



## FISH BUYING POLICY

We only sell wild-capture and farmed fish from sustainably and responsibly managed fisheries.

We will only sell fish that has been caught and sold legally. Offers of Illegal, Unreported and Unregulated (IUU) fish will be rejected.

Our decision on whether a particular fish species is from a sustainable source will be made with reference to two excellent online resources. In the case of Cornish fish, we consult the Cornwall Wildlife Trust (CWT)'s Cornwall Good Seafood Guide at [www.cornwallgoodseafoodguide.org.uk](http://www.cornwallgoodseafoodguide.org.uk) and for non-Cornish fish we switch to the Marine Conservation Society (MCS)'s [www.mcsuk.org/goodfishguide](http://www.mcsuk.org/goodfishguide). Both organisations grade fish from 1 (fish to eat) to 5 (fish to avoid). Every attempt will be made to source fish from fisheries with a grading of 1 to 3. Very occasionally we may choose to serve a grade 4 fish to provide a variety of fish to our customers. We will never buy or serve fish with a grade of 5. There will be a continuous commitment by the Harbour Lights to try to lower the average grade of the fish that it serves. The CWT/MCS's grading for all the fish we sell will be displayed on our website and be available in the restaurant for any customer that requests to view it. A check will be made on a monthly basis to see if any of the fisheries we source fish from have been re-graded by the CWT or MCS.

We will always have a variety of other fish species on our menu and encourage our valued customers to experiment and try different fish. The Marine Stewardship Council (MSC) <https://www.msc.org/uk/> works to promote the trading and serving of fish only from sustainable fisheries. A consumer of MSC certified fish can have 100% confidence that they are eating fish from a sustainable and well managed fishery. Harbour Lights will endeavour to always have at least three MSC certified fish on its menu, with the only reason for this not being the case being its non-availability. We will every 6 months review what different species of MSC certified fish is available on the open market and aim to increase MSC menu options as more viable supplies occur.

With world fish stocks threatened by an ever-increasing human population and ever more productive fishing methods, it makes no sense for fishermen to target fish in their spawning season. For that reason, in line with MCS recommendation, despite its popularity, Harbour Lights will not purchase or serve fish roe products.

Harbour Lights was an early member of the Sustainable Seafood Coalition (SSC) details at: [www.sustainableseafoodcoalition.org](http://www.sustainableseafoodcoalition.org) and has signed up to adhere to its labelling and sourcing codes of conduct.

Harbour Lights will always ask questions of its wild fish suppliers to confirm the exact species being sold, sea areas the fish were caught in and the catching methods employed and its farmed fish sellers as to the production method, country of origin and farming method. We do not tolerate modern slavery or human trafficking in our supply chain and insist that all suppliers respect the ETI Base Code to protect workers' rights.



# FISH SUSTAINABILITY

## WHERE DOES OUR FISH COME FROM?

In February 2006, Harbour Lights made a commitment to our customers to responsibly source all fish that it served. If there is any doubt, the fish species is removed from our menu, hence popular Skate, Rock and Cod Roe are no longer sold by us. Cornwall Wildlife Trust's Cornwall Good Seafood Guide & the Marine Conservation Society (MCS) grade the sustainability of specific fisheries from 1 to 5. Any fishery rated "5" is judged to be unsustainable and should not be sold by responsible restaurants.

FISH	SOURCE	 RATING	NOTES
Cod, Atlantic <i>Gadus morhua</i>	FAO27 North East Arctic (Barents & Norwegian Seas)	MCS Rating 1/2/3	 <b>MSC certified</b> 70% of capture is demersal trawl. Discarding is banned in Norwegian and Russian waters.  Minimum size limit is 44cm.  Within this fishery larger mesh sizes and sorting grids are used than those in Europe, allowing smaller unwanted fish to escape.  A maximum by-catch rule was introduced and there are also closures in areas with a high amount of juvenile fish.
Haddock <i>Melanogrammus aeglefinus</i>	FAO27 North East Arctic (Barents & Norwegian Seas)	MCS Rating 1/2	 <b>MSC Certified</b> Fish reproduce at a level as high as mortality and has been deemed sustainable.  Like cod the haddock fisheries have a large net size and sorting grid and do not fish in areas with high juveniles.
Scampi Tails (from Langoustines) <i>Nephrops norvegicus</i>	Waters around Scotland & Ireland	MCS Rating 2/3 Occasionally 4	

<p>Plaice <i>Pleuronectes platessa</i></p>	<p>North Sea FAO 27</p>	<p>MCS Rating 2/3</p>	 <p><b>MSC certified</b> Supplier Van Der Lee only purchases off boats that are part of the Responsible Fishing Scheme.  Fish caught in the North Sea are normally trawled, with sustainable levels of mortality.</p>
<p>Hake, European <i>Merluccius merluccius</i></p>	<p>Cornish Day Boats.</p>	<p>Cornwall Good Seafood Guide rating 1 (Gill netting) 2 (Demersal netting)</p>	<p>Caught by demersal trawl, or gill nets in Cornish coves. Low catch and small boats. Most catches are from using gill nets.  Boats over 12m in length are required to use pingers on their nets to scare of dolphins and other cetaceans.  Demersal trawls can damage the sea bed but are used in areas that are quick to recover. Demersal trawls are large nets that are pulled through the water with the bottom edge of the net touching the seabed. At each edge the net is pulled open by metal 'trawl doors'. Sometimes referred to as Otter trawling.  Larger mesh sizes are used by the majority of vessels in Cornwall. 110(Mm rather than the legal 100)</p>
<p>Pollack <i>Pollachius pollachius</i></p>	<p>Cornish Day Boats.</p>	<p>Cornwall Good Seafood Guide rating 3 (Handlining)</p>	<p>Hand lined, gill netted or demersal trawled.  Minimum landing size of 30cm.  Netting can be risky as pollack are reef dwelling fish, and lost gear is a problem. Hand lining can fetch a better price and is more sustainable so is increasing in Cornwall.  According to landing data stock has remained the same for the last 20 years.</p>

Whiting <i>Merlangius merlangus</i>	Landed in Cornish Ports, caught in local waters	Cornwall Good Seafood Guide rating 2 (Handlining) 3 (Demersal and Beam Trawling)	Demersal trawled, handlining or gill netted.  Avoid eating juvenile fish of less than 30cm.  Stocks seem healthy and high in Cornish waters.  Spawn between March and April.  Minimum landing size 27cm.
Megrim Sole (Cornish Sole) <i>Lepidorhombus whiffiagonis</i>	Cornish boats, and Cornish landed.	Cornwall Good Seafood Guide rating 3	Demersal and beam trawled.  EU landing size 20cm. Larger landing size of 25cm in 5 mile limit in Cornwall.  Stock on the increase in Cornish waters.
Pacific Squid Japanese Flying) <i>Todarodes pacificus</i>  used for calamari rings	Pacific Ocean	MCS Rating 2	

Points to mention:

Cornish trawlers are smaller boats than their European counterparts and have restrictions on the size of the beam on beam trawlers.

The trawling industry in Cornwall has reduced in size over the last 20 years, and many boats are trialling new equipment to limit the damage caused by trawls, and CCTV monitoring to prove low levels of discards.



Our Cod , Haddock & Plaice are certified sustainable by the Marine Stewardship Council (MSC)

Our MSC certification is: **MSC-C-53712-12**