



Australian wild caught seafood made easy to take home and enjoy

We call it “good mood food” because that’s what it is!



Ready to cook products

We have a range of ready to cook products that are made with Australian seafood. All of our products are hand-made at our kitchen in Noosa and packed by our local crew. Because our products are frozen, we don’t need to include any strange preservatives or additives. They are simply delicious!

Australian fish and prawns

Our Australian seafood is hand-filleted or peeled and snap frozen so that it retains its perfect taste and texture.

Freezing our seafood at its freshest means we can get the best quality possible to you, so that you can cook it at your convenience.

Curry Sauces	
Green Curry	(480ml) Green Curry Sauce
Penang Curry	(480ml) Penang Curry Sauce
Red Curry	(480ml) Red Curry Sauce

Yellow Curry	(480ml) Yellow Curry Sauce
Value Added Products	
Thai Fish Cakes	(4 Pack-440gm) Thai Fish Cake
Salmon Risotto Cakes	(4 Pack-440gm) Salmon Risotto Cake
Gyoza	Red Curry Gyoza
Marinara Mix	(400g) Marinara
Prawn and Scallop Ravioli	Prawn & Scallop Ravioli
Shu Mai	Prawn & Pork Shu Mai
Mooloolaba Burger 180g	(180g) Snapper Burger
Burger Tuna	(2 x 100gm) Burger Tuna
Sashimi Pack	300gm Blue fin Tuna, Wild Salmon, Coral trout
Mooloolaba Sausages	120gm Seafood Sausages
Mooloolaba Schnitzel	2 X 140gm Crumbed Tuna Schnitzel- slice
Stock and soups	
Stock	(480ml) Fish Stock
Seafood Chowder	(480ml) Seafood Chowder
Seafood Bisque	(480ml) Lobster, Crab and Prawn Bisque
Coconut Salmon Soup	(480ml) Coconut Salmon Soup
Fish	
Albacore	(240g) Albacore
Coral Trout	(240g) Coral Trout
Crumbed Whiting	(240g) Crumbed Whiting
Flathead	(240g) Flathead
Goldband Snapper	(240g) Goldband
Local Whiting	(240g) Local Whiting
Red Emperor	(240g) Red Emperor
Saddletail Snapper	(240g) Saddletail Snapper
Southern Bluefin Tuna	(240g) Southern Bluefin Tuna
Spangled Emperor	(240g) Spangled Emperor
Wild Barramundi	(240g) Wild Barramundi
Yellowfin Tuna	(240g) Yellowfin Tuna
King Fish	(100g) Yellow Tail King Fish
Ruby Snapper	(240) Ruby Snapper
Poke Tuna	Tuna Poke
Seafood	
Bug Meat	(200g) Bug Meat
Mooloolaba Prawns	(500g) Cooked Ocean King Prawns whole
Prawn Cutlets	(250g) Prawn Cutlets
Prawn Meat	(250g) Prawn Meat
Abalone	(200g) Abalone
Calamari	(200g) Crumbed Calamari
Cuttlefish	(200g) Cuttlefish
Lobster Tails	(280-300g) Rock Lobster Tails raw
Scallop Meat Roe On	(200g) TAS Scallop Meat Roe On



Answering your questions

What's the difference between 'wild catch' and 'organic' seafood?

'Wild catch' or 'wild caught' fish are free to swim the ocean and find their own food and the right environment for their lifecycle. Wild caught fish tend to be higher in omega-3 fatty acids, protein and contain very low levels of disease. They are free from antibiotics, pesticides and anything deliberately artificial. Because they hunt for their own food, they are generally leaner than farm-raised fish.

'Organic' seafood is raised in aquatic farms. They must establish a range of ecologically sound practices, which include their commitment to stock welfare, habitat protection and prohibitions on chemical use. Most organic farms raise smaller quantities of fish so the potential for disease and habitat degradation is significantly decreased. This means organic sea farmers can maintain high standards of product quality and increases their ability to have a regular supply of fish.

How much fish should I be eating?

One to four serves per week are probably best. Studies now demonstrate that even a limited finfish intake — say one serve (about 100 g) per week — is better than none, especially in relation to heart disease. Up to four serves a week may be useful in some health respects, such as blood pressure control.

Where is omega-3 found?

Oily fish, other fish and seafood are the main sources of long chain omega-3s with eggs and lean red meat providing smaller amounts. There is a vegetarian source of Omega-3 DHA, made from marine algae, which is used in a variety of omega-3 enriched foods and infant formulas. Interestingly, it is the marine algae that fish feed on which helps make them a rich source of long chain omega-3s.

What are our Australian waters like for growing seafood?

Australian water quality is some of the best in the world. Generally, the further you are from major population bases the better the water since general run off from populated land can contain physical and chemical pollutants. We are lucky that we have one of the lowest land to population densities in the world and are surrounded by beautiful, pristine waters.

Should I be concerned about mercury levels in Australian seafood?

In Australia and New Zealand, mercury levels in fish are very low compared with other global regions. Mercury is naturally occurring in fish. The highest amounts are found in finfish like swordfish, marlin, flake (shark) and in smaller amounts in deep-sea perch. The Food Standards for Australia and New Zealand recommends fish as a highly nutritious food that is low in saturated fat, an excellent source of protein, essential omega-3 fatty acids, iodine and other vitamins. However, pregnant or breastfeeding women should have a maximum of one serve of finfish every fortnight to limit mercury taken on from these fish.

Are our fish sustainable?

Yes. Australia is a world leader in contemporary fisheries management. Just as we have allocated areas of land for farming, we must set aside parts of our marine environment for fishing and aquaculture activities. These areas and their resources are managed for ecologically sustainable food production. The Fisheries Research and Development Corporation describe all of the seafood species that Noosa Seafood Market provides as sustainable.