs, but it's not just because of its exceptional products. With modern headquarters and a specialist team that's passionate about its field, NUTRIFRESCO is founded on the strictest standards of quality control, safety and hygiene, where customer satisfaction is paramount.

For more information or to place an order, find our contact details below:

General Queries

From 9am to 1pm and 2pm to 6pm

Tel: 289 589 709

Fax: 289 585 501

geral@nutrifresco.pt

Orders

From 9am to 1pm and 2pm to 6pm

Tel: 289 589 709

From 6pm to 12am

Mob: 91 55 88 247

Fax: 289 585 501

encomendas@nutrifresco.pt



NUTRIFRESCO

+351 289 589 709 | geral@nutrifresco.pt



Fresh Fish

Forkbeard

Phycis phycis

White Hake

Urophycis tenuis

White halibut

Hippoglossus hippoglossus

Bluefish

Pomatomus saltator

Shortfin Mako Shark

Isurus oxyrinchus

Megrin

Lepidorhombus whiffiagonis

Yellowfin Tuna

Thunnus albacares

Skipjack Tuna

Katsuwonus pelamis

Bigeye Tuna

Thunnus obesus

Atlantic Bluefin Tuna

Thunnus thynnus

Albacore

Thunnus alalunga

Bastard Sole

Microchirus spp.

Thickback Sole

Microchirus variegatus

Atlantic Cod

Gadus morhua

Whiting

Merlangius merlangus

Gulper Shark

Centrophorus granulosus

Axillary Seabream

Pagellus acarne

Common Pandora

Pagellus erythrinus

Yellowmouth Barracuda

Sphyraena viridensis

European Anchovy

Engraulis encrasicolus

Cuckoo Wrasse

Labrus bimaculatus

Ballan Wrasse

Labrus bergylta

Bogue

Boops boops

Atlantic Gobies

Gobius spp.

Red Gurnard

Aspitrigla cuculus

Common Smooth Hound

Mustelus mustelus

Tope Shark

Galeorhinus galeus

Large-eye Dentex

Dentex macrophthalmus

Swallowtail Seaperch

Anthias anthias

Blackbelly Rosefish

Helicolenus dactylopterus

False Scad

Caranx rhonchus

Atlantic Horse Mackerel

Trachurus trachurus





Blue Jack Mackerel

Trachurus picturatus

Portuguese Dogfish

Centroscymnus coelolepis

Four-spot Megril

Lepidorhombus boscii

Spotted Flounder

Citharus linguatula

Chub Mackerel

Scomber japonicus

Atlantic Pomfret

Brama brama

Lusitanian Toadfish

Halobatrachus spp.

Atlantic Wreckfish

Polyprion americanus

Black Seabream

Spondylisoma cantharus

Meagre

Argyrosomus regius

Morocco Dentex

Dentex maroccanus

Common Dolphinfish

Coryphaena hippurus

Blue Ling

Molva macrophthalma

Gilthead Seabream

Sparus aurata

White Trevally

Pseudocaranx dentex

European Eel

Anguilla anguilla

Oilfish

Ruvettus pretiosus

Swordfish

Xiphias gladius

Atlantic Blue Marlin

Makaira nigricans

Pouting

Trisopterus luscus

Sand Steenbras

Lithognathus mormyrus

Blacktail Comber

Serranus atricauda

White Grouper

Epinephelus aeneus

Kitefin Shark

Dalatias licha

Blackspot Seabream

Pagellus bogaraveo

Alfonsino

Beryx decadactylus

Bullet Tuna

Auxis rochei

European River Lamprey

Lampetra fluviatilis

Blackmouth Catshark

Galeus melanostomus

Wedge Sole

Dicologlossa cuneata

Sand Sole

Solea lascaris

Common Sole

Solea solea





Senegalese Sole
Solea senegalensis

Naked Sole
Gymnachirus nudus

Greater Amberjack
Seriola dumerili

Leafscale Gulper Shark
Centrophorus squamosus

Red Pandora
Pagellus bellottii

Little Tunny
Euthynnus Alletteratus

Dusky Grouper
Epinephelus marginatus

Grouper
Epinephelus guaza

Moray Eel
Muraenidae

Annular Seabream
Diplodus annularis

Plain Bonito
Orcynopsis unicolor

Blue Butterfish
Stromateus fiatola

Red Porgy
Pagrus pagrus

Rubberlip Grunt
Plectorhinchus mediterraneus

Pink Dentex
Dentex gibbosus

Common Dentex
Dentex dentex

Redbanded Seabream
Pagrus auriga

Catshark
Scyliorhinus spp.

Garfish
Belone belone

John Dory
Zeus faber

Silvery John Dory
Zenopsis conchifer

Sand Smelt
Atherina presbyter

Greater Weever
Trachinus draco

Barred Hogfish
Bodianus scrofa

Grey Triggerfish
Balistes carolinensis

Orange Roughy
Hoplostethus atlanticus

Nile Perch
Lates niloticus

European Hake
Merluccius merluccius

Turbot
Psetta maxima

Silver Scabbardfish
Lepidopus caudatus

Black Scabbardfish
Aphanopus carbo

Skate
Raja spp.





Black Scorpionfish

Scorpaena porcus

Red Scorpionfish

Scorpaena scrofa

Spotted Seabass

Dicentrarchus punctatus

European Seabass

Dicentrarchus labrax

Brill

Scophthalmus rhombus

Grunt

Haemulidae

Large-scaled Gurnard

Lepidotrigla cavillone

Common Two-banded Seabream

Diplodus vulgaris

European Conger

Conger conger

Salema Porgy

Sarpa salpa

Black Cardinal Fish

Epigonus telescopus

Striped Red Mullet

Mullus surmuletus

Splendid Alfonsino

Beryx splendens

Atlantic Mackerel

Scomber scombrus

European Pilchard

Sardina pilchardus

Sheephead Bream

Diplodus puntazzo

White Seabream

Diplodus sargus

Zebra Seabream

Diplodus cervinus

Allis Shad

Alosa alosa

Seerfish

Scomberomorus spp

Atlantic Bonito

Sarda sarda

European Plaice

Pleuronectes platessa

Golden Grey Mullet

Liza aurata

Thinlip Mullet

Liza ramada

Flathead Grey Mullet

Mugil cephalus

Blackbellied Angler

Lophius budegassa

Anglerfish

Lophius piscatorius

Blue Shark

Prionace glauca

Common Torpedo

Torpedo spp

Picarel

Spicara spp.

Lowfin Gulper Shark

Centrophorus lusitanicus

Mediterranean Parrotfish

Sparisoma cretense

Striped Marlin

Tetrapturus audax

Blue Whiting

Micromesistius poutassou

