

**AA/US SELECT TENDERLOIN STEAK**

The Tenderloin is the most tender cut of beef available. Indulge in our new listing for your upcoming summer BBQ's.

PRODUCT CODE: 17467                      PRICE: \$93.00  
 PACKAGED: 8 STEAKS X 6 OZ (170 GR EACH)  
 STEAKS INDIVIDUALLY VAC PACKED

**NEW****PORK CARNITA "FULLY COOKED"**

Pork Carnitas which means "little meats" in Spanish. This the meat you want for your tacos, burritos, sandwiches or how about a nacho dish? A must try, very flavorful!

PRODUCT CODE: 92852                      PRICE: \$28.00  
 PACKAGED: 3 PACKS - 500 GRS EACH

**NEW****CANADIAN PORK RIB CHOP**

A Pork Chop that will surely "WOW" your family and friends. This new CDN Product is flavourful and a great addition to your BBQ line up this summer!

PRODUCT CODE: 62022                      PRICE: \$40.00  
 PACKAGED: 10 CHOPS X 8 OZ (225 GR EACH)  
 CHOPS INDIVIDUALLY VAC PACKED

**NEW**



SPRING/SUMMER 2024



**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: \$62.00  
PACKAGED: 10 PORTIONS X 5 OZ



**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: \$89.00  
PACKAGED: 14 PORTIONS X 5 OZ



**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: \$54.00  
PACKAGED: 6 FULL RIBS X 21 OZ EACH

BEEF  
ITEMS

SPRING/SUMMER 2024



**AA/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: \$105.00  
PACKAGED: 6 STEAKS X 12 OZ  
   STEAKS INDIVIDUALLY VAC PACKED



**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: \$82.00  
PACKAGED: 2 STEAKS PER PACK | 12 STEAKS X 6 OZ



**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

**BEEF  
ITEMS**

**SPRING/SUMMER 2024**



**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: \$65.00  
PACKAGED: 16 X 4 OZ | 4 STEAKS PER VAC | 4.06 LB CASE



**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: \$87.00  
PACKAGED: 2 STEAKS PER PACK | 20 STEAKS x 4 OZ EA



**CERTIFIED ANGUS BEEF® GROUND CHUCK BEEF**

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

PRODUCT CODE: 46142                      PRICE: \$55.00  
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

# BEEF ITEMS

## SPRING/SUMMER 2024



### **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  
PACKAGED: 8 ROASTS X 575 GR

PRICE: \$103.00



### **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: \$44.00  
PACKAGED: 2 X 4.96 LB BAG



### **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: 40002  
PACKAGED: 24 BURGERS X 6OZ

PRICE: \$52.00

PRODUCT CODE: 46342  
PACKAGED: 40 BURGERS X 4OZ

PRICE: \$57.00



### **ALL BEEF HOT DOGS**

Classic Ball-Park style jumbo hot dogs. Whether you are just the ketchup & mustard kind, or guacamole, tomatoes and jalapenos is your thing, this is the dog that can do it all.

PRODUCT CODE: 64222  
PACKAGED: 30 HOT DOGS X 3.5 OZ

PRICE: \$45.00



**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: \$30.00



### 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



### 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: \$38.00

PACKAGED: 2 LB BAG | 10-20 COUNT



**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 - SPRING SUMMER 2024

## AA/US SELECT TENDERLOIN STEAK | Product Code #17467

Ingredients: BEEF

	% DV* / % VQ*		% DV* / % VQ*
<b>Nutrition Facts</b>			
<b>Valeur nutritive</b>			
Per 1 steak (170 g) pour 1 bifteck (170 g)		<b>Fat / Lipides</b> 13 g	17 %
		Saturated / saturés 6 g	33 %
		+ Trans / trans 0.5 g	
<b>Calories 280</b>		<b>Carbohydrate / Glucides</b> 0 g	
		Fibre / Fibres 0 g	0 %
		Sugars / Sucres 0 g	0 %
		<b>Protein / Protéines</b> 36 g	
		<b>Cholesterol / Cholestérol</b> 95 mg	
		<b>Sodium</b> 105 mg	5 %
		Potassium 500 mg	15 %
		Calcium 10 mg	1 %
		Iron / Fer 4.5 mg	25 %
* 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			

