



FALL/WINTER 2023



US SELECT BONELESS RIB EYE STEAK

Known as the “King of Steaks”, the Rib Eye is prized for its tenderness and flavour and abundant marbling. A top seller in Steakhouses and grocery stores.

PRODUCT CODE: 12272 PRICE: \$96.00
PACKAGED: 6 STEAKS X 12 OZ (340 GR EACH)
STEAKS INDIVIDUALLY VAC PACKED



CERTIFIED ANGUS BEEF® STRIPLOIN STEAK

This premium steak is a steakhouse classic, known for its robust marbling, tenderness and flavour.

PRODUCT CODE: 14442 PRICE: \$90.00
PACKAGED: 2 STEAKS PER PACK | 6 STEAKS X 10 OZ



BONELESS BOTTOM SIRLOIN “BAVETTE” STEAK

The Bavette Steak is one of those cut’s of Beef that does not get the glory it deserves! Tremendous Marbling and a tender texture. Serve on it’s own with your choice of side. Great steak on a bun, steak fajita, steak salad or stir fry.

A MUST TRY! You will be left wanting more!

PRODUCT CODE: 18842 PRICE: \$62.00
PACKAGED: 16 X 115 GR (4oz) | 4 STEAKS PER VAC | 4.06 LB CASE



SCALLOP MEDALLIONS

These sweet and tender scallops offer all the benefits of the Patagonian Scallop while providing a perfect value alternative.

PRODUCT CODE: 80252

PRICE: \$36.00

PACKAGED: 2 LB BAG



FULLY COOKED BREAKFAST PORK LINK SAUSAGE - GLUTEN FREE

You can have breakfast on the table in no time with our Fully Cooked Breakfast Pork Link Sausages.

Delicious on their own or with your favourite style of eggs!

PRODUCT CODE: 90962 PRICE: \$31.00

PACKAGED: 2 BAGS X 3LB | 6.61 LB CASE



ITALIAN STYLE COOKED MEATBALLS

The perfect meatball!

Whether for a cocktail party, or with pasta, we bet you can't just eat one!

PRODUCT CODE: 90052 PRICE: \$43.00

PACKAGED: 2 X 4.96 LB BAG

BEEF ITEMS



CERTIFIED ANGUS BEEF® TOP SIRLOIN STEAK

A versatile steak that is cut from the top sirloin. Lean, juicy and tender, it boasts great flavour.

Can you hear the sizzle... perfect summer steak!

PRODUCT CODE: 14262 PRICE: \$89.00
PACKAGED: 2 STEAKS PER PACK | 12 STEAKS X 6 OZ



CERTIFIED ANGUS BEEF® FRENCHED COWBOY STEAK

The Certified Angus Beef® brand's standards are the true mark of quality, ensuring juiciness, tenderness and flavor in every bite.

PRODUCT CODE: 18242 PRICE: \$68.00
PACKAGED: 2 STEAKS X 20 OZ (570 GR EACH)
STEAKS INDIVIDUALLY VAC PACKED



BACON WRAPPED TENDERLOIN STEAK

The most tender beef cut. Lean yet succulent and elegant and wrapped in bacon! Say no more.

PRODUCT CODE: 14962 PRICE: \$88.00
PACKAGED: 2 STEAKS PER PACK | 20 STEAKS x 4 OZ EA



CERTIFIED ANGUS BEEF® TOP SIRLOIN ROAST

Tender and oh soooo flavourful! Roast ready, restaurant quality and perfect for your favourite recipes. Cut from the top sirloin.

Can you say...delicious!! Just add your own seasoning of choice and enjoy!

PRODUCT CODE: 14222 PRICE: \$82.00
PACKAGED: 2 ROASTS PER CASE-907GR (2LBS) EACH

CHICKEN ITEMS



FULLY COOKED CHICKEN WINGS

Move over breaded grocery store chicken wings! Our fully cooked chicken wings cook up nice and crispy, without the breading.

Just add your favourite wing sauce for a pub worthy wing experience from home, either out of the oven or hot off the grill.

