



FALL/WINTER 2023-24



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



CANADIAN PRIME STRIPLOIN STEAK

Aged for tenderness a minimum of 30 days and is abundantly marbled. It is boneless and rich with a buttery beef flavour perfect for any occasion.

PRODUCT CODE: 13792 **PRICE: \$90.00**
PACKAGED: 6 STEAKS X 10 OZ (285 GR EACH)
2 STEAKS PER VAC PAC



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**
PACKAGED: **2 LB BAG**

PRICE: **\$36.00**



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**
PACKAGED: **2 X 4.96 LB BAG**

PRICE: **\$43.00**

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**

**BEEF
ITEMS**



CERTIFIED ANGUS BEEF® GROUND CHUCK BEEF

Versatile, flavorful and economical. Ideal for burgers, meat-loaf and meatballs. No matter the meal, this CAB Ground Chuck Beef works wonders with it's mouth-watering flavour.

PRODUCT CODE: 46142 **PRICE: \$54.00**
PACKAGED: 6 X 500GRS | 6.61 LB CASE



CERTIFIED ANGUS BEEF® CHUCK BURGER

What craft burgers are made of. Literally!!
Certified Angus Beef® set the standards that have become the true mark of quality of the Angus Breed.

PRODUCT CODE: 46102 **PRICE: \$65.00**
PACKAGED: 20 PATTIES x 7OZ



SLOW COOKED BEEF POT ROAST

You can't take shortcuts when making this tender, delicious pot roast. We perfectly season the Roast and then cook for a long, long, long time for the perfect comfort meal.

PRODUCT CODE: 92572 **PRICE: \$103.00**
PACKAGED: 8 ROASTS X 575 GR



STEAKHOUSE BURGER

Our Steakhouse Burger has been a mainstay in restaurants for years or one reason - it's an old school great burger!

PRODUCT CODE: 46342 **PRICE: \$53.00**
PACKAGED: 40 BURGERS X 4OZ

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) EACH**

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	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
Per 1 steak (570 g) pour 1 bifteck (570 g)	Carbohydrate / Glucides 0 g		Potassium 1850 mg
Calories 1270	Fibre / Fibres 0 g	0 %	Calcium 50 mg
	Sugars / Sucres 0 g	0 %	Iron / Fer 9 mg
* DV = Daily Value	*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup		
* VQ = valeur quotidienne			

CANADIAN PRIME STRIPLOIN STEAK | Product Code #13792

Ingredients: BEEF

	% DV* / % VQ*		% DV* / % VQ*
Nutrition Facts Valeur nutritive	Fat / Lipides 39 g	52 %	Protein / Protéines 57 g
	Saturated / saturés 16 g	88 %	Cholesterol / Cholestérol 155 mg
	+ Trans / trans 1.5 g		Sodium 160 mg
Per 1 steak (285 g) pour 1 bifteck (285 g)	Carbohydrate / Glucides 0 g		Potassium 800 mg
Calories 600	Fibre / Fibres 0 g	0 %	Calcium 30 mg
	Sugars / Sucres 0 g	0 %	Iron / Fer 5.5 mg
* DV = Daily Value	*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup		
* VQ = valeur quotidienne			

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	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
Per 1 steak (115 g) pour 1 bifteck (115 g)	Carbohydrate / Glucides 0 g		Potassium 300 mg
Calories 160	Fibre / Fibres 0 g	0 %	Calcium 10 mg
	Sugars / Sucres 0 g	0 %	Iron / Fer 2 mg
* DV = Daily Value	*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup		
* VQ = valeur quotidienne			

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
			155 %
			54 %
			4 %
			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 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
			20 %
			4 %
			2 %
			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			

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
			20 %
			5 %
			2 %
			13 %
* 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**

	% DV* / % VQ*	% DV* / % VQ*
Nutrition Facts Valeur nutritive		
Per 1 steak (170 g) pour 1 bifteck (170 g)		
Calories 290		
Fat / Lipides 14 g	19 %	Protein / Protéines 36 g
Saturated / saturés 6 g	33 %	Cholesterol / Cholestérol 95 mg
+ Trans / trans 0.5 g		Sodium 100 mg
Carbohydrate / Glucides 0 g		Potassium 550 mg
Fibre / Fibres 0 g	0 %	Calcium 10 mg
Sugars / Sucres 0 g	0 %	Iron / Fer 4 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® COWBOY STEAK | Product Code #18242

Ingredients: **BEEF**

	% DV* / % VQ*	% DV* / % VQ*
Nutrition Facts Valeur nutritive		
Per 1 steak (570 g) pour 1 bifteck (570 g)		
Calories 1270		
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		

BACON WRAPPED TENDERLOIN STEAK | PRODUCT CODE #14962

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

	% DV / % VQ*	% DV / % VQ*
Nutrition Facts Valeur nutritive		
Per portion (100 g) par portion (100 g)		
Calories 100		
Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 g
Saturated / saturés 0.4 g	2 %	Cholesterol / Cholestérol 5 mg
+ Trans / trans 0 g		Sodium 650 mg
Carbohydrate / Glucides 4 g		Potassium 400 mg
Fibre / Fibres 0 g	0 %	Calcium 20 mg
Sugars / Sucres 2 g	2 %	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 - FALL/WINTER 2023-24

