FLATFISH

Lemon sole

Microstomus kitt

Not recorded off Sussex in our sources | Confirmed record



Lemon sole (*Microstomus kitt*). Picture: Hans Hillewaert, CC BY-SA 4.0 (creativecommons.org/licenses/by-sa/4.0/), via Wikimedia Commons: commons.wikimedia.org/wiki/File:Microstomus_kitt_1.jpg.

IN SHORT
The lemon sole is not named for its colour. Our sources do not record it off the Sussex coast. British boat record: confirmed.

Key facts

IDENTIFY IT
Oval left-eyed flatfish with slimy reddish-brown skin speckled orange and yellow, a small mouth and a curved lateral line.

SIZE
Up to 2 ft and 7 lb; most are 20-30 cm. Rarely caught from the shore.

HABITAT
Stony, mixed and sandy ground. Lives in deeper, colder water than Dover sole.

OFF SUSSEX
Not recorded in our sources

AROUND BRITAIN
No months in our sources

METHODS
Small mouth, so small hooks (size 8 or smaller) with worm baits on flapping rigs over sand or mud (shore guide).

GROUP
Flatfish

COME FISHING WITH US

Fish with Kestrel Warrior from Brighton Marina

The lemon sole is not one of the fish our sources record off Sussex, so no Kestrel Warrior trip targets it. Come and fish the Sussex coast on one of our eight trips (Prices 2027):

- **Sightseeing tour** 1 hour, £20 pp
- **Squid and cuttlefish trip** 3 hours, £55 pp
- **Sea fishing trip at anchor, multiple species** 8 hours, £75 pp
- **Wreck fishing at anchor** 10 hours, £110 pp
- **Mackerel trip** 90 minutes, £27 pp
- **Sea fishing trip, multiple species** 4 hours, £55 pp
- **Flatfish drift trip** 8 hours, £90 pp
- **Shark fishing trip** 10 hours, £150 pp

Free tuition and free gutting and filleting of your catch. Rod hire £10 per person; fishing tackle is included on the shark trip.

Scan to book

Book: ring **07896 471691** (8am to 9pm, seven days a week) · info@kestrelwarrior6.co.uk · kestrelwarrior6.co.uk/contact/

About the lemon sole

The lemon sole is not named for its colour. It is an oval, left-eyed flatfish with slimy reddish-brown skin speckled orange and yellow, a small mouth and a curved lateral line. It lives on stony, mixed and sandy ground, in deeper, colder water than Dover sole, and it is rarely caught from the shore.

Most fish are 20 to 30 cm, and the largest reach about 2 ft and 7 lb. The small mouth matters to anglers. A shore guide suggests small hooks, size 8 or smaller, with worm baits on flapping rigs over sand or mud.

The record gives no months for it, either for Britain or for Sussex, and it holds no Sussex notes, so we cannot say when it is most likely to turn up off Brighton. We would rather say that than guess.

The official British boat record is 3 lb 4 oz 14 dr, from Teignmouth in Devon in 2006. The minimum size is 25 cm in ICES areas 7d and 7e, so measure before you keep one, and check the current rules.

On the boat

The record gives no months and no Sussex notes for this species, so we cannot say when or where off Sussex it is most likely to be caught. It lives on stony, mixed and sandy ground in deeper, colder water than Dover sole. Because of the small mouth, a shore guide suggests small hooks, size 8 or smaller, with worm baits on flapping rigs over sand or mud.

British boat-caught record

Confirmed record

Weight	3 lb 4 oz 14 dr
Where	Teignmouth, Devon
When	2006
Angler	Garry Newcombe

Confirmed British boat-caught record: Garry Newcombe, 3 lb 4 oz 14 dr, Teignmouth, Devon, 2006. The figures come from the official British Record Fish Committee listing of June 2026, and the place matches British Sea Fishing's boat record page. The list gives the year, not a full date.

Care and rules

Minimum size is 25 cm in ICES areas 7d and 7e on the gov.uk MCRS list. The Marine Conservation Society rates it 3 or 4 on its 1 to 5 scale, as reported by Wikipedia. Rules change: check the current rules before you fish.

Did you know?

Despite the name, the skin is not lemon-coloured. It is slimy and reddish-brown, speckled orange and yellow, and the fish is left-eyed.

Sources: Wikipedia: Lemon sole; British Sea Fishing: Lemon sole; BRFC sea fish listings June 2026; British Sea Fishing: UK boat caught records; Gov.uk MCRS. The full guide, with links to every source: kestrelwarrior6.co.uk/sea-fish-guide/lemon-sole/