PRODUCT CODE: 92872
PACKAGED: 2 X 3 LB BAGS

PRICE: \$48.00



"JUST CHICKEN" BNLS/SKNLS CHICKEN BREAST

2 BREASTS PER VAC

Chicken Dinner! With just one ingredient... "Chicken Breast" you can let your inner culinary adventurer journey to parts unknown.

100% additive free-no added water or salt.

PRODUCT CODE: 77162
PACKAGED: 6-8 OZ PORTIONS | 8.81 LB BOX

PRICE: \$80.00



BREADED CHICKEN FINGERS **PAR-COOKED

Dare we say these fingers are famous?
These are the same fingers found in some great restaurants and pubs.

Hugely popular for a reason!!

PRODUCT CODE: 71025
PACKAGED: 2 X 4.4 LB BAGS

PRICE: \$68.00



CHICKEN SOUVLAKI- *RAW*

Like Kabobs the word "Souvlaki" simply means "meat on skewers". These tender chicken skewers are made with breast meat and marinated in a mediterranean seasoning.

Top them with Tzatziki sauce, over a bed of rice, in a warm pita or on your favourite salad. Ready for the grill.

PRODUCT CODE: 65632
PACKAGED: 15 SKEWERS X 65 GR (2.3 OZ)

PRICE: \$28.00

SEAFOOD ITEMS



BUTTERFLY GARLIC SHRIMP

Butterflied, Shell-On and dressed to impress with a garlic & herb marinade - ready for the grill!

PRODUCT CODE: 81272

PRICE: \$30.00

PACKAGED: APPROX. 36 SHRIMP | 2 LB BAG



RAINBOW TROUT FILLETS - SKIN ON/BNLS

Trout is native to North America, found in its abundant cold-water rivers and lakes. Although many species of trout exist, rainbow trout appears most often on restaurant menus and in fish markets.

Trout offers a variety of health benefits and is low in mercury, making it a safe addition to your diet.

PRODUCT CODE: 87212

PRICE: \$52.00

PACKAGED: 8-9 PCS | 6-7 OZ EA | 3.33 LBS



SMOKEY MAPLE & PEPPER BACON WRAPPED JAIL ISLAND® ATLANTIC SALMON

We season Jail Island® Salmon with a great smokey maple pepper rub, then wrap it in bacon!

You will surely be a dinner hero!



PRODUCT CODE: 88602

PRICE: \$67.00

PACKAGED: 10 PORTIONS X 5 OZ



NEW
PACK
SIZE

JAIL ISLAND® ATLANTIC SALMON PORTIONS

Canadian through and through.

Raised in the Bay of Fundy, Jail Island® Atlantic Salmon always delivers exceptional flavour and buttery texture for a taste that's close to home.



PRODUCT CODE: 88772

PRICE: \$99.00

PACKAGED: 14 PORTIONS X 5 OZ

PORK ITEMS



SMOKED & SLOW COOKED PORK BACK RIBS IN BBQ SAUCE

We don't care if you are the person who tells the best jokes or are the best dancer. The most popular person at a party will always be the one who brought the ribs.

PRODUCT CODE: 92862

PRICE: \$58.00

PACKAGED: 6 FULL RIBS X 21 OZ EACH



DEBREIZENI SAUSAGE - FULLY COOKED PORK SAUSAGE

Just in time for BBQ Season!

Who needs a hotdog/sausage cart when you can cook up your own in the comfort of your home.

Fully Cooked and ready to put on the grill!

PRODUCT CODE: 96002

PRICE: \$44.00

PACKAGED: 6 PACKS - 4 SAUSAGES EACH | 24 PCS



THICK CUT PEAMEAL BACON

Studies show making a peameal on a bun with our thick-cut peameal bacon will make you significantly happier. You can't argue with science.

PRODUCT CODE: 60062

PRICE: \$50.00

PACKAGED: 6 PACKS X 500 GR



THICK CUT CANADIAN SLICED BACON

Take your home-cooked breakfasts to the next level of deliciousness with our thick cut sliced bacon.