## PORK CARNITA "FULLY COOKED" | Product Code #92852

Ingredients: Pork, Water, Dehydrated vegetables (garlic, onion, green bell peppers), Spices, Sugars (sugar, dextrose) Salt, Chili powder [spices, salt, sugar (dextrose), caramel powder, garlic powder, canola oil, silicon dioxide], Silicon dioxide, Lime extract

	% DV* / % VQ*		% DV* / % VQ*
<b>Nutrition Facts</b>			
<b>Valeur nutritive</b>			
Per 1/5 of package (100 g) pour 1/5 de l'emballage (100 g)		<b>Fat / Lipides</b> 7 g	9 %
		Saturated / saturés 2.5 g	13 %
		+ Trans / trans 0 g	
<b>Calories 140</b>		<b>Carbohydrate / Glucides</b> 1 g	
		Fibre / Fibres 0 g	0 %
		Sugars / Sucres 1 g	1 %
		<b>Protein / Protéines</b> 19 g	
		<b>Cholesterol / Cholestérol</b> 55 mg	
		<b>Sodium</b> 260 mg	11 %
		Potassium 350 mg	10 %
		Calcium 10 mg	1 %
		Iron / Fer 1 mg	6 %
* 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 PORK RIB CHOP | Product Code #62022

Ingredients: Pork

	% DV* / % VQ*		% DV* / % VQ*
<b>Nutrition Facts</b>			
<b>Valeur nutritive</b>			
Per (100 g) pour (100 g)		<b>Fat / Lipides</b> 14 g	19 %
		Saturated / saturés 5 g	25 %
		+ Trans / trans 0 g	
<b>Calories 210</b>		<b>Carbohydrate / Glucides</b> 0 g	
		Fibre / Fibres 0 g	0 %
		Sugars / Sucres 0 g	0 %
		<b>Protein / Protéines</b> 20 g	
		<b>Cholesterol / Cholestérol</b> 60 mg	
		<b>Sodium</b> 40 mg	2 %
		Potassium 400 mg	12 %
		Calcium 0 mg	0 %
		Iron / Fer 0.75 mg	4 %
* 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			

## 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
<b>Nutrition Facts</b>					
<b>Valeur nutritive</b>					
Serving Size 1 fillet (142 g) Portion 1 filet (142 g)					
<b>Calories / Calories 360</b>					
	<b>Fat / Lipides</b> 27 g	42 %		<b>Potassium / Potassium</b> 420 mg	12 %
	Saturated / saturés 8 g	40 %		<b>Carbohydrate / Glucides</b> 2 g	1 %
	+ Trans / trans 0 g			Fibre / Fibres 0 g	0 %
	<b>Cholesterol / Cholestérol</b> 80 mg			Sugars / Sucres 2 g	
	<b>Sodium / Sodium</b> 630 mg	26 %		<b>Protein / Protéines</b> 26 g	
	Vitamin A / Vitamine A	2 %		Vitamin C / Vitamine C	0 %
	Calcium / Calcium	2 %		Iron / Fer	4 %
* DV = Daily Value / VQ = valeur quotidienne					

# NUTRITIONALS - SPRING SUMMER 2024

ATLANTIC SALMON PORTION BNLS/SKNLS | Product Code #88772

Ingredients: Salmon

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

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*
<b>Nutrition Facts</b>		<b>Protein / Protéines</b> 21 g	
<b>Valeur nutritive</b>		<b>Cholesterol / Cholestérol</b> 70 mg 23 %	
Per 1/3 rack (140g edible portion)	<b>Fat / Lipides</b> 18 g 24 %	<b>Sodium</b> 340 mg 15 %	
pour 1/3 carré (partie comestible de 140 g)	Saturated / saturés 7 g 35 %	<b>Potassium</b> 350 mg 7 %	
<b>Calories 320</b>	+ Trans / trans 0.1 g	<b>Calcium</b> 30 mg 2 %	
	<b>Carbohydrate / Glucides</b> 18 g	<b>Iron / Fer</b> 1.25 mg 7 %	
	Fibre / Fibres 0 g 0 %		
	Sugars / Sucres 17 g 17 %		
* DV = Daily Value	* 5% or less is a <b>little</b> , 15% or more is a <b>lot</b> / 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>		
* VQ = valeur quotidienne			

