



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



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

CHICKEN
ITEMS

SPRING/SUMMER 2024



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

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* |
|--|---------------|--|
| Nutrition Facts | | |
| Valeur nutritive | | |
| Per 1/5 of package (100 g) pour 1/5 de l'emballage (100 g) | | |
| Calories 140 | | |
| * DV = Daily Value | | |
| * VQ = valeur quotidienne | | |
| Fat / Lipides 7 g | 9 % | Protein / Protéines 19 g |
| Saturated / saturés 2.5 g | 13 % | Cholesterol / Cholestérol 55 mg |
| + Trans / trans 0 g | | Sodium 260 mg |
| Carbohydrate / Glucides 1 g | | Potassium 350 mg |
| Fibre / Fibres 0 g | 0 % | Calcium 10 mg |
| Sugars / Sucres 1 g | 1 % | Iron / Fer 1 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 | | |

CANADIAN PORK RIB CHOP | Product Code #62022

Ingredients: Pork

| | % DV* / % VQ* | % DV* / % VQ* |
|--|---------------|--|
| Nutrition Facts | | |
| Valeur nutritive | | |
| Per (100 g) pour (100 g) | | |
| Calories 210 | | |
| * DV = Daily Value | | |
| * VQ = valeur quotidienne | | |
| Fat / Lipides 14 g | 19 % | Protein / Protéines 20 g |
| Saturated / saturés 5 g | 25 % | Cholesterol / Cholestérol 60 mg |
| + Trans / trans 0 g | | Sodium 40 mg |
| Carbohydrate / Glucides 0 g | | Potassium 400 mg |
| Fibre / Fibres 0 g | 0 % | Calcium 0 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 | | |

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 | | | | | |
| Fat / Lipides 27 g | | 42 % | Potassium / Potassium 420 mg | | 12 % |
| Saturated / saturés 8 g | | 40 % | Carbohydrate / Glucides 2 g | | 1 % |
| + Trans / trans 0 g | | | Fibre / Fibres 0 g | | 0 % |
| Cholesterol / Cholestérol 80 mg | | | Sugars / Sucres 2 g | | |
| Sodium / Sodium 630 mg | | 26 % | Protein / Protéines 26 g | | |
| Vitamin A / Vitamine A | | 2 % | Vitamin C / Vitamine C | | 0 % |
| Calcium / Calcium | | 2 % | Iron / Fer | | 4 % |

NUTRITIONALS - SPRING SUMMER 2024

ATLANTIC SALMON PORTION BNLS/SKNLS | Product Code #88772

Ingredients: Salmon

| | % DV* / % VQ* | | % DV* / % VQ* |
|---|---------------|--|---------------|
| Nutrition Facts | | | |
| Valeur nutritive | | | |
| Per portion (141 g) pour portion (141 g) | | Fat / Lipides 19 g | 25 % |
| Calories 290 | | Saturated / saturés 4.5 g | 23 % |
| * DV = Daily Value | | + Trans / trans 0 g | |
| * VQ = valeur quotidienne | | Carbohydrate / Glucides 0 g | |
| | | Fibre / Fibres 0 g | 0 % |
| | | Sugars / Sucres 0 g | 0 % |
| | | Protein / Protéines 29 g | |
| | | Cholesterol / Cholestérol 80 mg | |
| | | Sodium 85 mg | 4 % |
| | | Potassium 500 mg | 15 % |
| | | 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 | |

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

AA/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) | | Fat / Lipides 84 g | 112 % |
| Calories 1270 | | Saturated / saturés 37 g | 200 % |
| * DV = Daily Value | | + Trans / trans 3 g | |
| * VQ = valeur quotidienne | | Carbohydrate / Glucides 0 g | |
| | | Fibre / Fibres 0 g | 0 % |
| | | Sugars / Sucres 0 g | 0 % |
| | | Protein / Protéines 114 g | |
| | | Cholesterol / Cholestérol 310 mg | |
| | | Sodium 400 mg | 17 % |
| | | Potassium 1850 mg | 54 % |
| | | Calcium 50 mg | 4 % |
| | | Iron / Fer 9 mg | 50 % |
| | | *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