PRODUCT CODE: 60022

PRICE: \$60.00

PACKAGED: 6 PACKS X 500 GR

NUTRITIONALS FALL/WINTER 2023-24

US SELECT BONELESS RIBEYE STEAK | Product Code #12272

Ingredients: BEEF

	% DV* / % VQ*	% DV* / % VQ*
Nutrition Facts Valeur nutritive		
Per 1 steak (570 g) pour 1 bifteck (570 g)		
Calories 1270		
* DV = Daily Value * VQ = valeur quotidienne		
Fat / Lipides 84 g	112 %	Protein / Protéines 114 g
Saturated / saturés 37 g	200 %	Cholesterol / Cholestérol 310 mg
+ Trans / trans 3 g		Sodium 400 mg
Carbohydrate / Glucides 0 g		Potassium 1850 mg
Fibre / Fibres 0 g	0 %	Calcium 50 mg
Sugars / Sucres 0 g	0 %	Iron / Fer 9 mg
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		

CERTIFIED ANGUS BEEF STRIPLOIN STEAK | Product Code #14442

Ingredients: BEEF

	% DV* / % VQ*	% DV* / % VQ*
Nutrition Facts Valeur nutritive		
Per 1/2 steak (143 g) pour 1/2 bifteck (143 g)		
Calories 300		
* DV = Daily Value * VQ = valeur quotidienne		
Fat / Lipides 19 g	25 %	Protein / Protéines 29 g
Saturated / saturés 8 g	43 %	Cholesterol / Cholestérol 75 mg
+ Trans / trans 0.5 g		Sodium 80 mg
Carbohydrate / Glucides 0 g		Potassium 450 mg
Fibre / Fibres 0 g	0 %	Calcium 10 mg
Sugars / Sucres 0 g	0 %	Iron / Fer 3 mg
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		

BONELESS BOTTOM SIRLOIN "BAVETTE" STEAK | Product Code #18842

Ingredients: Beef, Water, Salt, Sugars (glucose solids), Hydrolyzed soy protein, Spices, papain.

CONTAINS: SOY

	% DV* / % VQ*	% DV* / % VQ*
Nutrition Facts Valeur nutritive		
Per 1 steak (115 g) pour 1 bifteck (115 g)		
Calories 160		
* DV = Daily Value * VQ = valeur quotidienne		
Fat / Lipides 9 g	12 %	Protein / Protéines 20 g
Saturated / saturés 3.5 g	19 %	Cholesterol / Cholestérol 60 mg
+ Trans / trans 0.3 g		Sodium 430 mg
Carbohydrate / Glucides 0 g		Potassium 300 mg
Fibre / Fibres 0 g	0 %	Calcium 10 mg
Sugars / Sucres 0 g	0 %	Iron / Fer 2 mg
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		

NUTRITIONALS FALL/WINTER 2023-24

SCALLOP MEDALLIONS | Product Code #80252

Ingredients: Scallops, Fish Gelatin (cod, haddock, pollock), Salt.

	% DV* / % VQ*		% DV* / % VQ*	
Nutrition Facts Valeur nutritive Per (907 g) pour (907 g) Calories 590 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 4.5 g	6 %	Protein / Protéines 109 g	
	Saturated / saturés 1 g	5 %	Cholesterol / Cholestérol 220 mg	
	+ Trans / trans 0 g		Sodium 3560 mg	
	Carbohydrate / Glucides 29 g		Potassium 1850 mg	
	Fibre / Fibres 0 g	0 %	Calcium 50 mg	
	Sugars / Sucres 0 g	0 %	Iron / Fer 3.5 mg	
			*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

FULLY COOKED BREAKFAST SAUSAGE | Product Code #90962

Ingredients: Pork, Water, Salt, Potato starch, Fiber blend [sugars (rice syrup, grape juice), vegetable fiber], Spices, Sugars (sugar, dextrose, maltodextrin), Onion Powder, Silicon Dioxide, Lemon Extract, Lemon Juice Powder, Vegetable Oil, Glycerin.