AA/US SELECT BONELESS RIBEYE STEAK | Product Code #12272

Ingredients: BEEF

	% DV* / % VQ*		% DV* / % VQ*
<b>Nutrition Facts</b>		<b>Protein / Protéines</b> 114 g	
<b>Valeur nutritive</b>		<b>Cholesterol / Cholestérol</b> 310 mg	
Per 1 steak (570 g)	<b>Fat / Lipides</b> 84 g 112 %	<b>Sodium</b> 400 mg 17 %	
pour 1 bifteck (570 g)	Saturated / saturés 37 g 200 %	<b>Potassium</b> 1850 mg 54 %	
<b>Calories 1270</b>	+ Trans / trans 3 g	<b>Calcium</b> 50 mg 4 %	
	<b>Carbohydrate / Glucides</b> 0 g	<b>Iron / Fer</b> 9 mg 50 %	
	Fibre / Fibres 0 g 0 %		
	Sugars / Sucres 0 g 0 %		
* DV = Daily Value	*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> / *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>		
* VQ = valeur quotidienne			

# NUTRITIONALS - SPRING SUMMER 2024

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

Ingredients: **BEEF**

	% DV* / % VQ*	% DV* / % VQ*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 14 g	<b>Protein / Protéines</b> 36 g
	Saturated / saturés 6 g	<b>Cholesterol / Cholestérol</b> 95 mg
Per 1 steak (170 g) pour 1 bifteck (170 g)	+ Trans / trans 0.5 g	<b>Sodium</b> 100 mg
<b>Calories 290</b>	<b>Carbohydrate / Glucides</b> 0 g	Potassium 550 mg
* DV = Daily Value	Fibre / Fibres 0 g	Calcium 10 mg
* VQ = valeur quotidienne	Sugars / Sucres 0 g	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® STRIPLOIN STEAK | Product Code #14442

Ingredients: **BEEF**

	% DV* / % VQ*	% DV* / % VQ*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 19 g	<b>Protein / Protéines</b> 29 g
	Saturated / saturés 8 g	<b>Cholesterol / Cholestérol</b> 75 mg
Per 1/2 steak (143 g) pour 1/2 bifteck (143 g)	+ Trans / trans 0.5 g	<b>Sodium</b> 80 mg
<b>Calories 300</b>	<b>Carbohydrate / Glucides</b> 0 g	Potassium 450 mg
* DV = Daily Value	Fibre / Fibres 0 g	Calcium 10 mg
* VQ = valeur quotidienne	Sugars / Sucres 0 g	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*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 9 g	<b>Protein / Protéines</b> 20 g
	Saturated / saturés 3.5 g	<b>Cholesterol / Cholestérol</b> 60 mg
Per 1 steak (115 g) pour 1 bifteck (115 g)	+ Trans / trans 0.3 g	<b>Sodium</b> 430 mg
<b>Calories 160</b>	<b>Carbohydrate / Glucides</b> 0 g	Potassium 300 mg
* DV = Daily Value	Fibre / Fibres 0 g	Calcium 10 mg
* VQ = valeur quotidienne	Sugars / Sucres 0 g	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 - SPRING SUMMER 2024

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

## CERTIFIED ANGUS BEEF® GROUND CHUCK | Product Code #46142

Ingredients: **BEEF**

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

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

## NUTRITIONALS - SPRING SUMMER 2024

### 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**

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

### 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**

<b>Nutrition Facts</b>	<b>% DV / % VQ*</b>	<b>% DV / % VQ*</b>
<b>Valeur nutritive</b>		
Per 7 meatballs (100 g) par 7 boulettes de viande (100 g)		
<b>Calories 250</b>		
* DV = Daily Value * VQ = valeur quotidienne		
<b>Fat / Lipides 19 g</b>	<b>25 %</b>	<b>Protein / Protéines 16 g</b>
Saturated / saturés 9 g		<b>Cholesterol / Cholestérol 45 mg</b>
+ Trans / trans 1 g	<b>50 %</b>	<b>Sodium 450 mg</b>
<b>Carbohydrate / Glucides 3 g</b>		Potassium 250 mg
Fibre / Fibres 2 g	<b>7 %</b>	Calcium 30 mg
Sugars / Sucres 0 g	<b>0 %</b>	Iron / Fer 2.25 mg
		<b>13 %</b>
<b>* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup</b>		

