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*« Luxury is attention to detail, originality,
exclusivity and above all quality »*

Angelo Bonati

Table of contents

Our Philosophy	2
Sustainability	3
About us	4
Terms & Conditions	5
Live Crustaceans	7
Fresh / Frozen Crustaceans	8
Prawns	9
Shellfish	10
Oysters	11
Seafood Platters	12
Cephalopods	13
Freshwater Fish	14
Flat Fish	15
Blue Fish	16
Scale Fish	17-18
Fillets	19
Fish for Sushi & Sashimi	20
Farmed Fish	21
Crew Fish	22
Packaging	23
Our Boutique & Laboratory	24
Caviar	25
Smoked Fish	26
Fish Roe & Tarama	27
Seaweed	28
Fish Sizes & Approximate Fillet Weights Yielded	29-32
Fish Names Translated	34-35
Big Green Eggs	36

About us

Owner and Manager of Chez Laurent / Fine Yacht Provisions, Laurent comes from a long line of fishermen and fishmongers. His knowledge, passion and expertise, as well as his attention to detail, are the driving force behind his success and the reason clients have been loyal to Chez Laurent for over 15 years.

With his quick smile and easy personality, you enter his boutique as a client and leave as a friend.

Under Laurent's leadership, the team, from Purchasing, 'Commis Poissonneries' to the Administration office, are totally dedicated to fulfilling your order and committed to preparing and delivering to your exact requirements.



New products

As usual, Laurent scours the globe looking for new top quality products to offer his discerning clients, such as the delicious Tristan Lobsters from the Tristan Da Cunha Islands located in the middle of the Southern Atlantic Ocean.

This is the remotest fishery in the world taking six days to reach by boat from Cape Town.

The unique environment and very cold water makes these spiny lobsters the best in the world. Their extraordinarily sweet succulent taste and texture are unlike any other and are excellent served raw. Chez Laurent has in stock the smallest tails with sizes of between 60g and 90g each. These sizes prove to be the most popular and are perfect for starters and buffets.

This winter Laurent purchased several kilo of live Elvers (Civelle), half of which were sold directly, the other half was immediately flash frozen ensuring stock availability for the busy summer season.

Elvers are a real delicacy and with their fishing quotas being so strict, to ensure the continuation of the species, they are hard to find.

Laurent has also sourced Australian Hiramasa Yellowtail King Fish, long prized by the Japanese as the greatest of all sashimi fish and is becoming increasingly acclaimed for its extraordinary versatility. It has a fresh sweet clean flavour and is prepared in whole frozen fillets.

Alliances & Partnerships

We have been busy, forging new alliances and are proud to announce our partnership with 'Les Viviers de Noirmoutier', arguably one of the best fish and seafood auction houses in France. Their products are second to none and with our new collaboration, we now have first refusal prior to auction.

We are also an SE France distributor for 'Live Norwegian King Crab' and with the addition of three new out-door tanks, we are now able to stock more live crabs, lobsters and langoustines than ever before.



Terms & Conditions

All prices are quoted in Euros before TVA (except Caviar) and all are subject to change depending on market prices, currency exchange rate fluctuations and availability.

DELIVERY ON THE RIVIERA

Deliveries are free of charge, from Menton to St Tropez during the following hours : Tuesday to Friday 7 am – 7 pm and Saturday - Monday 7 am – 12 pm. Out-of-hour deliveries maybe subject to a supplementary charge. We happily deliver from Genova to Barcelona upon request with a small additional fee.

OWNERSHIP OF MERCHANDISE

We reserve our rights of property on all merchandise until paid in full.
(French Law N° 80.335 12 May 1980.

RETURNS

We cannot accept returns once the products have been signed for and taken on-board.

PENALTY

In case of late payment an indemnity of 3% will be added and will be repeated every 30 days from due date (French Law L.441-6 of Commerce Code).

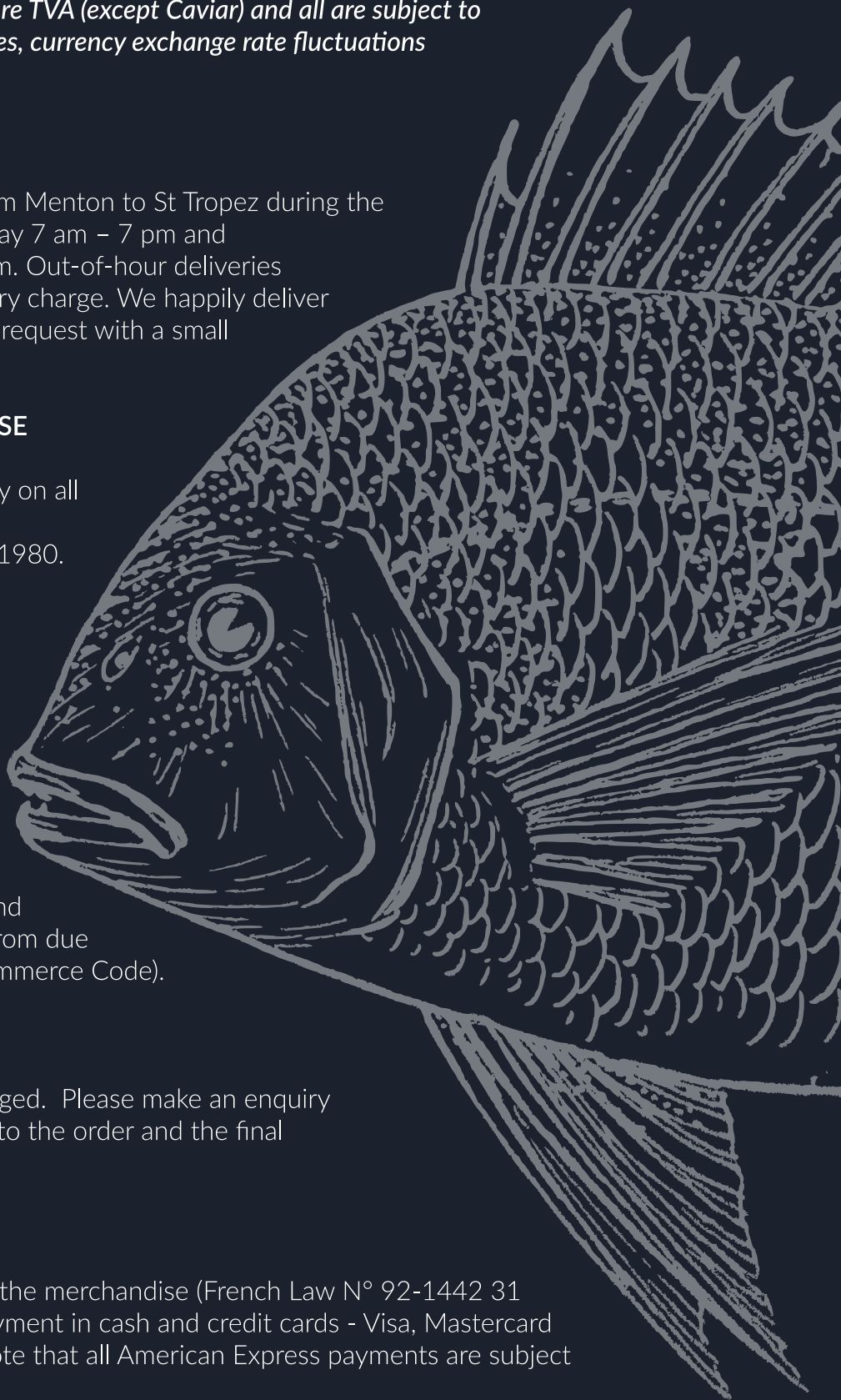
WORLDWIDE DELIVERY

Worldwide delivery can be arranged. Please make an enquiry as the cost may differ according to the order and the final destination.

PAYMENT

Payment is due at the receipt of the merchandise (French Law N° 92-1442 31 December 1992). We accept payment in cash and credit cards - Visa, Mastercard and American Express (Please note that all American Express payments are subject to a 2% surcharge).

We can also accept wire transfers upon request, which must be approved by us prior to delivery - please contact us for further information.