	% DV* / % VQ*		% DV* / % VQ*	
Nutrition Facts Valeur nutritive Per 2 sausages (70 g) pour 2 saucisses (70 g) Calories 160 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 12 g	16 %	Protein / Protéines 10 g	
	Saturated / saturés 4 g	20 %	Cholesterol / Cholestérol 40 mg	
	+ Trans / trans 0 g		Sodium 450 mg	
	Carbohydrate / Glucides 2 g		Potassium 125 mg	
	Fibre / Fibres 0 g	0 %	Calcium 20 mg	
	Sugars / Sucres 0 g	0 %	Iron / Fer 0.5 mg	
			*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

ITALIAN STYLE COOKED MEATBALLS | PRODUCT CODE #90052

Ingredients: Beef, Water, Toasted Wheat Crumbs, Soy Protein, Salt, Sugar, Spices, Onion Powder, Garlic Powder.

CONTAINS: WHEAT, SOY

	% DV / % VQ*		% DV / % VQ*	
Nutrition Facts Valeur nutritive Per 7 meatballs (100 g) par 7 boulettes de viande (100 g) Calories 250 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 19 g	25 %	Protein / Protéines 16 g	
	Saturated / saturés 9 g	50 %	Cholesterol / Cholestérol 45 mg	
	+ Trans / trans 1 g		Sodium 450 mg	
	Carbohydrate / Glucides 3 g		Potassium 250 mg	
	Fibre / Fibres 2 g	7 %	Calcium 30 mg	
	Sugars / Sucres 0 g	0 %	Iron / Fer 2.25 mg	
			*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

NUTRITIONALS FALL/WINTER 2023-24

CERTIFIED ANGUS BEEF® TOP SIRLOIN STEAK | Product Code #14262

Ingredients: **BEEF**

Nutrition Facts Valeur nutritive	% DV* / % VQ*	% DV* / % VQ*
Per 1 steak (170 g) pour 1 bifteck (170 g)	Fat / Lipides 14 g Saturated / saturés 6 g + Trans / trans 0.5 g	Protein / Protéines 36 g Cholesterol / Cholestérol 95 mg
Calories 290	Carbohydrate / Glucides 0 g Fibre / Fibres 0 g Sugars / Sucres 0 g	Sodium 100 mg Potassium 550 mg Calcium 10 mg Iron / Fer 4 mg
* DV = Daily Value * VQ = valeur quotidienne	* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

CERTIFIED ANGUS BEEF® COWBOY STEAK | Product Code #18242

Ingredients: **BEEF**

Nutrition Facts Valeur nutritive	% DV* / % VQ*	% DV* / % VQ*
Per 1 steak (570 g) pour 1 bifteck (570 g)	Fat / Lipides 84 g Saturated / saturés 37 g + Trans / trans 3 g	Protein / Protéines 114 g Cholesterol / Cholestérol 310 mg
Calories 1270	Carbohydrate / Glucides 0 g Fibre / Fibres 0 g Sugars / Sucres 0 g	Sodium 400 mg Potassium 1850 mg Calcium 50 mg Iron / Fer 9 mg
* DV = Daily Value * VQ = valeur quotidienne	* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

BACON WRAPPED TENDERLOIN STEAK | PRODUCT CODE #14962

Ingredients: Beef, Bacon: Pork, Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Sodium Bicarbonate, Spices, Smoke.