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

Ingredients: BEEF

| | % DV* / % VQ* | % DV* / % VQ* | |
|---|--|---------------|--|
| Nutrition Facts Valeur nutritive | Fat / Lipides 14 g | 19 % | Protein / Protéines 36 g |
| | Saturated / saturés 6 g | 33 % | Cholesterol / Cholestérol 95 mg |
| Per 1 steak (170 g) pour 1 bifteck (170 g) | + Trans / trans 0.5 g | | Sodium 100 mg |
| Calories 290 | Carbohydrate / Glucides 0 g | | Potassium 550 mg |
| * DV = Daily Value | Fibre / Fibres 0 g | 0 % | Calcium 10 mg |
| * VQ = valeur quotidienne | 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® STRIPLOIN STEAK | Product Code #14442

Ingredients: BEEF

| | % DV* / % VQ* | % DV* / % VQ* | |
|---|--|---------------|--|
| Nutrition Facts Valeur nutritive | Fat / Lipides 19 g | 25 % | Protein / Protéines 29 g |
| | Saturated / saturés 8 g | 43 % | Cholesterol / Cholestérol 75 mg |
| Per 1/2 steak (143 g) pour 1/2 bifteck (143 g) | + Trans / trans 0.5 g | | Sodium 80 mg |
| Calories 300 | Carbohydrate / Glucides 0 g | | Potassium 450 mg |
| * DV = Daily Value | Fibre / Fibres 0 g | 0 % | Calcium 10 mg |
| * VQ = valeur quotidienne | 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 | Fat / Lipides 9 g | 12 % | Protein / Protéines 20 g |
| | Saturated / saturés 3.5 g | 19 % | Cholesterol / Cholestérol 60 mg |
| Per 1 steak (115 g) pour 1 bifteck (115 g) | + Trans / trans 0.3 g | | Sodium 430 mg |
| Calories 160 | Carbohydrate / Glucides 0 g | | Potassium 300 mg |
| * DV = Daily Value | Fibre / Fibres 0 g | 0 % | Calcium 10 mg |
| * VQ = valeur quotidienne | 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 - 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* |
|--|------------------------------------|-----|---------------------------------------|
| Nutrition Facts Valeur nutritive | Fat / Lipides 1.5 g | 2 % | Protein / Protéines 18 g |
| | Saturated / saturés 0.4 g | 2 % | Cholesterol / Cholestérol 5 mg |
| Per portion (100 g) par portion (100 g) | + Trans / trans 0 g | | Sodium 650 mg 28 % |
| Calories 100 | Carbohydrate / Glucides 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* |
|--|------------------------------------|------|--|
| Nutrition Facts Valeur nutritive | Fat / Lipides 20 g | 27 % | Protein / Protéines 18 g |
| | Saturated / saturés 8 g | 43 % | Cholesterol / Cholestérol 70 mg |
| Per 1 burger (100 g) pour 1 burger (100 g) | + Trans / trans 0.5 g | | Sodium 55 mg 2 % |
| Calories 260 | Carbohydrate / Glucides 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 |
|---|---|-------------------|------------------------------------|-----------------|-------------|
| Nutrition Facts Valeur nutritive | Fat / Lipides 33 g | 51 % | Carbohydrate / Glucides 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 | | |
| Calories / Calories 450 | Cholesterol / Cholestérol 130 mg | | Protein / Protéines 35 g | | |
| | Sodium / Sodium 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

| 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 | | |
| 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 |
| Carbohydrate / Glucides 1 g | | Potassium 350 mg |
| Fibre / Fibres 0 g | 0 % | Calcium 10 mg |
| Sugars / Sucres 1 g | 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 | | |

