

Seafood

As one of the busiest ports on the eastern seaboard of Australia, Mooloolaba has the freshest seafood on the Sunshine Coast. The wharf is a hive of daily activity – with trawlers bringing in boatloads of fish, prawns, oysters, lobsters and crabs. The best place to grab the ‘catch of the day’ is on Parkyn Parade where you’ll find a range of fish markets and takeaway shops – all offering fresh local seafood.

The Coast is also home to strong aquaculture industries – with Red Claw Crayfish, Barramundi and various species of prawns farmed extensively in the region along with experimental species such as eels.

Mooloolaba Prawns

Wild caught Mooloolaba Ocean King Prawns (*Melicertus plebejus*) have an international reputation for being the highest quality prawns available and there’s no better place to enjoy them than fresh off the trawler on the Sunshine Coast.

Spanner Crabs

The Spanner Crab, also known as *Ranina Ranine*, is most commonly caught in Queensland’s northern pristine tropical waters but is also found off the Sunshine Coast and has become a popular item on the menu in the region due to its sweet and scrumptious meat.

Catch of the day

Here are some of the species that are commonly fished off the Sunshine Coast:

- Goldband Snapper
- Pearl Perch
- Kingfish
- Knobby Snapper
- Red Emperor
- Spangled Emperor
- Mahi Mahi
- Whiting
- Parrot Fish
- Yellowfin Tuna
- Moreton Bay Bugs

Fishy festival

Each year the Tin Can Bay Seafood Festival offers visitors a showcase of the amazing seafood that locals are able to enjoy all year round. The event features

family activities, street performers, concerts, cooking demonstrations and lots and lots of delicious seafood! There are also fun competitions like prawn eating, fish tossing and sandcastle making.

Restaurants and river cruises

There are dozens of restaurants and cafes across the Sunshine Coast – many of them located right on the beachfront – that specialise in seafood. The region's eateries pride themselves on creating mouth-watering dishes featuring the finest in local produce. Some of the items of the menu include stir-fried Spanner Crab with Shaoxing rice wine, pickled garlic and chilli; Moreton Bay bug dumplings with sweet Asian dipping sauce; and Mooloolaba tiger prawns with a green pawpaw and herb salad.

For the budget-conscious, there are Surf Clubs and takeaway fish and chips shops scattered across the Coast that offer the 'catch of the day'. There is also the option of hopping on a seafood river cruise and feasting on Mooloolaba prawns as the sun goes down over the water.

Did you know?

- Mooloolaba is the biggest swordfish port in Australia.
- Sunshine Coast Spanner Crabs can be caught on a Monday and sold at the Sydney Fish Markets by Tuesday lunchtime.

For more information go to: www.visitsunshinecoast.com.au