Nutrition Facts Valeur nutritive	% DV / % VQ*	% DV / % VQ*
Per portion (100 g) par portion (100 g)	Fat / Lipides 1.5 g Saturated / saturés 0.4 g + Trans / trans 0 g	Protein / Protéines 18 g Cholesterol / Cholestérol 5 mg
Calories 100	Carbohydrate / Glucides 4 g Fibre / Fibres 0 g Sugars / Sucres 2 g	Sodium 650 mg Potassium 400 mg Calcium 20 mg Iron / Fer 0.75 mg
* DV = Daily Value * VQ = valeur quotidienne	* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

NUTRITIONALS FALL/WINTER 2023-24

CERTIFIED ANGUS BEEF® TOP SIRLOIN ROAST | Product Code #14222

Ingredients: BEEF

	% DV* / % VQ*		% DV* / % VQ*
Nutrition Facts		Protein / Protéines 21 g	
Valeur nutritive		Cholesterol / Cholestérol 55 mg	
Serving Size (100 g)		Sodium 60 mg	3 %
Portion (100 g)		Potassium 300 mg	6 %
Calories 170		Calcium 10 mg	1 %
* DV = Daily Value		Iron / Fer 2.5 mg	14 %
* VQ = valeur quotidienne		*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

CERTIFIED ANGUS BEEF® GROUND CHUCK | Product Code #46142

Ingredients: BEEF

	% DV* / % VQ*		% DV* / % VQ*
Nutrition Facts		Protein / Protéines 18 g	
Valeur nutritive		Cholesterol / Cholestérol 70 mg	
Per 1 burger (100 g)		Sodium 55 mg	2 %
pour 1 burger (100 g)		Potassium 300 mg	9 %
Calories 260		Calcium 10 mg	1 %
* DV = Daily Value		Iron / Fer 1.75 mg	10 %
* VQ = valeur quotidienne		*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

CERTIFIED ANGUS BEEF® CHUCK BURGER | Product Code #46102

Beef, Water, Salt.

	Amount / Teneur	% DV / % VQ		Amount / Teneur	% DV / % VQ
Nutrition Facts	Fat / Lipides 33 g	51 %	Carbohydrate / Glucides 0 g		0 %
Valeur nutritive	Saturated / saturés 14 g	73 %	Fibre / Fibres 0 g		0 %
Serving Size 1 burger (200 g)	+ Trans / trans 0.5 g		Sugars / Sucres 0 g		
Portion 1 burger (200 g)	Cholesterol / Cholestérol 130 mg		Protein / Protéines 35 g		
Calories / Calories 450	Sodium / Sodium 330 mg	14 %			
* DV = Daily Value / VQ = valeur quotidienne	Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C		0 %
	Calcium / Calcium	2 %	Iron / Fer		25 %

NUTRITIONALS FALL/WINTER 2023-24

SLOW COOKED BEEF POT ROAST | PRODUCT CODE #92572

Ingredients: Boneless Beef Blade Roast, Water, Beef Juices, Dextrose, Salt, Modified Corn Starch, Hyrdolyzed Corn, Soy and Wheat Proteins, Spices and Spice Extracts, Caramel Colour, Beef Flavour, (hydrolyzed whey and wheat protein), Hydrogenated Soybean and Canola Oils, Onion, Garlic, Sugar, Parsley, Modified Milk Ingredients, Xanthan Gum, Silicon Dioxide.

CONTAINS: MILK, SOY, WHEAT

	% DV / % VQ*		% DV / % VQ*
Nutrition Facts			
Valeur nutritive			
Per 1/6 roast (150 g) pour 1/6 de rôti (150 g)			
Calories 260		Protein / Protéines 26 g	
* DV = Daily Value	Fat / Lipides 16 g	21 %	Cholesterol / Cholestérol 70 mg
* VQ = valeur quotidienne	Saturated / saturés 7 g	40 %	Sodium 530 mg
	+ Trans / trans 0.5 g		Potassium 350 mg
	Carbohydrate / Glucides 1 g		7 %
	Fibre / Fibres 0 g	0 %	Calcium 10 mg
	Sugars / Sucres 1 g	1 %	1 %
			Iron / Fer 2.5 mg
			14 %
	* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

STEAKHOUSE BURGER | PRODUCT CODE | #46342

Ingredients: Beef, Water, Toasted Wheat Crumbs, Salt, Soy Protein, Spices & Spice Extracts, Onion, Sugar, Garlic, Flavour, Canola Oil.