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

| Nutrition Facts | % DV / % VQ* | % DV / % VQ* |
|---|---------------------|--|
| 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 | | Cholesterol / Cholestérol 45 mg |
| + Trans / trans 1 g | 50 % | 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 |
| | | 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 - 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

| 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 | | |
| Fat / Lipides 33 g | 44 % | Protein / Protéines 26 g |
| Saturated / saturés 14 g | 70 % | Cholesterol / Cholestérol 120 mg |
| + Trans / trans 0.4 g | | Sodium 540 mg |
| Carbohydrate / Glucides 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

| Nutrition Facts | % DV / % VQ* | % DV / % VQ* |
|--|--------------|--|
| Valeur nutritive | | |
| Per 1 frankfurter (100 g) pour 1 saucisse fumée (100 g) | | |
| Calories 150 | | |
| * DV = Daily Value * VQ = valeur quotidienne | | |
| Fat / Lipides 11 g | 15 % | Protein / Protéines 10 g |
| Saturated / saturés 3 g | 15 % | Cholesterol / Cholestérol 30 mg |
| + Trans / trans 0.1 g | | Sodium 760 mg |
| Carbohydrate / Glucides 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.

| 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 | | |
| Fat / Lipides 21 g | 28 % | Protein / Protéines 28 g |
| Saturated / saturés 6 g | 31 % | Cholesterol / Cholestérol 180 mg |
| + Trans / trans 0.1 g | | Sodium 510 mg |
| Carbohydrate / Glucides 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

| | % 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 | | Cholesterol / Cholestérol 80 mg | |
| + Trans / trans 0 g | 23 % | 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 | | Cholesterol / Cholestérol 20 mg | |
| + Trans / trans 0 g | 8 % | 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 | | Cholesterol / Cholestérol 25 mg | |
| + Trans / trans 0 g | 3 % | 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 - 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* |
|---|--|-----|--|
| Nutrition Facts Valeur nutritive | Fat / Lipides 0.5 g | 1 % | Protein / Protéines 18 g |
| | Saturated / saturés 0.2 g | 1 % | Cholesterol / Cholestérol 145 mg |
| Per 4 shrimp (125 g) pour 4 crevette (125 g) | + Trans / trans 0 g | | Sodium 490 mg 21 % |
| Calories 80 | Carbohydrate / Glucides 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* |
|---|--|-----|--|
| Nutrition Facts Valeur nutritive | Fat / Lipides 6 g | 8 % | Protein / Protéines 20 g |
| | Saturated / saturés 1.5 g | 8 % | Cholesterol / Cholestérol 60 mg |
| Per (100 g) pour (100 g) | + Trans / trans 0 g | | Sodium 50 mg 2 % |
| Calories 140 | Carbohydrate / Glucides 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* |
|---|--|-----|--|
| Nutrition Facts Valeur nutritive | Fat / Lipides 4.5 g | 6 % | Protein / Protéines 109 g |
| | Saturated / saturés 1 g | 5 % | Cholesterol / Cholestérol 220 mg |
| Per (907 g) pour (907 g) | + Trans / trans 0 g | | Sodium 3560 mg 155 % |
| Calories 590 | Carbohydrate / Glucides 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

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

| Nutrition Facts | % DV / % VQ* | Nutrition Facts | % DV / % VQ* |
|--|--------------|--|--------------|
| Valeur nutritive | | Protein / Protéines 18 g | |
| Per portion (100 g) par portion (100 g) | | Cholesterol / Cholestérol 5 mg | |
| Calories 100 | | Sodium 650 mg | 28 % |
| * DV = Daily Value | | Potassium 400 mg | 9 % |
| * VQ = valeur quotidienne | | 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 | Fat / Lipides 8 g | 12 % | Carbohydrate / Glucides 0 g | | 0 % |
| Per 2 slices (56 g) par 2 tranches (56 g) | 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 | | |
| * DV = Daily Value / VQ = valeur quotidienne | 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 % |