Our Products



Live Crustaceans

Live French Blue Lobster

Live Maine / Canadian Lobster

Live French Spiny Lobster

Live Spiny Lobster (Other Countries)

Live Slipper Lobster / Moreton Bay Bug

Live Brown Crab

Live Spider Crab

Live King Crab (Norway)

Live Langoustines / Saltwater Crayfish- 16/20

Live Langoustines / Saltwater Crayfish- 10/15

Live Langoustines / Saltwater Crayfish - 6/8

Live Freshwater Crayfish

Live Shrimp (Bouquet de Breton)



Live King Crab

Impress your guests with a Live King Crab from Norway.

Not only is the meat always sweeter and superior from a live crab, they are very easy to cook and for crab connoisseurs there is nothing comparable to it's velvet meat and rich tender texture.



We are happy to prepare and package all crustaceans and prawns to your exact wishes including shelling and cooking.



Fresh/Frozen Crustaceans

Tristan Lobster Tails - 65gr - 90gr each

Tristan Lobster Tails - 150gr - 180gr each

Langoustines / Saltwater Crayfish - Medium - 15/20

Langoustines / Saltwater Crayfish - Large - 10/15

Langoustines / Saltwater Crayfish - Royal - 4/6

Brown / Rock Crab - Crab Meat

Spider Crab - Crab Meat

Blue Swimming Crab / Jumbo Lump - Premium Crab Meat

Blue Swimming Crab - Claw and Leg Crab Meat

Red King Crab Leg Clusters - Norway

Soft Shell Crab

Brown Crab Claws - Cooked - 3/4

Brown Crab Claws - Cooked & Dressed - 3/4



Jumbo Lump Crab Meat

Jumbo Lump is the brilliant white meat from the two large muscles connected to the swimming legs of the Blue Swimming Crab. Known for its sweet taste and robust texture, this crab meat is a chef's favourite. The Claw and leg meat from the Blue Swimming Crab is the dark pink meat that comes from the swimming fins and claws of the crab. It has a stronger, sweeter taste and is less expensive. Ideally used in recipes where appearance is less important.

Tristan Lobster Tails

The unique environment and very cold water makes these spiny lobsters the best in the world. Their extraordinarily sweet succulent taste and a texture are unlike any other. Tristan Lobsters are excellent served raw or cooked. Caught in the remotest fishery in the world, to protect the lobster stock there are strict restrictions on total allowable catch quotas, fishing gear and minimum size. Truly the crème de la crème of cold water spiny lobsters, Tristan Lobster Tails are great to have tucked away in your freezer and will never fail to impress your guests.



Fresh/Frozen-Raw/Cooked Prawns

Black Tiger Prawns - Whole / Raw - 2/4

Black Tiger Prawns - Whole / Raw - 4/6

Black Tiger Prawns - Whole / Raw - 6/8

Black Tiger Prawns - Whole / Raw - 10/15

Black Tiger Prawns - Whole / Raw - 16/20

Caramote Prawns - Whole / Raw - 10/20

Carabineros Prawns - Whole / Raw - 16/20

Carabineros Prawns - Whole / Raw - 7/8

Gambero Rosso Prawns - Whole / Raw - 20/30

Gambero Rosso Prawns - Whole / Raw - 16/20

Pacific Blue Prawns - Whole / Raw - 20/30

Prawns Tails - Farmed - Shelled / Raw - 16/20 per lb

Prawns Tails - Farmed - Shelled / Raw - 26/30 per lb

Black Tiger Prawns Madagascar - Whole / Cooked - 20/30

Black Tiger Prawns Madagascar - Whole / Cooked - 40/60

Wild Mediterranean Prawns - Whole / Cooked - 40/60

Shrimp (Bouquet de Breton) - Whole / Cooked

Grey/ Brown Shrimp (Crevettes Grise) - Whole Cooked



Pacific Blue Prawns

Stunningly blue-hued species from New Caledonia, these king prawns are one of the sweetest prawns on the market, giving their depth of flavour incomparable to any other. They are best served raw to appreciate their unique flavour and colour and are also excellent when cooked.

Carabineros Prawns

One of the most coveted prawns by chefs worldwide, beautiful Carabineros are a large deep-sea prawn species that habit the Eastern Atlantic into the Mediterranean Sea. Their blazing red colour does not change when cooked and they are more distinct and robust in flavour than other shrimps or langoustine. They are also appreciated for their large size. It is suggested that they should be treated as a delicate small lobster rather than a prawn. They can be poached, sautéed, steamed and are excellent in paellas, robust stews, etc. – and many chefs love the “plate appeal” of their colour and size when served whole.

Guest Shelled Prawns

Farmed frozen machine shelled prawns are great for curry's, soups etc. They are not ideally suited for delicate dishes where the prawns are on centre stage for discerning guests. The team here at Chez Laurent are experts at hand-shelling top quality wild prawns for just such dishes.



Shellfish

Winkles

Cooked to perfection with Laurent's special recipe.

Wedge Clams / Tellines

The smallest of the bi-valves.

Wild Clams / Vongole

Venus Clams are the most commonly asked for and very versatile.

Bittersweet Clams / Amandes

Fortunately these clams are much tastier than their name implies, both raw and cooked.

Razor Clams

Possibly the most delicious of all clams.

Abalone

Fresh French Abalone are available alive or prepared. Frozen N. Zealand Blue Abalone.

Sea Urchins

Fresh in Season - Out of Season 80gr Box
The caviar of the Mediterranean Sea.

Whelks

Our home cooked whelks are very popular, one is never enough...

Cockles / Coques

Known for their sweet tender flesh. Great in soups and sauces.

Warty Clams / Praires

Warty Venus clams are slightly larger than Venus clams and are just as versatile.

Hard Shell Clams

The largest of the clam family, excellent raw and cooked or chopped up for Clam Gratin.

Mussels

Moules de Bouchot' small and packed with flavour or opt for the larger Spanish, Italian or Dutch.

King Scallops

Available alive or cleaned, just let us know if you would like the roe or not.

Sea Violets / Sea Figs

With a bright orange-yellow flesh and an intense taste of iodine, they are a true marine culinary treasure.

Oysters

Speciales Gillardeau or Speciales Ancelin

Gillardeau or Ancelin Oysters make an immediate impact as they have a voluptuous, firm, almost crunchy flesh which invades and lingers on the palate. This meaty flesh with its aromatic sweet finesse and enduring nutty flavour is the signature profile of the Gillardeau. They can be enjoyed all year round.



Fine de Claires

The Fine de Claire is for those who prefer a less fleshy oyster as they have a slender and delicate body, rich in water and balanced in flavour. These oysters have a distinct marine scent and taste, with a good salt balance. They also have a short duration on the palate.

Other available oysters

Please contact us to discover the other varieties of oysters that are currently in season. For example, the regal Belon Oyster with its strong tangy flavour with a distinct copper finish, available in Sizes N°0 and N°00. Or the Spéciales Isigny Oyster which is farmed in pure seawater to develop its refined iodised flavour and plump flesh. Available in size N°2 and N°3.



Seafood Platters

The French call it a 'Plateau de Fruits de Mer', more commonly known as a seafood platter. Either way, we select the finest fresh shellfish from the daily morning markets to make this assortment a most delightful and truly memorable experience.

Seafood platters make a stunning centrepiece, they are excellent as part of a buffet or a stand-alone piece as a starter or main course for dinner parties.

Our platters are hand prepared to order using the highest quality seasonal seafood including; oysters, clams, mussels, sea urchins, home cooked winkles and whelks, prawns, langoustines, crab, king crab and lobsters.



Cephalopods

Baby Squid - Fresh and Cleaned

Squid - Fresh and Cleaned

Squid Tubes - Frozen

Baby Cuttlefish - Fresh and Cleaned

Cuttlefish - Fresh and Cleaned

Cuttlefish Ink

Octopus Fresh

Octopus Frozen



Cleaned and prepared

We are always happy to clean, prepare and package all squid, octopus and cuttlefish to your exact specifications. Please let us know what you would like when placing your orders.