CONTAINS: SOY, WHEAT, MUSTARD

	% DV / % VQ*		% DV / % VQ*
Nutrition Facts			
Valeur nutritive			
Per 1 burger (170 g) pour 1 burger (170 g)			
Calories 430		Protein / Protéines 26 g	
* DV = Daily Value	Fat / Lipides 33 g	44 %	Cholesterol / Cholestérol 120 mg
* VQ = valeur quotidienne	Saturated / saturés 14 g	70 %	Sodium 540 mg
	+ Trans / trans 0.4 g		Potassium 400 mg
	Carbohydrate / Glucides 5 g		9 %
	Fibre / Fibres 0 g	0 %	Calcium 30 mg
	Sugars / Sucres 1 g	1 %	2 %
			Iron / Fer 3.5 mg
			19 %
	* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

FULLY COOKED CHICKEN WINGS | PRODUCT CODE | #92872

Ingredients: Chicken, Water, Salt, Spices, Onion Powder, Chicken Broth, Garlic Powder, Flavour, Canola Oil.

	% DV* / % VQ*		% DV* / % VQ*
Nutrition Facts			
Valeur nutritive			
Per about 4 wings (100 g edible portion) pour environ 4 ailes (100 g de portion comestible)			
Calories 310		Protein / Protéines 28 g	
* DV = Daily Value	Fat / Lipides 21 g	28 %	Cholesterol / Cholestérol 180 mg
* VQ = valeur quotidienne	Saturated / saturés 6 g	31 %	Sodium 510 mg
	+ Trans / trans 0.1 g		Potassium 300 mg
	Carbohydrate / Glucides 1 g		6 %
	Fibre / Fibres 0 g	0 %	Calcium 20 mg
	Sugars / Sucres 0 g	0 %	4 %
			Iron / Fer 0.75 mg
	* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

NUTRITIONALS FALLWINTER2023-24

JUST CHICKEN BREAST (BNLS/SKNLS) | Product Code #77162

Ingredients: Chicken

	% DV* / % VQ*		% DV* / % VQ*
Nutrition Facts			
Valeur nutritive			
Per portion (141 g) pour portion (141 g)			
Calories 290			
Fat / Lipides 19 g	25 %	Protein / Protéines 29 g	
Saturated / saturés 4.5 g	23 %	Cholesterol / Cholestérol 80 mg	
+ Trans / trans 0 g		Sodium 85 mg	4 %
Carbohydrate / Glucides 0 g		Potassium 500 mg	15 %
Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
Sugars / Sucres 0 g	0 %	Iron / Fer 0.5 mg	3 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

BREADED CHICKEN FINGERS | PRODUCT CODE #71025 *PAR-COOKED

Ingredients: Chicken Breast Fillets, Water, Salt, Sodium Phosphate, Seasoning (Salt, Spice Extract, Polysorbate, Tricalcium Phosphate), in the breading (Toasted Wheat Crumbs with Spices, Wheat Flour, Spices, Dextrose, Garlic Powder, Modified Corn Starch, Yellow Corn Flour, Baking Powder, Vegetable Oil, Shortening (Soy and Cotton Seed) Defatted Soy Flour, Milk Ingredients, Dried Egg, White Powder, Guar Gum, Browned in Soybean and Canola Oil).

CONTAINS: WHEAT, SOY, MILK AND EGG

	% DV* / % VQ*		% DV* / % VQ*
Nutrition Facts			
Valeur nutritive			
Per 3 pieces (100 g) pour 3 morceaux (100 g)			
Calories 200			
Fat / Lipides 9 g	12 %	Protein / Protéines 11 g	
Saturated / saturés 1.5 g	8 %	Cholesterol / Cholestérol 20 mg	
+ Trans / trans 0 g		Sodium 540 mg	23 %
Carbohydrate / Glucides 21 g		Potassium 350 mg	7 %
Fibre / Fibres 1 g	4 %	Calcium 30 mg	2 %
Sugars / Sucres 2 g	2 %	Iron / Fer 1.5 mg	8 %
*5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

CHICKEN SOUVLAKI | Product Code #65632

Ingredients: Chicken Breast, Water, Canola Oil, Flavour (corn starch, dehydrated turkey broth, dextrose, spice extracts), corn syrup solids, sodium phosphates, cooking wine (salt, contains sulphites). Onion Powder, sea salt, lemon juice from concentrate, oranges, sweet paprika powder, garlic powder, spice.

