

## F.I.S.H. ~ FISH ~ IN ~ SUTTON ~ HARBOUR

*When you combine the colourful commercial activity of the second largest Fish Market in England, with a Day Boat experience of catching your own lunch in the natural beauty of the waters off Plymouth Sound, this trail is a unique sea to plate experience exploring the maritime heritage of Plymouth's Sutton Harbour and showing you the two sides of fish production in this stunning part of the Seafood Coast.*



# INDULGE IN YOUR FAVOURITE THINGS: EATING, DRINKING AND EXPLORING...

A unique Sea To Plate adventure that shows you why Plymouth is Britain's Ocean City.

Plymouth has a growing reputation as a gourmet hotspot and is aiming to become the UK's first Blue Fish City. This trail captures everything that is iconic about Plymouth, past and future. A rare opportunity to go behind the scenes at the Fish Market and meet the Harbour Master sets the scene for a day of fishing, salty sea dogs and tucking into your own catch – it's a back to nature cure that's the ultimate Seafood adventure.

- ~ Gather at 6.45am for an eye opening coffee!
- ~ Meet the Harbour Master Pete to tour the fish market and experience the Auction.
- ~ Pour over Charts for Team Tactics with Skipper over a bacon buttie.
- ~ Set sail to fish your dish straight from the Sea.
- ~ Take a filleting & preparation lesson and understand how best to enjoy your fish.
- ~ Relax with 'something cool' and deploy your tall tales.
- ~ Enjoy Signature dishes to showcase your fish.
- ~ You'll never taste better - and yes, you'll be biased!
- ~ Close 3 ish, but you are welcome to stay and relax.

JOIN US FOR A UNIQUE EXPERIENCE YOU'LL ALWAYS REMEMBER

Book now on: [www.grazeandflavour.co.uk](http://www.grazeandflavour.co.uk) or 01752 225676



*"Discovering a real and sustainable food scene in Plymouth was an absolute delight. I wish more people would get involved in the entire process of putting food on their own plate. Keep up the great work Graze & Flavour, and keep spreading the word!"*

Jane Sarchant  
Hedgecombers.com



GRAZE & FLAVOUR

*taste encounters ~ devon made*

GRAZE & FLAVOUR ~ RELAX ~ DISCOVER ~ TASTE ~ ENJOY...