Fresh Water Fish



Whole Fish

Elvers (Civelle) - Frozen

Eel

Frog Legs

Pike

Rainbow Trout

Trout

Zander

Elvers / Baby Eels

Elvers are a real delicacy, prized by food Connoisseurs Worldwide. Their appearance is rather like clear noodles. With only an 8 - 10 week harvesting season and their fishing quotas and regulations being so strict to ensure the continuation of the species, they are hard to find and are often illegally poached. This spring season, Laurent ordered several kilos of live Elver from a trusted supplier who strictly respects all the European laws governing Elver harvesting. The minute they arrive at our boutique they are flash frozen to ensure we have them in stock for the busy summer period. Traditionally flash fried alive or cooked in an omelette or scrambled eggs these much sought after transparent eels have to be tried at least once in your lifetime.

See our Facebook page for videos of the Elvers as they arrive.

www.facebook.com/laurentpoissonner





Flat Fish

Halibut

The largest flat fish in the ocean, Halibut is prized for its delicate sweet flavour, snow-white colour and firm flaky meat. Halibut is a quota fish due to a slow rate of growth and previous over-fishing. We always source our halibut as line caught from sustainable stocks, so it is not a fish we always have available.

Please be sure to give us as much notice as possible when ordering halibut.

Whole Fish

Brill 1 / 2 kg

Brill 2+ kg

Halibut

John Dory / St. Pierre 1 / 2 kg

John Dory / St. Pierre 2+ kg

Monk Fish (Whole Tail)

Plaice

Skate / Ray (Skin Off)

Sole 200 / 300 gr

Sole 500 / 800 gr

Sole 1+ kg

Turbot 1 / 2 kg

Turbot 2 / 3 kg

Turbot 3 - 12 kg





Blue Fish

Whole Fish

Amberjack / Yellow Tail

Anchovies

Bonito / Skipjack

Herring

Mackerel

Mahi Mahi

Sardines

Smelt

Swordfish

Tuna Bluefin

Tuna Yellowfin

Whitebait

Bluefin Tuna

We recommend you ONLY buy your Bluefin Tuna from reputable fishmongers. You can also demand to see the ICCAT certificate that accompanies every individual tuna and the individually stamped tail ring on each fish.

If your supplier can not produce these items, their stock is probably from illegally poached tuna outside of the fishing quotas, so please don't buy the tuna from them and more importantly, explain to them why you won't. Help us to maintain the integrity of our seas



Scale Fish

Chilean Sea Bass & Black Cod

Both Chilean Sea Bass and Black Cod produce good-sized fillets of white meat with a mild flavour, a pleasantly firm texture, and a high fat content. Both are predatory fish of deep, cold waters, and both contain a lot of fat (about 16 percent more than the fattiest wild salmon), a lot of that fat is of the omega-3 unsaturated variety. Apart from a slight difference in texture, Chilean Sea Bass meat forms larger flakes, the two species can be used interchangeably in recipes.

Whole Fish

Black Cod / Sablefish (Frozen)

Chilean Sea Bass / Patagonian Tooth

Fish (Frozen)

Cod

Grouper 1 / 2 kg

Grouper 2+ kg

Gurnard

Hake

King Sea Bream Portion

King Sea Bream 1 / 2 kg

King Sea Bream 2+ kg

Lion Bass 1 / 2 kg

Lion Bass 2+ kg

Ocean Perch (Sebaste)

Parrot Fish

Pandora

Red Mullet 100 / 200 gr

Red Mullet 200 / 300 gr

Red Mullet 300 / 500 gr

Red Sea Bream 1 / 2 kg

Salmon Farmed Red Label

Salmon Wild



Scale Fish

Whole Fish

Scorpion Fish 500 / 1000 gr

Scorpion Fish 1 / 2 kg

Sea Bass 800 / 1000 gr

Sea Bass 1 / 2 kg

Sea Bass 2 / 3 kg

Sea Bass 3+ kg

Snapper (Dentex) 1 / 2 kg

Snapper (Dentex) 2+ kg

Snapper (Red Porgy) 1 / 2 kg

Snapper (Red Porgy) 2+ kg

White Bream / Sar

Whiting



FRANCE
IKEJIME

« La tradition japonaise, le poisson français »

Home Filleted Fillets

We hand fillet all our fish to your exact requirements. Please let us know the size of fish or the size and weight of the fillets you would like and whether you would like the skin on or off, as well as your vacuum packing preferences.



Wild Fish Fillets

Amberjack / Yellowtail

Black Cod / Sablefish

Brill

Chilean Sea Bass / Patagonian Tooth

Fish

Cod

Cod - Back

Grouper

Hake

Halibut

John Dory / St. Pierre

King Fish Yellow Tail Hiramasa (Frozen)

King Sea Bream

Mahi Mahi

Monk Fish

Plaice

Pollack

Red Mullet

Red Sea Bream

Salmon New Zealand Ora King *(see farmed fish)*

Salmon Organic *(see farmed fish)*

Salmon Scottish Red Label *(see farmed fish)*

Salmon Wild

Scorpion Fish

Sea Bass

Skate / Ray

Sole

Swordfish

Tuna Bluefin - Fillets, Loin & Steaks

Tuna Bluefin - Belly (Otoro)

Tuna Bluefin - Saku

Tuna Yellowfin

Turbot

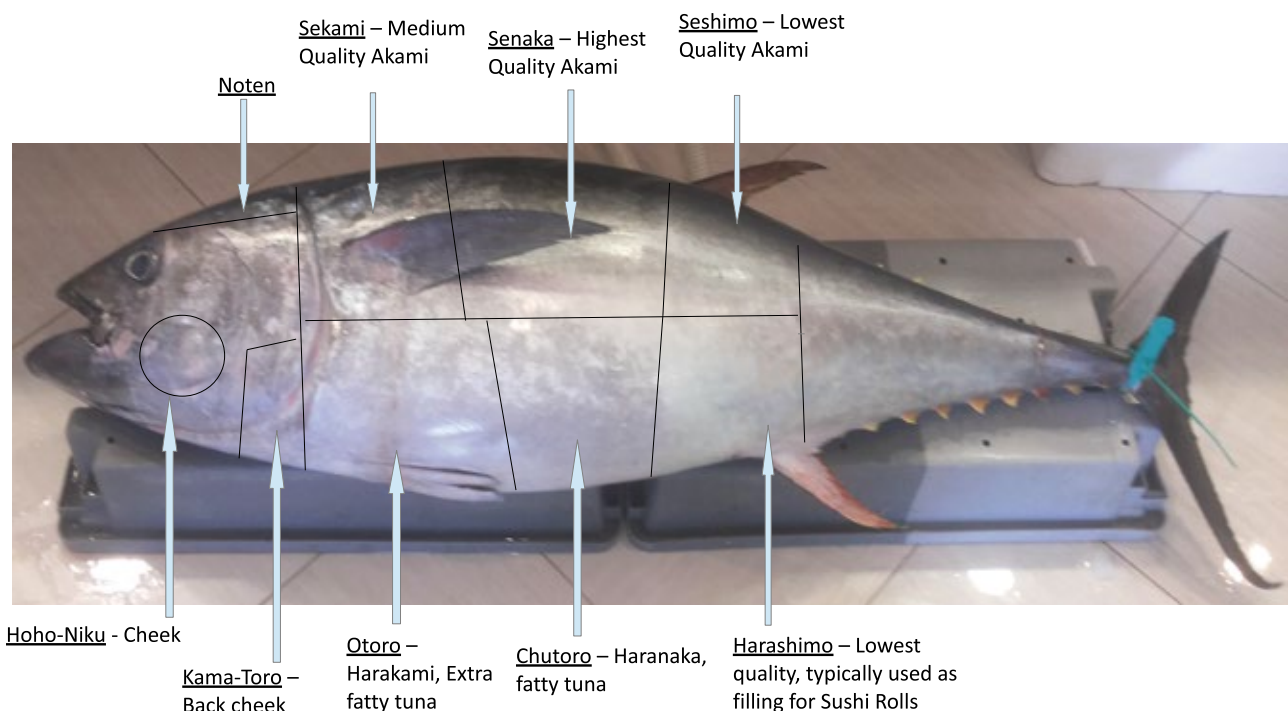
Mixed Fish Fillets for Bouillabaisse
(perfect with our homemade fish soup)