CONTAINS: SULPHITES

	% DV* / % VQ*		% DV* / % VQ*
Nutrition Facts			
Valeur nutritive			
Serving Size (65 g) Portion (65 g)			
Calories 100			
Fat / Lipides 5 g	7 %	Protein / Protéines 10 g	
Saturated / saturés 0.5 g	3 %	Cholesterol / Cholestérol 25 mg	
+ Trans / trans 0 g		Sodium 270 mg	12 %
Carbohydrate / Glucides 2 g		Potassium 125 mg	3 %
Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
Sugars / Sucres 0 g	0 %	Iron / Fer 0.5 mg	3 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

NUTRITIONALS FALL/WINTER 2023-24

BUTTERFLY GARLIC SHRIMP | PRODUCT CODE #81272

Ingredients: Shrimp, Water, Garlic, Maltodextrin, Modified Corn Starch, Natural Lemon Flavor, Salt, Sugar, Spices, Xanthan Gum, Corn Syrup, Yeast Extract, Silicon Dioxide, Citric Acid, Sodium Tripolyphosphate (for moisture retention).

	% DV / % VQ*		% DV / % VQ*
Nutrition Facts			
Valeur nutritive			
Per 4 shrimp (125 g) pour 4 crevette (125 g)			
Calories 80			
* DV = Daily Value			
* VQ = valeur quotidienne			
	* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

RAINBOW TROUT FILLETS SKIN ON-BNLS | Product Code #87212

CONTAINS: FISH

	% DV* / % VQ*		% DV* / % VQ*
Nutrition Facts			
Valeur nutritive			
Per (100 g) pour (100 g)			
Calories 140			
* DV = Daily Value			
* VQ = valeur quotidienne			
	* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

SMOKEY MAPLE BACON WRAPPED SALMON | Product Code #88602

Ingredients: Salmon, Bacon (pork, water, salt, sugar, sodium erythorbate, sodium phosphate, spices, sodium nitrite, smoke), Sugars (maple sugar, brown sugar), salt, dehydrated red bell pepper, smoke flavour, spice, caramel, flavour. **CONTAINS: FISH (SALMON)**

	Amount / Teneur	% DV / % VQ	Amount / Teneur	% DV / % VQ
Nutrition Facts				
Valeur nutritive				
Serving Size 1 fillet (142 g) Portion 1 fillet (142 g)				
Calories / Calories 360				
* DV = Daily Value / VQ = valeur quotidienne				

NUTRITIONALS FALL/WINTER 2023-24

ATLANTIC SALMON PORTION BNLS/SKNLS | Product Code #88772

Ingredients: Salmon

	% DV* / % VQ*		% DV* / % VQ*
Nutrition Facts Valeur nutritive	Fat / Lipides 19 g	25 %	Protein / Protéines 29 g
	Saturated / saturés 4.5 g	23 %	Cholesterol / Cholestérol 80 mg
Per portion (141 g) pour portion (141 g)	+ Trans / trans 0 g		Sodium 85 mg
Calories 290	Carbohydrate / Glucides 0 g		Potassium 500 mg
	Fibre / Fibres 0 g	0 %	Calcium 10 mg
	Sugars / Sucres 0 g	0 %	Iron / Fer 0.5 mg
* DV = Daily Value * VQ = valeur quotidienne	*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		

SMOKED & COOKED PORK BACK RIBS IN BBQ SAUCE | PRODUCT CODE #92862

Pork, Sugar/Glucose-Fructose, Tomato Paste, Cayenne Pepper Sauce (cayenne red peppers, vinegar, water, salt, garlic powder), Vinegar, Modified Corn Starch, Water, Concentrated Pineapple Juice, Spice Extracts (contains mustard), Salt, Refiners' Molasses, Natural Smoke Flavour, Caramel Colour, Tamarind, Sodium Benzoate, Garlic Powder, Onion Powder, Smoke.