# NUTRITIONALS - SPRING SUMMER 2024

## STEAKHOUSE BURGER | PRODUCT CODE | #46342/40002

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*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 33 g	44 %	<b>Protein / Protéines</b> 26 g
	Saturated / saturés 14 g	70 %	<b>Cholesterol / Cholestérol</b> 120 mg
Per 1 burger (170 g) pour 1 burger (170 g)	+ Trans / trans 0.4 g		<b>Sodium</b> 540 mg
<b>Calories 430</b>	<b>Carbohydrate / Glucides</b> 5 g		Potassium 400 mg
	Fibre / Fibres 0 g	0 %	Calcium 30 mg
	Sugars / Sucres 1 g	1 %	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			

## ALL BEEF JUMBO HOT DOGS | PRODUCT CODE #64222

Beef, water, wheat flour, salt, ground spices, corn flour, sodium erythorbate, toasted wheat crumbs, sodium nitrate, smoke

	% DV / % VQ*		% DV / % VQ*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 11 g	15 %	<b>Protein / Protéines</b> 10 g
	Saturated / saturés 3 g	15 %	<b>Cholesterol / Cholestérol</b> 30 mg
Per 1 frankfurter (100 g) pour 1 saucisse fumée (100 g)	+ Trans / trans 0.1 g		<b>Sodium</b> 760 mg
<b>Calories 150</b>	<b>Carbohydrate / Glucides</b> 2 g		Potassium 175 mg
	Fibre / Fibres 1 g	4 %	Calcium 40 mg
	Sugars / Sucres 1 g	1 %	Iron / Fer 1.5 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 CHICKEN WINGS | PRODUCT CODE | #92872

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

	% DV* / % VQ*		% DV* / % VQ*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 21 g	28 %	<b>Protein / Protéines</b> 28 g
	Saturated / saturés 6 g	31 %	<b>Cholesterol / Cholestérol</b> 180 mg
Per about 4 wings (100 g edible portion) pour environ 4 ailes (100 g de portion comestible)	+ Trans / trans 0.1 g		<b>Sodium</b> 510 mg
<b>Calories 310</b>	<b>Carbohydrate / Glucides</b> 1 g		Potassium 300 mg
	Fibre / Fibres 0 g	0 %	Calcium 20 mg
	Sugars / Sucres 0 g	0 %	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 - SPRING SUMMER 2024

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

Ingredients: Chicken

<b>Nutrition Facts</b>	% DV* / % VQ*	% DV* / % VQ*
<b>Valeur nutritive</b>		
Per portion (141 g) pour portion (141 g)		
<b>Calories 290</b>		
<b>Fat / Lipides</b> 19 g	25 %	<b>Protein / Protéines</b> 29 g
Saturated / saturés 4.5 g	23 %	<b>Cholesterol / Cholestérol</b> 80 mg
+ Trans / trans 0 g		<b>Sodium</b> 85 mg
<b>Carbohydrate / Glucides</b> 0 g		<b>Potassium</b> 500 mg
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 10 mg
Sugars / Sucres 0 g	0 %	<b>Iron / Fer</b> 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		

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***

<b>Nutrition Facts</b>	% DV* / % VQ*	% DV* / % VQ*
<b>Valeur nutritive</b>		
Per 3 pieces (100 g) pour 3 morceaux (100 g)		
<b>Calories 200</b>		
<b>Fat / Lipides</b> 9 g	12 %	<b>Protein / Protéines</b> 11 g
Saturated / saturés 1.5 g	8 %	<b>Cholesterol / Cholestérol</b> 20 mg
+ Trans / trans 0 g		<b>Sodium</b> 540 mg
<b>Carbohydrate / Glucides</b> 21 g		<b>Potassium</b> 350 mg
Fibre / Fibres 1 g	4 %	<b>Calcium</b> 30 mg
Sugars / Sucres 2 g	2 %	<b>Iron / Fer</b> 1.5 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		