Fish for Sushi and Sashimi

There are so many choices of delicious fish for sushi and sashimi, we recommend the following:

- Salmon, we have Scottish, Organic, Wild and Ora King, which is the 'Wagyu Beef' of salmon – see page 21.
- Tuna, Bluefin is the obvious choice for sushi and sashimi (see the diagram of Japanese cuts below), Yellowfin is also available.
- Sea Bass
- Snapper, either Dentex or Red Porgy
- Kingfish Yellowtail Hiramasa - Long prized by the Japanese as one of the greatest of all sashimi fish, Hiramasa Kingfish has a clean, sweet flavour, firmer texture and higher fat content, making for an exquisite experience when savoured raw.
- Mackerel
- Swordfish
- Halibut
- Abalone, we have frozen New Zealand Blue Abalone or we can order live French Abalone.
- Scallops, live king scallops are always the best for serving raw, we are happy to clean them for you.
- Squid
- Octopus
- Sea Urchin (Uni), the season is only during the winter months for live urchins, in summer we can order frozen Uni roe.
- Prawns (Ebi), to make an impact try the Blue Prawns from New Caledonia, they are one of the sweetest on the market and the blue colour makes a great impact served raw. The Italian Gamberi Rosso is also another species which is delicious raw. See page 8.
- Lobster, the best lobster for sushi or sashimi, is the Tristan lobster, with a sweet succulent taste and a crisp yet silky texture, they are perfect served raw or cooked.
All our fish are available in fillets or in saku blocks for convenient slicing and for storage, please specify when placing your order.

Japanese Bluefin Tuna - 'Maguro' Sushi Cuts

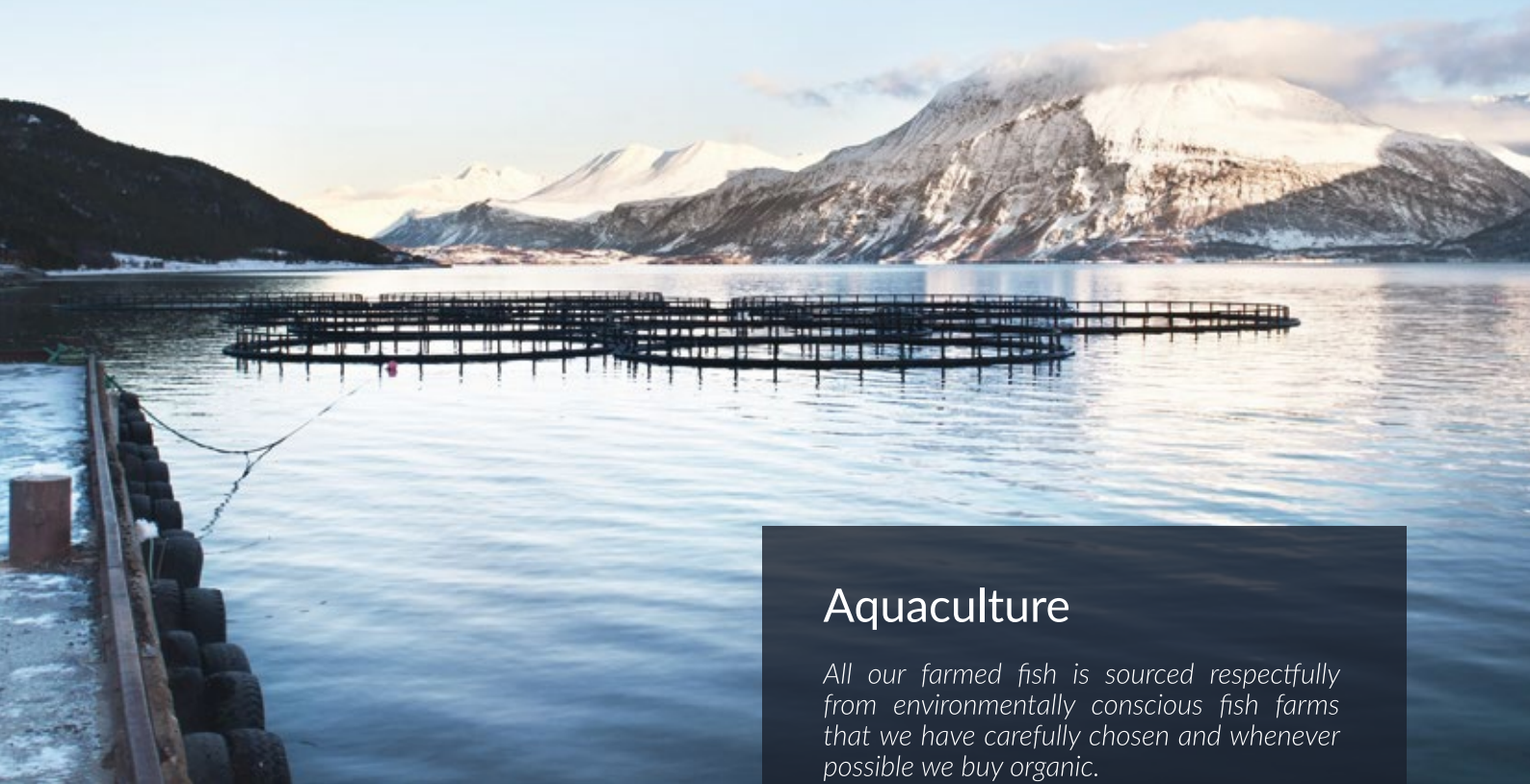


Noten, Hoho-Niku and Kama-Toro are unusual cuts not normally found in restaurants but available from your fishmonger.

Toro – It means 'To Melt' and is a delicacy, the fattier it is the better.

Akami – The most common Sushi Tuna, lean and deep red in colour.

Farmed Fish



Aquaculture

All our farmed fish is sourced respectfully from environmentally conscious fish farms that we have carefully chosen and whenever possible we buy organic.

Almost half of the fish consumed worldwide is from aquaculture. Wild stocks represent a finite resource with several stocks on the decline or suffering from fishing pressures. It is in the industry's interest to maintain a healthy environment and the aquaculture industry is coming together and is continually working to maintain standards and further develop sustainable fishing.

“New Zealand's seafood version of Japanese Wagyu Beef “ farm raised Ora King Salmons are specially bred and meticulously raised in one of the handful of Ora salmon farms. Ora (meaning ‘Fresh’ and ‘Alive’) “Kings” are a product of decades of specialised breeding.

Designed to produce an “ultra-premium” line of superior quality fish, displaying the most vibrant colour, highest natural oil content, marbled fat lines and largest sizes. No GMOs, hormones, vaccines, chemicals or antibiotics are applied to either fish or feed.

Ora Kings are the same species as Wild King Chinook Salmons but are the largest of all salmon and the fattiest (27g per 100g salmon), boasting the highest levels of Omega-3 fatty acids. Their flavour and texture is full, rich and pronounced with a buttery, almost silky texture and large, soft flakes.

Kingfish Yellowtail Hiramasa (Frozen Fillet)

King Sea Bream 800gr - 1.2kg (Whole Fish)

King Sea Bream 800gr - 1.2kg (Filletted)

Salmon New Zealand Ora King (Frozen Fillet)

Salmon Organic (Filletted)

Salmon Scottish Red Label (Filletted)

Sea Bass 800gr - 1.2kg (Whole Fish)

Sea Bass 800gr - 1.2kg (Filletted)

Turbot 1kg - 3kg (Whole Fish)

Turbot 1kg - 3kg (Filletted)



Crew Fish

We believe everyone on board should enjoy exceptional seafood products - a well-fed crew is a happy crew!

At Chez Laurent / Fine Yacht Provisions we understand the pressures yacht chefs face on a daily basis, creating incredible meals for their owners and guests, healthy and great tasting meals for the crew, while having to respect a daily budget per person and working long hours.

With 'Crew Fish - Because crew deserve the very best too', chefs can choose between both farmed and wild line caught fish and best of all rather than ordering by kilo, all our crew fish are priced and ordered by portion, so it is easy to keep to your daily budget and load fridges for long journeys at sea.