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

Ingredients: BEEF

Nutrition Facts Valeur nutritive	% DV* / % VQ*	% DV* / % VQ*
Serving Size (100 g) Portion (100 g) Calories 170 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 9 g 12 % Saturated / saturés 3.5 g + Trans / trans 0.3 g 19 % Carbohydrate / Glucides 0 g Fibre / Fibres 0 g 0 % Sugars / Sucres 0 g 0 %	Protein / Protéines 21 g Cholesterol / Cholestérol 55 mg Sodium 60 mg 3 % Potassium 300 mg 6 % Calcium 10 mg 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		

CERTIFIED ANGUS BEEF® GROUND CHUCK | Product Code #46142

Ingredients: BEEF

Nutrition Facts Valeur nutritive	% DV* / % VQ*	% DV* / % VQ*
Per 1 burger (100 g) pour 1 burger (100 g) Calories 260 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 20 g 27 % Saturated / saturés 8 g + Trans / trans 0.5 g 43 % Carbohydrate / Glucides 0 g Fibre / Fibres 0 g 0 % Sugars / Sucres 0 g 0 %	Protein / Protéines 18 g Cholesterol / Cholestérol 70 mg Sodium 55 mg 2 % Potassium 300 mg 9 % Calcium 10 mg 1 % Iron / Fer 1.75 mg 10 %
*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.

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

Nutrition Facts		% DV / % VQ*			% DV / % VQ*
Valeur nutritive					
Per 1/6 roast (150 g) pour 1/6 de rôti (150 g)					
Calories 260					
* 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			

Fat / Lipides 16 g	21 %	Protein / Protéines 26 g	
Saturated / saturés 7 g		Cholesterol / Cholestérol 70 mg	
+ Trans / trans 0.5 g	40 %	Sodium 530 mg	23 %
Carbohydrate / Glucides 1 g		Potassium 350 mg	7 %
Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
Sugars / Sucres 1 g	1 %	Iron / Fer 2.5 mg	14 %

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

Nutrition Facts		% DV / % VQ*			% DV / % VQ*
Valeur nutritive					
Per 1 burger (170 g) pour 1 burger (170 g)					
Calories 430					
* 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			

Fat / Lipides 33 g	44 %	Protein / Protéines 26 g	
Saturated / saturés 14 g		Cholesterol / Cholestérol 120 mg	
+ Trans / trans 0.4 g	70 %	Sodium 540 mg	23 %
Carbohydrate / Glucides 5 g		Potassium 400 mg	9 %
Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %
Sugars / Sucres 1 g	1 %	Iron / Fer 3.5 mg	19 %

FULLY COOKED CHICKEN WINGS | PRODUCT CODE | #92872

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

Nutrition Facts		% DV* / % VQ*			% DV* / % VQ*
Valeur nutritive					
Per about 4 wings (100 g edible portion) pour environ 4 ailes (100 g de portion comestible)					
Calories 310					
* 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			

Fat / Lipides 21 g	28 %	Protein / Protéines 28 g	
Saturated / saturés 6 g		Cholesterol / Cholestérol 180 mg	
+ Trans / trans 0.1 g	31 %	Sodium 510 mg	22 %
Carbohydrate / Glucides 1 g		Potassium 300 mg	6 %
Fibre / Fibres 0 g	0 %	Calcium 20 mg	2 %
Sugars / Sucres 0 g	0 %	Iron / Fer 0.75 mg	4 %

NUTRITIONALS - FALL WINTER 2023-24

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

Ingredients: Chicken

Nutrition Facts		% DV* / % VQ*	Nutrition Facts		% DV* / % VQ*
Valeur nutritive			Valeur nutritive		
Per portion (141 g)			Protein / Protéines	29 g	
pour portion (141 g)			Cholesterol / Cholestérol	80 mg	
Calories 290			Sodium	85 mg	4 %
* DV = Daily Value			Potassium	500 mg	15 %
* VQ = valeur quotidienne			Calcium	10 mg	1 %
			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

Nutrition Facts		% DV* / % VQ*	Nutrition Facts		% DV* / % VQ*
Valeur nutritive			Valeur nutritive		
Per 3 pieces (100 g)			Protein / Protéines	11 g	
pour 3 morceaux (100 g)			Cholesterol / Cholestérol	20 mg	
Calories 200			Sodium	540 mg	23 %
* DV = Daily Value			Potassium	350 mg	7 %
* VQ = valeur quotidienne			Calcium	30 mg	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

Nutrition Facts		% DV* / % VQ*	Nutrition Facts		% DV* / % VQ*
Valeur nutritive			Valeur nutritive		
Serving Size (65 g)			Protein / Protéines	10 g	
Portion (65 g)			Cholesterol / Cholestérol	25 mg	
Calories 100			Sodium	270 mg	12 %
* DV = Daily Value			Potassium	125 mg	3 %
* VQ = valeur quotidienne			Calcium	10 mg	1 %
			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/SKNSL | 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

Nutrition Facts		% DV / % VQ*			% DV / % VQ*
Valeur nutritive					
Per portion (100 g) par portion (100 g)	Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 g		
	Saturated / saturés 0.4 g + Trans / trans 0 g	2 %	Cholesterol / Cholestérol 5 mg		
Calories 100	Carbohydrate / Glucides 4 g		Sodium 650 mg		28 %
	Fibre / Fibres 0 g	0 %	Potassium 400 mg		9 %
	Sugars / Sucres 2 g	2 %	Calcium 20 mg		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.

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