

# GOING GLOBAL BY GOING LOCAL

Fish & Co. restaurants in 7 countries are now serving up delectable seafood at affordable prices. This issue showcases some of the special items carried exclusively by our overseas outlets.

Ketchup and vinegar too English for your taste? Try the **Brunei** Fish and Chips, topped with sambal and served with a dash of aromatic curry mayonnaise to fire up your tongue. The localised version of the popular British dish has found fans among visitors at our branch located at Citis Square in Berakas.

Another seafood item that is exclusive to the Fish & Co. outlet at Brunei are the luscious slipper lobster dishes. These include the Oven Baked Slipper lobster with a mouth-watering Mediterranean mille feuille, Crispy Slipper Lobster with chips and Gratinated Slipper Lobster smothered in a rich creamy mushroom veloute with buttered herb rice.

Crossing the waters from Brunei to **Indonesia**, we have 16 branches serving the heavenly Chilli Crab, fresh from the seas surrounding the sprawling archipelago. Done in Portuguese style, the chilli crab is braised in bean paste, ketchup and chilli sauce, delivering a unique punch for spice lovers.



A special dish created particularly for the Indonesian market is the Sweet and Sour Fish, where the crispy golden fillet is topped with chunky sweet and sour sauce. This dish will entice our customers to remembrance a flavour that resemble their mother's cooking

Love sharing great food with your loved one and friends? Then travel with us to the **Philippines**, where exquisite fare is known to be invented at our 2 branches. Tuck into the Asian Seafood Stew, featuring Chilean mussels, prawns, fish and calamari stewed in savoury homemade tomato coulis sauce.

Want to have the best of both worlds? Try the scrumptious Fish Collar and Grilled Pork Belly, topped with a tantalising BBQ marinade sauce, accompanied with spiced rice and vegetables.

Fancy a cold dish? Try our Cold Platter Starter that comes with shrimp cocktail, fish ceviche, fresh oysters and vegetables sticks to give you a refreshing taste of the oceans!

So come on now and share all the good food from Fish & Co. with all your loved ones! We hope to see you soon at our restaurants around the world!

## TRAVERSING OCEANS

Singapore's premier youth sailing regatta, the Fish & Co. Youth Sailing Championship, will go international in 2014 after this year's successful staging, which saw over 300 local young sailors coming to compete in the medal race format similar to the London Olympics. To be held 18-22 Mar 2014, the competition is open to young sailors in Asia and beyond.

Blow out quote: "At Fish & Co., we believe in the spirit of adventure and the passion for competitive sports. As a business that caters vastly to the youths and the young at heart, we take pride in our involvement with a sport that captures that spirit," says Mr Hoo Hoe Keat, Fish & Co.'s deputy managing director.



Portuguese Chilli Crab



Gratinated Slipper Lobster Mushroom



Asian Seafood Stew

## Harvesting the seas responsibly

To bring you the best food, Fish & Co. believes in procuring our produce responsibly and taking great care in minimising our impact on the environment, in order for our shared natural resources be replenished for future generations.

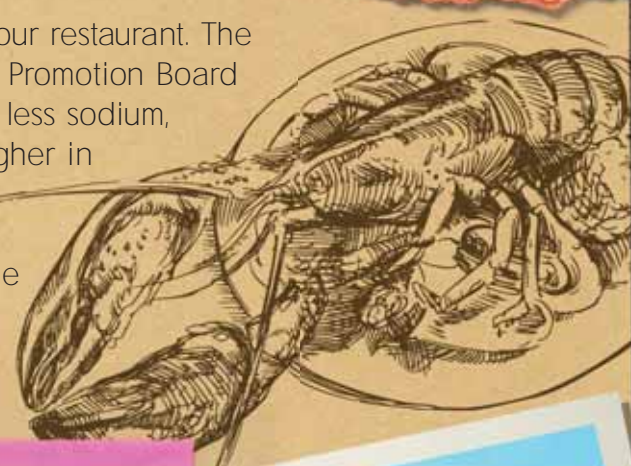
We purchase most of our ingredients from sources which carry out sustainable practices in cultivating, harvesting and delivering crops and seafood to our kitchens. Even in our offices, we are reducing our use of paper, recycling waste and conserving energy.

We want to deliver healthy food options to you in our restaurant. The Healthier Choice symbols by the Singapore Health Promotion Board as seen in our menus suggesting the dish contains less sodium, saturated fat, sugar, are free of trans fat, and are higher in calcium and dietary fibre.

If you are looking for a healthier meal the next time you dine with us, look out for the Healthier Choice symbols. They'd be just as delicious, and even healthier.



- less sodium
- less saturated fat
- less sugar
- free of trans fat
- higher in calcium
- higher in dietary fibre



## Fresh new catches

This season's specials include Seafood Bouillabaise where a medley of white fish, prawns, mussels and squid simmered in our homemade chunky tomato sauce served together with a basket of bread. Or try our succulent Grilled King Prawns which are lightly seasoned and grilled to perfection and topped with lemon butter sauce. Both special catches are available for a limited time only.



!!!get hooked



# Drink like a fish

Need a retreat from the heat? Kick back your heels and quench your thirst with Fish & Co.'s latest beverages, made from the finest ingredients and concoction to leave you as cool as a cucumber.

## BLUE DREAM

Made from a blend of cucumber and Blue Curacao Cordial, the **Blue Dream** mocktail is a beach lover's fantasy, superb for cleansing your palate after an awesome meal at Fish & Co.



## PASSION FRUIT MOJITO

Those who love zesty drinks, will be excited to hear about our **Passion Fruit Mojito**. Passion fruit, lime and mint come together in a fusion of sweet and sour, slaking any thirst developed from our great food.



## FROZEN APPLE MOJITO



Want to know on our special take on the all-time favourite mojito? Created with green apples and fresh mint leaves, the light taste of **Frozen Apple Mojito** complements with almost any meal of your choice.

## CANDY CRUSH



Sweet guava with tangy pineapple comes together in a perfect soda mix, bringing you a **Pink Sparkle**, just the thing to help you relax on a summer's day.

## GREEN APPLE MARGARITA



## PINK SPARKLE



## FunFishFacts

Heard the phrase "blur like sotong?" Are squids in fact "blur"? The lowly squid is actually an intelligent creature capable of learning complex behaviour at a young age and has an amazingly rich range of behaviours, including stealthy hunting techniques.

## Fishy Discovery

Do you know why our seafood comes in a pan? The pan is a vital link that tells how good cooking is what makes Fish & Co.'s great ingredients come alive, to give you an excellent meal. Do you see the pan in our logo? Come tell us on our Facebook page and stand to win lip-smacking Calamari!

## You're loving it

You too love our Best Fish and Chips in Town! With more than 8,800 servings enjoyed just in the month of June, the popular dish is our leading bestseller, and is often accompanied by the delectable Fried Calamari as an appetiser.



Fried Calamari

# The Special Catch