All our Crew Fish portions are pre-filleted with the skin on, flash frozen and vacuum packed individually, for easy storage and convenient portioning.

Farmed Fish - Skin On, flash frozen and vacuum packed individually

King Sea Bream 100/150

King Sea Bream 140/180

Scottish Salmon Pave 160/180

Scottish Salmon Pave 180/200

Sea Bass Fillet 100/150

Sea Bass Fillet 140/180

Cod Pave 180/200

Hake Back 180/200 Mackerel Fillet 80/120

John Dory Fillet 150/200 Red Mullet 60/90

Sea Bass Fillet 140/180 Sea Bass Fillet

180/200 Sole Fillet 40/80 Swordfish Steak

150/180 Tuna Yellowfin Steak 150/180

Other items fresh & frozen

Sardines Whole Mackerel Whole Muscles

Fresh Prawn Tails, Shelled & Raw 21/35 per lb

Frozen Prawn Tails, Shelled & Raw 16/20 per

lb Frozen Prawns Whole Raw 20/30 Frozen

Frozen Squid Tubes Frozen Seafood Cocktail

Packaging

We provide a bespoke service, not only will we prepare your fish and seafood to your exact specifications, we also extend this service to your packaging too.

So, if you require four bags of one kilo shelled and de-veined 6/8 prawns, vacuum packed and flash frozen as flat as possible, so that it doesn't take up too much valuable space in your on-board freezer, we will happily do it for you.

Twelve bags of four sea bass fillets (skin on) each weighing 180g - not a problem, we are here to make your life easier.

To keep your fish fresh for as long as possible without additives is a challenge. Vacuum packing expels the oxygen element, in turn enabling the fish to last much longer and preserves its appearance and flavour.



"Freezer Burn" is virtually eliminated. Some products however, such as scallops, are not suitable for vacuum packaging (unless pre-flash frozen) because the pressure of the packaging material on the product would cause the scallops to deform and lose their beautiful shape and some of their moisture.

For products such as these we use a Modified Atmosphere Packaging machine. It is calibrated to the particular foodstuff, with different gases and different proportions of gas in the mixture, used to give the maximum shelf life for the particular product and to retain the quality and appearance of the product.

For example: For packaging seafood, the proportion of carbon dioxide and oxygen in the modified atmosphere can be varied depending on the type of fish: oily fish benefit from a different atmosphere compared with, for example, prawns.

Flash freezing (cryogenic freezing) is a process in which food is very quickly frozen at extremely low temperatures - 60° and colder. This perfectly preserves the product and "locks in" the nutrition, texture, moisture and flavour. It captures the fish at its peak of perfection. All the labels on your flash frozen products show the best before date.

Our Boutique & Laboratory

A visit to our 400 m² Boutique and Laboratory is well worth it as it has been designed by Laurent to his exact specifications and follows strict HACCP and European Accreditation Regulations, it comprises of a boutique (show room), kitchen and a walk-in fridge dedicated to the boutique.

At the back, our temperature controlled laboratory is completely alarmed and includes a walk-in fish fridge, a walk-in crustacean fridge, walk-in freezer kept at -20°C, fish scaling and cleaning room, fish filleting laboratory, a semi-finished walk-in fridge, smoking room, packaging and ticketing area and our completed orders walk-in fridge.

Naturally Laurent has invested in only the top range equipment, including all our walk-in fridges and freezers, a smoking oven, state of the art flash freezers, oven and two large vacuum packing machines.



Caviar

White Sturgeon - Italie

Keluga Amour - Chine

Keluga Amour Selection - Chine

Keluga Amour Imperial - Chine

Asetra Amour - Chine

Baeri Reserve - Chine

Beluga - Iran



Petrossian

We recommend you ONLY buy your Bluefin PETROSSIAN

We stock all Petrossian products including their Caviar and speciality items such as conserved Sea Urchin, Smoked Sprats from Riga, Russian Malossol Gherkins and Rye Croustissian Crackers.

One of our favourite Petrossian products is their Caviar Powder, a one-of-a-kind creation - dried caviar that captures caviar's sensational taste. The unique mill design allows you to either sprinkle full beads or grind the pearls for a more subtle flavour.

Perfect to add the taste of caviar to eggs, potatoes, pasta, seafood, and more.





Smoked Fish

Smoking salmon is an art which Chez Laurent / Fine Yacht Provisions has mastered, achieving the perfect balance between salt and smoke, complimenting the rich buttery flavour of the salmon which melts in your mouth.

We also "home cure" Gravdax, perfecting the delicate flavour of salmon, dill, sugar and salt. Choose from Scottish Red Label, Organic or Wild Salmon.

Available in hand-cut slices, sides (whole or inter leaved cellophane pre-sliced) and of course the centre cut - the Heart of the Salmon, also known as the "Tsar's Cut".

Other Products

Gravdax (Dill Cured Salmon)

Gravdax - Tsar's Cut

Dill Mustard - Homemade 100gr

Botargo / Poutargue

Home Smoked Salmon

Smoked Salmon Scottish

Smoked Salmon Organic

Smoked Salmon Wild (Alaskan or Swedish)

Smoked Salmon Scottish - Tsar's Cut Smoked

Salmon Organic - Tsar's Cut Smoked Salmon

Wild - Tsar's Cut

Smoked Fish

Smoked Trout

Smoked Marlin

Smoked Halibut

Smoked Sturgeon

Smoked Tuna

Smoked Swordfish

Smoked Eel - Wild Smoked Mackerel Smoked

Haddock



Fish Roe & Tarama



Fish Roe and Tarama are great staples to have in the galley for when your guests suddenly decide they want nibbles..... Spread them on a little toast, crouton or bilinis and dress them up with our home-smoked salmon and a sprinkling of chives - ready to serve.

Tarama is made from a base of smoked cod roe, oil and cream. We have a large selection of these (please see below) but we home smoke roe and make our own excellent home-made tarama. Ask us if we have any when placing your orders.

Roe / Fish Eggs

Salmon Roe (Keta) - Soft Shell Sushi Grade 50 gr

Salmon Roe (Keta) - Soft Shell Sushi Grade 100 gr

Salmon Roe (King) - Russian Style 50 gr

Salmon Roe (King) - Russian Style 100 gr

Trout Roe 50 gr

Trout Roe 100 gr

Smelt Roe (Masago) 50 gr

Smelt Roe (Masago) 100 gr

Flying Fish (Tobiko) 45 gr Black, Green, Red, Yellow, Orange

Flying Fish (Tobiko) 90 gr Black, Green, Red, Yellow, Orange

Botargo / Poutargue

Tarama

Tarama (Home made)

Tarama Natural

Tarama Wasabi

Tarama King Crab

Tarama Sea Urchin

Blinis Pack



Our Seaweed selection

Using Organic Fresh Salted Seaweed Tips

Rinse the fresh seaweeds 2 to 3 times under cold tap water until desalted according to your taste.

- 1 min for thin seaweeds
- 2 mins for Kombu or sea spaghetti.

Blanch Royal Kombu or Wakame to bring back their flexible texture before using for a papillote. (30 sec in boiling water).