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***

<b>Nutrition Facts</b>	% DV* / % VQ*	% DV* / % VQ*
<b>Valeur nutritive</b>		
Serving Size (65 g) Portion (65 g)		
<b>Calories 100</b>		
<b>Fat / Lipides</b> 5 g	7 %	<b>Protein / Protéines</b> 10 g
Saturated / saturés 0.5 g	3 %	<b>Cholesterol / Cholestérol</b> 25 mg
+ Trans / trans 0 g		<b>Sodium</b> 270 mg
<b>Carbohydrate / Glucides</b> 2 g		<b>Potassium</b> 125 mg
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 10 mg
Sugars / Sucres 0 g	0 %	<b>Iron / Fer</b> 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		

# NUTRITIONALS - SPRING SUMMER 2024

## 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*
<b>Nutrition Facts</b>			
<b>Valeur nutritive</b>			
Per 4 shrimp (125 g) pour 4 crevette (125 g)			
<b>Calories 80</b>			
* DV = Daily Value			
* VQ = valeur quotidienne			
<b>Fat / Lipides</b> 0.5 g	1 %	<b>Protein / Protéines</b> 18 g	
Saturated / saturés 0.2 g		<b>Cholesterol / Cholestérol</b> 145 mg	
+ Trans / trans 0 g	1 %	<b>Sodium</b> 490 mg	21 %
<b>Carbohydrate / Glucides</b> 2 g		Potassium 125 mg	3 %
Fibre / Fibres 1 g	4 %	Calcium 200 mg	15 %
Sugars / Sucres 0 g	0 %	Iron / Fer 0 mg	0 %
* 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*
<b>Nutrition Facts</b>			
<b>Valeur nutritive</b>			
Per (100 g) pour (100 g)			
<b>Calories 140</b>			
* DV = Daily Value			
* VQ = valeur quotidienne			
<b>Fat / Lipides</b> 6 g	8 %	<b>Protein / Protéines</b> 20 g	
Saturated / saturés 1.5 g		<b>Cholesterol / Cholestérol</b> 60 mg	
+ Trans / trans 0 g	8 %	<b>Sodium</b> 50 mg	2 %
<b>Carbohydrate / Glucides</b> 0 g		Potassium 400 mg	9 %
Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %
Sugars / Sucres 0 g	0 %	Iron / Fer 0.3 mg	2 %
* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

## SCALLOP MEDALLIONS | Product Code #80252

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

	% DV* / % VQ*		% DV* / % VQ*
<b>Nutrition Facts</b>			
<b>Valeur nutritive</b>			
Per (907 g) pour (907 g)			
<b>Calories 590</b>			
* DV = Daily Value			
* VQ = valeur quotidienne			
<b>Fat / Lipides</b> 4.5 g	6 %	<b>Protein / Protéines</b> 109 g	
Saturated / saturés 1 g		<b>Cholesterol / Cholestérol</b> 220 mg	
+ Trans / trans 0 g	5 %	<b>Sodium</b> 3560 mg	155 %
<b>Carbohydrate / Glucides</b> 29 g		Potassium 1850 mg	54 %
Fibre / Fibres 0 g	0 %	Calcium 50 mg	4 %
Sugars / Sucres 0 g	0 %	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			



# NUTRITIONALS - SPRING SUMMER 2024

## 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**

<b>Nutrition Facts</b>	% DV* / % VQ*	<b>Nutrition Facts</b>	% DV* / % VQ*
<b>Valeur nutritive</b>		<b>Protein / Protéines</b> 8 g	
Per (70 g) pour (70 g)		<b>Cholesterol / Cholestérol</b> 45 mg	
<b>Calories</b> 240		<b>Sodium</b> 680 mg	30 %
* DV = Daily Value		<b>Potassium</b> -- mg	-- %
* VQ = valeur quotidienne		<b>Calcium</b> -- mg	-- %
		<b>Iron / Fer</b> -- 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	

## 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**

<b>Nutrition Facts</b>	% DV / % VQ*	<b>Nutrition Facts</b>	% DV / % VQ*
<b>Valeur nutritive</b>		<b>Protein / Protéines</b> 18 g	
Per portion (100 g) par portion (100 g)		<b>Cholesterol / Cholestérol</b> 5 mg	
<b>Calories</b> 100		<b>Sodium</b> 650 mg	28 %
* DV = Daily Value		<b>Potassium</b> 400 mg	9 %
* VQ = valeur quotidienne		<b>Calcium</b> 20 mg	2 %
		<b>Iron / Fer</b> 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.

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