CONTAINS: SOY, MUSTARD

	% DV / % VQ*		% DV / % VQ*
Nutrition Facts Valeur nutritive	Fat / Lipides 18 g	24 %	Protein / Protéines 21 g
	Saturated / saturés 7 g	35 %	Cholesterol / Cholestérol 70 mg
Per 1/3 rack (140g edible portion) pour 1/3 carré (partie comestible de 140 g)	+ Trans / trans 0.1 g		Sodium 340 mg
Calories 320	Carbohydrate / Glucides 18 g		Potassium 350 mg
	Fibre / Fibres 0 g	0 %	Calcium 30 mg
	Sugars / Sucres 17 g	17 %	Iron / Fer 1.25 mg
* DV = Daily Value * VQ = valeur quotidienne	* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

DEBREIZENI SAUSAGE (FULLY COOKED) | PRODUCT CODE #96002

Pork, Water, Salt, Spices and Spice Extracts, Modified Corn Starch, Wheat Flour, Soy Protein, Dextrose, Mustard, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.

CONTAINS: SOY, WHEAT GLUTEN, MUSTARD

	% DV* / % VQ*		% DV* / % VQ*
Nutrition Facts Valeur nutritive	Fat / Lipides 21 g	28 %	Protein / Protéines 8 g
	Saturated / saturés 8 g	40 %	Cholesterol / Cholestérol 45 mg
Per (70 g) pour (70 g)	+ Trans / trans 0 g		Sodium 680 mg
Calories 240	Carbohydrate / Glucides 0 g		Potassium -- mg
	Fibre / Fibres 0 g	0 %	Calcium -- mg
	Sugars / Sucres -- g	-- %	Iron / Fer -- mg
* DV = Daily Value * VQ = valeur quotidienne	*5 % or less is a little, 15 % or more is a lot / *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup		

NUTRITIONALS FALL/WINTER 2023-24

THICK CUT PEAMEAL BACON | PRODUCT CODE #60062

Pork, Water, Cornmeal, Salt, Sugar, Sodium Phosphate, Sodium Ascorbate, Sodium Bicarbonate, Sodium Nitrite, Polysorbate 80, Spice.

CONTAINS: CORNMEAL

	% DV / % VQ*		% DV / % VQ*
Nutrition Facts		Protein / Protéines 18 g	
Valeur nutritive		Cholesterol / Cholestérol 5 mg	
Per portion (100 g)	Fat / Lipides 1.5 g	2 %	Sodium 650 mg
par portion (100 g)	Saturated / saturés 0.4 g	2 %	28 %
Calories 100	+ Trans / trans 0 g		Potassium 400 mg
	Carbohydrate / Glucides 4 g		9 %
	Fibre / Fibres 0 g	0 %	Calcium 20 mg
	Sugars / Sucres 2 g	2 %	2 %
			Iron / Fer 0.75 mg
			4 %
	* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

THICK CUT CANADIAN SLICED BACON | Product Code #60022

Pork, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, sodium bicarbonate, spices, smoke.

	Amount / Teneur	% DV / % VQ	Amount / Teneur	% DV / % VQ
Nutrition Facts	Fat / Lipides 8 g	12 %	Carbohydrate / Glucides 0 g	0 %
Valeur nutritive	Saturated / saturés 7 g	36 %	Fibre / Fibres 0 g	0 %
Per 2 slices (56 g)	+ Trans / trans 0.1 g		Sugars / Sucres 0 g	
par 2 tranches (56 g)	Cholesterol / Cholestérol 30 mg		Protein / Protéines 8 g	
Calories / Calories 190	Sodium / Sodium 470 mg	20 %		
	Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C	0 %
	Calcium / Calcium	0 %	Iron / Fer	4 %