Organic Fresh Salted Seaweed

Sea Lettuce / Laver

Nori

Dulse

Wakame

Sea Spaghetti

Royal Kombu

Organic Fresh Salted Seaweed Seasoned & Marinated

Kombu Tsukudani 100 gr

Organic Marinated Nori 110 gr

Organic Classic Seaweed Tartare 110 gr

Organic Provencal Seaweed Tartare 110 gr

Organic Lemon Confit Seaweed Tartare 110 gr

Dulse & Raspberry Chutney 100 gr

Organic Dijon Mustard with Seaweed 140 gr

	Whole Fish Sizes	1 / 2 kg	2 / 3 kg	3 / 4 kg	4 / 5 kg	6 + kg	Often received headless
Halibut	Approx. Weight / Fillet Yielded – Skin On	160 – 300 gr	300 – 500 gr	500 – 700 gr	700 – 840 gr	1 + kg	Halibut has four fillets, two large and two smaller, weights are based on a yield of 4 fillets
John Dory	Whole Fish Sizes	400 / 600 gr	600 / 800 gr	800 / 1000 gr	1 / 2 kg	2 / 3 kg	
	Approx. Weight / Fillet Yielded – Skin On	70 – 85 gr	85 – 140 gr	140 – 180 gr	180 gr – 350 gr	350 – 500 gr	
Mackerel	Whole Fish Sizes	100 / 200 gr	200 / 300 gr	300 / 400 gr	400 / 500 gr	500 + gr	
	Approx. Weight / Fillet Yielded – Skin On	25 – 50 gr	50 – 75 gr	75 – 100 gr	100 – 125 gr	125 + gr	
Mahi Mahi / Dolphin Fish	Whole Fish Sizes	1 / 2 kg	2 / 3 kg	3 / 4 kg	4 / 5 kg	6 + kg	
	Approx. Weight / Fillet Yielded – Skin On	250 – 500 gr	500 – 800 gr	800 gr – 1.1 kg	1.1 – 1.5 kg	1.7 + kg	
Monk Fish	Whole Fish Sizes	300 / 500 gr	500 gr – 1 kg	1 – 2 kg	2 – 3 kg	4 + kg	Whole Tails
	Approx. Weight / Fillet Yielded – Skin Off	75 – 125 gr	125 – 250 gr	250 – 500 gr	500 – 700 kg	1 + kg	Fillet Skin OFF
Ray / Skate	Whole Wing Sizes	300 / 400 gr	500 / 800 gr	800 / 1000 gr	1 / 2 kg	2 + kg	Whole Wing Size
	Approx. Weight / Fillet Yielded – Skin Off	75 – 100 gr	125 – 200 gr	200 – 250 gr	250 – 500 gr	500 + gr	Fillet Skin OFF
Red Mullet	Whole Fish Sizes	80 / 100 gr	100 / 200 gr	200 / 300 gr	300 – 400 gr	400 + gr	
	Approx. Weight / Fillet Yielded – Skin On	20 – 25 gr	25 – 50 gr	50 – 75 gr	75 – 100 gr	100 + gr	
Salmon	Whole Fish Sizes	1 / 2 kg	2 / 3 kg	3 / 4 kg	4 / 5 kg	6 + kg	4 / 5 kg fish are usual size kept in stock
	Approx. Weight / Fillet Yielded – Skin On	300 – 600 gr	600 gr – 1 kg	1 – 1.3 kg	1.3 – 1.6 kg	2 + kg	
Sardine	Whole Fish Sizes	40 / 60 pces / kg	20 / 30 pces / kg				Double the fillet weight for butterflied sardines.
	Approx. Weight / Fillet Yielded – Skin On	4 – 6 gr	6 – 8 gr	8 – 12 gr	12 – 25 gr		
Scorpion Fish	Whole Fish Sizes	500 / 1000 gr	1 / 2 kg	2 / 3 kg	3 + kg		
	Approx. Weight / Fillet Yielded – Skin On	70 – 140 gr	140 – 280 gr	280 – 400 gr	400 + gr		

Sea Bass	Whole Fish Sizes	600 / 800 gr	800 / 1000 gr	1 / 2 kg	2 / 3 kg	4 + kg
	Approx. Weight / Fillet Yielded - Skin On	115 - 150 gr	150 - 190 gr	190 - 380 gr	380 - 600 gr	800 + gr
Sea Bream - King, Black, White & Red	Whole Fish Sizes	400 / 600 gr	600 / 800 gr	800 / 1000 gr	1 / 2 kg	3 + kg
	Approx. Weight / Fillet Yielded - Skin On	75 - 110 gr	110 - 150 gr	150 - 185 gr	185 - 370 gr	500 + gr
Snapper - Dentex	Whole Fish Sizes	1 / 2 kg	2 / 3 kg	3 / 4 kg	4 / 5 kg	6 + kg
	Approx. Weight / Fillet Yielded - Skin On	180 - 370 gr	370 - 500 gr	500 - 750 gr	750 - 900 gr	1.1 + kg
Snapper - Pagre / Red Porgy	Whole Fish Sizes	300 / 500 gr	500 / 800 gr	800 / 1000 gr	1 / 2 kg	3 + kg
	Approx. Weight / Fillet Yielded - Skin On	57 - 96 gr	96 - 150 gr	150 - 190 gr	190 - 380 gr	570 + gr
Sole	Whole Fish Sizes	200 / 300 gr	300 / 500 gr	500 / 800 gr	800 / 1000 gr	1 + kg
	Approx. Weight / Fillet Yielded - Skin Off	20 - 28 gr	28 - 48 gr	48 - 76 gr	76 - 96 gr	96 + gr
Trout	Whole Fish Sizes	200 / 300 gr	300 / 500 gr	500 / 800 gr	800 / 1000 gr	1 + kg
	Approx. Weight / Fillet Yielded - Skin On	60 - 100 gr	100 - 160 gr	160 - 260 gr	260 - 330 gr	330 + gr
Turbot	Whole Fish Sizes	800 / 1000 gr	1 / 2 kg	2 / 3 kg	3 / 4 kg	5 + kg
	Approx. Weight / Fillet Yielded - Skin On	80 - 100 gr	100 - 200 gr	200 - 300 gr	300 - 400 gr	500 + gr
Yellow Tail / Amberjack	Whole Fish Sizes	1 / 2 kg	2 / 3 kg	3 / 4 kg	4 / 5 kg	6 + kg
	Approx. Weight / Fillet Yielded - Skin On	250 - 500 gr	500 - 750 gr	750 gr - 1 kg	1 - 1.25 kg	1.5 + kg

All weights are approximate and will vary from fish to fish.

All approximate fillet weights are calculated as one fillet with skin on the fillet unless otherwise stated.

Can be filleted into 4 thin fillets or 2 large fillets please specify your preference when ordering

Individual fillet weights are based on a yield of 4 fillets

Turbot has 4 fillets, two large and two a little smaller, weights are based on a yield of 4 fillets

Black Tiger Prawns	Whole Prawn Sizes	16 / 20 pces/kg	10 / 15 pces/kg	6 / 8 pces/kg	4 / 6 pces/kg	2 / 4 pces/kg
	Whole Prawn Approx. Weight	50 – 60 gr	60 – 100 gr	125 – 170 gr	170 – 250 gr	250 – 500 gr
	Tail Shell On Approx. Weight	34 – 40 gr	40 – 66 gr	84 – 114 gr	114 – 166 gr	166 – 333 gr
	Tail Shell Off Approx. Weight	25 – 30 gr	30 – 50 gr	62 – 85 gr	85 – 125 gr	125 – 250 gr

Lobsters – French Blue & Maine	Whole Lobster Sizes	600 / 700 gr	700 / 800 gr	800 / 900 gr	1 + kg	
	Whole Lobster Approx. Weight	600 / 700 gr	700 / 800 gr	800 / 900 gr	1 + kg	
	Tail Shell On Approx. Weight	180 – 210 gr	210 – 240 gr	240 – 270 gr	300 + gr	
	Tail Shell Off Approx. Weight	150 – 175 gr	175 – 200 gr	200 – 225 gr	250 + gr	

Spiny Lobsters	Whole Spiny Lobster Sizes	500 / 600 gr	600 / 700 gr	700 / 800 gr	800 / 900 gr	1 + kg
	Whole Lobster Approx. Weight	500 / 600 gr	600 / 700 gr	700 / 800 gr	800 / 900 gr	1 + kg
	Tail Shell On Approx. Weight	160 – 200 gr	200 – 230 gr	230 – 260 gr	260 – 300 gr	330 + gr
	Tail Shell Off Approx. Weight	140 – 170 gr	170 – 200 gr	200 – 230 gr	230 – 260 gr	280 + gr

