

# Anstruther Fish Bar & Restaurant



## Seafood Week 5th - 12th October 2007

The theme for this year's Seafood Week is 'Celebrating the Seafood Industry in the UK'.

Look out for lots of fun things to do and new fish dishes to try not just in Anstruther Fish Bar but all over the UK during Seafood Week celebrations. The UK Seafood Industry involves everyone from seafood processors such as our local fish filleters here in the East Neuk of Fife, fishermen catching our fish out at sea, fish farmers who breed and rear fish such as salmon, halibut and cod in pens in the sea right through to our local fishmongers, retail fish vans and even supermarkets who all sell delicious fresh fish.

**Remember! Eating lots of fish is terrific for boosting your brain power!**

Enter our fun competition by drawing or painting a poster in the box below with the theme:  
**'Celebrating the Seafood Industry in the UK'!**

Name: .....  
Primary School: .....  
Age: .....

Please hand your completed poster into Anstruther Fish Bar during Seafood Week.  
Winning entries will be chosen on Saturday 13th October 2007 and all entries displayed in the Fish Bar.

LOTS OF GREAT PRIZES TO BE WON .....Good Luck!