Langoustines	Whole Langoustine Sizes	16 / 20 pces/kg	10 / 15 pces/kg	8 / 12 pces/kg	4 / 7 pces/kg	2 / 4 pces/kg
	Whole Langoustine Approx. Weight	50 – 60 gr	60 – 100 gr	80 – 125 gr	140 – 250 gr	250 – 500 gr
	Tail Shell On Approx. Weight	12 – 15 gr	15 – 25 gr	20 – 30 gr	35 – 60 gr	60 – 125 gr
	Tail Shell Off Approx. Weight	11 – 13 gr	13 – 22 gr	17 – 27 gr	31 – 55 gr	55 – 110 gr

Fish names translated

ENGLISH - FRANCAIS - ITALIANO - LATIN

Fish	Poissons	Pesce	Pisces
Anchovy	Anchois	Acciuga	Engraulis encrasicolus
Amberjack / Yellow Tail	Seriola	Ricciola	Seriola dumerili
Arctic Char	Ombre Chevalier	Salmerino Alpino	Salvelinus alpinus
Barracuda	Barracuda	Barracuda	Sphyræna barracuda
Black Cod / Sable Fish	Morue Charbonniere / Charbonniere	Carbonaro dell'Alaska	Anoplopoma fimbria
Bonito	Bonite	Bonito / Palamita	Sarda sarda
Brill	Barbue	Rombo Liscio	Scophthalmus rhombus
Carp	Carpe	Carpa	Cyprinus carpio
Chilean Sea Bass / Patagonian Toothfish	Legine	Spigola Cilena / Nototenide della Patagonia	Dissostichus eleginoides
Cod	Cabillaud	Merluzzo Bianco	Gadus morhua
Dentex (Snapper)	Denti	Dentice	Dentex dentex
Dolphin Fish / Mahi Mahi	Daurade Coryphene	Lampuga	Coryphaena hippurus
Eel	Anguille	Anguilla	Reinhardtius hippoglossoides
Grouper Atlantic Wreakfish	Merou Cernier	Cernia di Fondale	Polyprion americanus
Grouper Dusky	Merou Jaune	Cernia Bruna	Epinephelus marginatus
Grouper Mottled	Merou Royal	Cernia Rossa	Mycteroperca rubra
Grouper White	Merou Thiof / Blanc	Cernia Bianca	Epinephelus aeneus
Gurnard – Red	Grondin	Pesce Capone	Aspitrigla cuculus
Haddock	Eglefin	Asinello / Eglefino	Melanogrammus aeglefinus
Hake	Colin / Merlu	Nasello	Merluccius Merluccius
Halibut	Fletan	Halibut	Hippoglossus hippoglossus
Herrings	Harrengs	Aringa	Clupea harengus
John Dory	Saint Pierre	Pesce San Pietro	Zeus faber
Lemon Sole	Limande Sole	Limanda-Sogliola / Sogliola Limanda	Microstomus kitt
Ling	Lingue	Molva	Molva molva
Lion Bass	Maigre	Bocca d'Oro / Ombrina	Argyrosomus regius
Mackerel	Maquereau	Sgombro / Maccarello	Scomber scombrus
Mahi Mahi / Dolphin Fish	Daurade Coryphene	Lampuga	Coryphaena hippurus
Marlin	Marlin	Pesce Lancia	Makaira indica
Monk Fish	Lotte	Coda di Rospo / Rana Pescatrice	Lophius piscatorius
Ocean Perch / Rose Fish	Sebaste	Scorfano di Norvegia	Sebastes marinus
Parrot Fish	Perroquet	Pesci Pappagallo	Scaridae
Patagonian Toothfish / Chilean Sea Bass	Legine	Nototenide della Patagonia / Spigola Cilena	Dissostichus eleginoides
Perch	Perche	Persico	Perca fluviatilis
Perche – Nile	Perche du Nil	Persico del Nilo	Lates niloticus

Fish names translated

ENGLISH - FRANCAIS - ITALIANO - LATIN

Fish	Poissons	Pesce	Pisces
Pike	Brochet	Luccio	Esox lucius
Plaice	Carrelet	Passera / Platessa	Pleuronectes platessa
Pollock	Lieu Jaune	Merluzzo Giallo	Pollachius pollachius
Ray / Skate	Raie Bouclee	Razza	Raja clavata
Red Mullet	Rouget Barbet	Triglia di Scoglio	Mullus surmuletus
Red Porgy Snapper	Pagre	Pagro / Pauro	Pagrus pagrus
Rose Fish / Ocean Perch	Sebaste	Scorfano di Norvegia	Sebastes marinus
Sable Fish / Black Cod	Charbonniere / Morue Charbonniere	Carbonaro dell'Alaska	Anoplopoma fimbria
Salmon	Saumon	Salmone	Salmo salar
Sardine	Sardine	Sardina	Sardina pilchardus
Scorpion Fish	Chapon / Rascasse	Scorfano	Scorpaena scrofa
Sea Bass	Bar / Loup de Mer	Branzino	Dicentrarchus labrax
Sea Bream - Black	Daurade Gris	Tanuta / Cantaro	Spondyliosoma cantharus
Sea Bream - King	Daurade Royale	Orata	Sparus aurata
Sea Bream - Red	Daurade Rose	Occhino / Besugo / Pezzogna	Pagellus bogaraveo
Sea Bream - White	Sar		Diplodus sargus
Skate / Ray	Raie Bouclee	Razza	Raja clavata
Snapper - Dentex	Denti	Dentice / Dentici	Dentex dentex
Snapper - Red	Vivaneau		Lutjanus vivanus
Snapper - Red Porgy	Pagre	Pagro / Pauro	Pagrus pagrus
Sole	Sole	Sogliola	Solea vulgaris
Sturgeon	Esturgeon	Storione	Acipenser
Swordfish	Espadon	Pesce Spada	Xiphias gladius
Troute	Truite	Trota	Salmo trutta
Troute - Rainbow	Truite Arc-en-Ciel	Trota Iridea	Oncorhynchus mykiss
Tuna - Albacore (White Meat)	Thon Blanc	Tonno Alalunga / Tonno Alalonga	Thunnus alalunga
Tuna - Big Eye / Ahi	Thon Obese	Tonno Obeso	Thunnus obesus
Tuna - Bluefin	Thon Rouge	Tonno Rosso	Thunnus thynnus
Tuna - Yellowfin / Ahi	Thon Albacore	Tonno Albacora / Tonno Pinna Gialla / Tonno Monaco	Thunnus albacares
Turbot	Turbot	Rombo Chiodato	Psetta maxima
White Bait	Jol Friture	Latterino Capoccione	Atherina boyeri
Whiting	Merlan	Merlano	Merlangus merlangus
Yellow Tail / Amberjack	Seriola	Ricciola	Seriola dumerili
Zander	Sandre	Lucioperca / Sandra	Sander lucioperca

Fish names translated

ENGLISH - FRANCAIS - ITALIANO - LATIN

Shellfish	Fruits de Mer		
Abalone	Ormeaux	Orecchia di Mare	Haliotis tuberculata
Clams – Hard / Round / Quahog	Clams	Quahog	Mercenaria mercenaria
Clams – Venus	Palourdes	Vongole	Ruditapes philippinarium
Clams – Warty Venus	Praires	Vongole Dura	Venus verrucosa
Clams – Wedge	Tellines	Tellina	Donax trunculus
Cockles	Coques	Cuore Edule / Cuore Spinoza	Cerastoderma edule
Mussels	Moules	Mitlo / Cozza Pelosa	Mytilus
Oysters	Huitres	Ostrica	Crassostrea
Razor Clams	Couteaux	Cannolicchio / Cappa Lunga	Ensis arcuatus
Scallops	Saint Jacques	Ventaglio-pettine Maggiore	Pecten maximus
Sea Urchin	Oursins	Riccio di Mare	Parcentrotus lividus
Sea Violet / Sea Fig	Violets		Microcosmus sabatieri
Whelks	Bulots	Buccina	Buccinum undatum
Winkles	Bigorneaux	Chiocciola di Mare	Littorina littorea

Crustaceans	Crustaces		
Brown / Rock Crab	Tourteau	Granciporro	Cancer pagurus
Crayfish – Fresh Water	Ecrevisse		Astacus leptodactylus
Crayfish Saltwater / Langoustine	Langoustine	Scampi	Nephrops norvegicus
King Crab	Crabe Royale	Granchio Gigante / Re Granchio	Paralithodes camtschaticus
Langoustine / Crayfish Saltwater / Scampi	Langoustine	Scampi	Nephrops norvegicus
Lobster – Blue Brittany	Homard Breton	Astice	Homarus gammarus
Lobster – Maine / Canadian	Homard Maine/ Canadien	Astice	Homarus americanus
Morton Bay Bug / Slipper Lobster	Cigale de Mer	Cicala di Mare	Scyllarus arctus
Prawns – Black Tiger	Crevettes – Tigre	Gambero Gigante Indopacifico / Gambero Tigrato	Penaeus monodon
Prawns – Brown / Grey	Crevettes – Grises	Gamberetto Gambero	Crangon crangon
Prawns- Common Prawn	Crevettes - Bouquet	Gamberetto Maggiore	Palaemon serratus
Rock / Brown Crab	Tourteau	Granciporro	Cancer pagurus
Scampi / Crayfish Saltwater / Langoustine	Langoustine	Scampi	Nephrops norvegicus
Soft Shell Crab	Crab Mue	Granchio dal Guscio Molle	Scylla serrata
Slipper Lobster / Morton Bay Bug	Cigale de Mer	Cicala di Mare	Scyllarus arctus
Spider Crab	Araignee de Mer	Grancevola	Maja brachydactyla
Spiny Lobster	Langouste	Aragosta	Palinurus
Velvet Crab	Etrille	Necora	Necora puber

Cephalopods	Cephalopodes		
Baby Cuttlefish	Suppion	Seppioline	Sepia officinalis
Baby Squid	Piste	Calamaretti	Loligo vulgaris
Cuttlefish	Seiche	Seppia	Sepia officinalis
Octopus	Poulpe	Polpo	Octopus SPP
Squid	Calamar	Calamaro	Loligo vulgaris

Big Green Eggs



The Big Green Egg stands alone as the single most versatile barbecue or outdoor cooker on the market, with more capabilities than all other conventional cookers combined.

From appetizers, main courses to desserts, the Big Green Egg will exceed all your expectations for culinary perfection.

With seven convenient sizes to choose from, there is a Big Green Egg to fit any lifestyle.



We became a registered dealer of Big Green Eggs, having fallen in love with them. Made from ceramic technology, advanced by NASA, it creates a unique cooking system that brings out the unrivalled mouthwatering flavours while cooking, baking, grilling, stewing and smoking your favourite recipes.

The broad range of handy Big Green Egg accessories is equally unique.

In addition to a selection of basic accessories, their range includes other tools to bring out the best in your ingredients and offer even more useful possibilities to get the most out of your Big Green Egg.

We love the portability and versatility of the Mini Max size Big Green Egg (above). With a 33 cm diameter cooking surface and weighing just 35 kg.

Chez Laurent

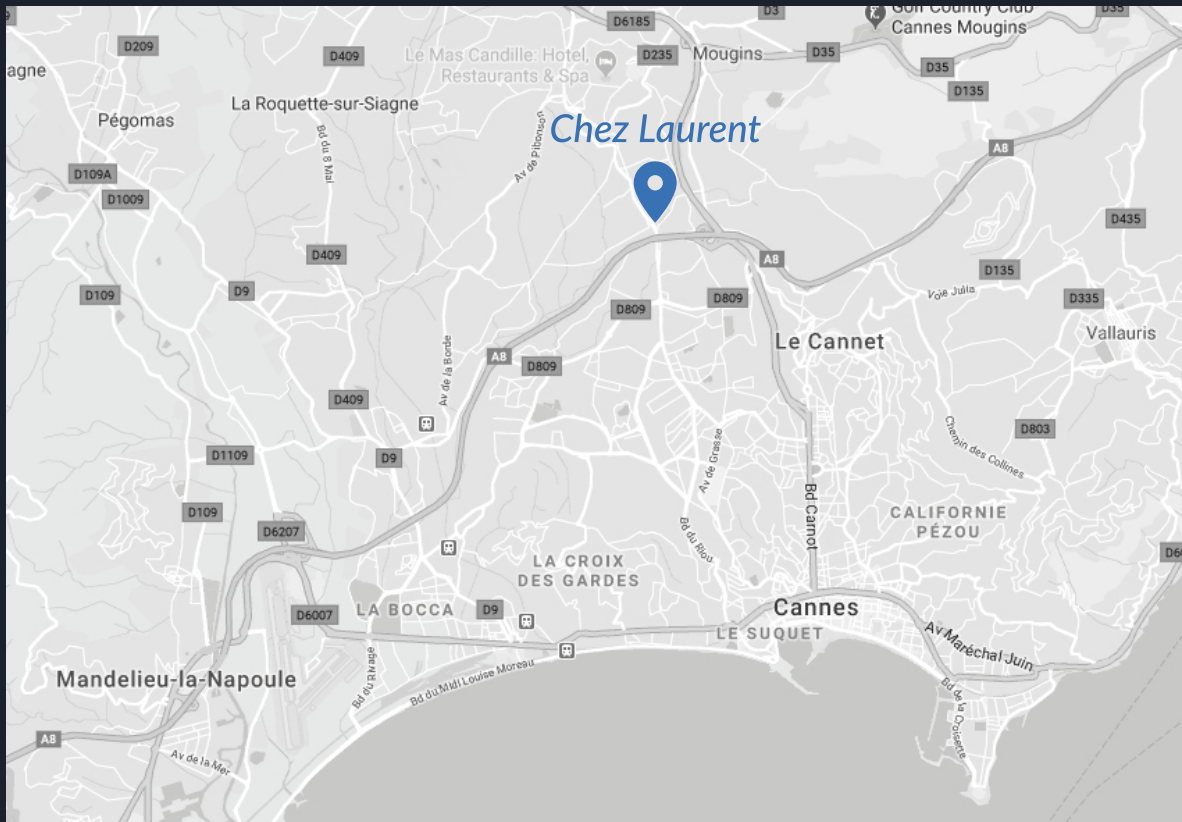
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Every day (except Monday and Sunday afternoon)
From 7am to 12.30am and from 4pm to 7.30pm





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Poissonnerie Chez Laurent - Tous droits réservés 2019
Designed by PLUGGED creations

Our philosophy

Our expert team prepares, fillets and vacuum packs your order to your exact specifications, from fillet weight and shape to packaging requirements. In addition, we have a 'Flash Freeze' facility, should you wish to receive your order already frozen.

We are fully HACCP and EU Certified. We strictly adhere to the by-laws on biological produce. We are always up-to-date on national and international directives in this domain, following specific protocols on a daily basis.

Coming from a long line of fishmongers and fishermen, we are passionate about supplying our customers with top-quality fish and seafood, supported by our outstanding local service. We offer the largest range of fresh fish and seafood, a bespoke filleting and packaging service and unrivalled expert advice.



This is why we are the chef's' first choice. Quality is paramount; our aim is to supply our customers with the freshest fish available daily.



We offer complete traceability 'from boat to plate', with the cold chain being respected at every stage.

We encourage our valued clients to visit our premises : exceptional quality products that cannot be found elsewhere and a tailored service which is paramount to the demanding evolvement of today's chefs.

Sustainability

How can we supply fish responsibly, when it is recommended we consume two portions a week?

Leading environmental campaigners, such as the World Wildlife Fund (WWF) and the Marine Conservation Society (MCS), recognise that removing fish from the menu will only drive prices down, forcing fishermen to catch more fish to make a living.

There is no easy solution. Our challenge - from fishermen to suppliers to chefs to consumers - is to make the best informed decisions each and every day.



These choices have no definitive 'right or wrong' guidelines, but at Chez Laurent / Fine Yacht Provisions, we underline our approach to business and our commitment to responsible sourcing and sustainability, ensuring we meet today's needs while protecting tomorrow's.

We take our role seriously in the preservation of fish stocks, so most of our products are locally caught by responsible fishermen. All our suppliers are carefully chosen and all of our products arrive directly from the catch on a daily basis. We adhere to all fishing legislations and quotas including ICCAT - responsible for the conservation of Tunas and Generic Tuna-like species in the Atlantic Ocean and its adjacent seas.

