



FALL/WINTER 2024-25



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: \$36.00
PACKAGED: 2 BAGS X 3LB | 6.61 LB CASE



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: \$80.00
PACKAGED: 2 ROASTS PER CASE-907GR (2LBS) EACH



FULLY COOKED PORK POT ROAST IN GRAVY

Our fully cooked Pork Pot Roast is a culinary masterpiece waiting to entice your tastebuds. Crafted with premium ingredients and expertly seasoned, this pork roast promises a burst of flavour in very bite.

Serve it with some fluffy mashed potatoes or side of choice and watch your family smile from ear to ear!

PRODUCT CODE: 92032 PRICE: \$67.00
PACKAGED: 8 ROASTS X 575 GR

**BEEF
ITEMS**

FALL/WINTER 2024-25



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: \$62.00
PACKAGED: 6 X 500GRS | 6.61 LB CASE

**BEEF
ITEMS**

FALL/WINTER 2024-25



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: \$74.00

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: \$105.00

PACKAGED: 8 ROASTS X 575 GR



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: \$46.00

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: 46342 PRICE: \$58.00

PACKAGED: 40 BURGERS X 4OZ



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: \$52.00



"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: \$78.00



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

SEAFOOD
ITEMS

FALL/WINTER 2024-25



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



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: \$86.00

PACKAGED: 14 PORTIONS X 5 OZ



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: \$40.00

PACKAGED: 2 LB BAG | 10-20 COUNT



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: \$30.00
PACKAGED: 3 PACKS - 500 GRS EACH



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: \$47.00
PACKAGED: 10 CHOPS X 8 OZ (225 GR EACH)
CHOPS INDIVIDUALLY VAC PACKED



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: \$65.00
PACKAGED: 6 PACKS X 500 GR

NUTRITIONALS - FALL/WINTER 2024-25

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		

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

Ingredients: **BEEF**

	% DV* / % VQ*	% DV* / % VQ*
Nutrition Facts Valeur nutritive		
Serving Size (100 g) Portion (100 g)		
Calories 170		
* DV = Daily Value * VQ = valeur quotidienne		
Fat / Lipides 9 g	12 %	Protein / Protéines 21 g
Saturated / saturés 3.5 g	19 %	Cholesterol / Cholestérol 55 mg
+ Trans / trans 0.3 g		Sodium 60 mg
Carbohydrate / Glucides 0 g		Potassium 300 mg
Fibre / Fibres 0 g	0 %	Calcium 10 mg
Sugars / Sucres 0 g	0 %	Iron / Fer 2.5 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 PORK POT ROAST in GRAVY | Product Code #92032

Ingredients: Pork, Water, Modified corn starch, Sea salt, Sugars (dextrose), Yeast extract, Potassium chloride, Salt, Caramel colour, Spices and spice extracts, Onion powder, Garlic powder, Xanthan gum, Milk ingredient, Parsley, Canola oil. **CONTAINS: MILK**

	% DV* / % VQ*	% DV* / % VQ*
Nutrition Facts Valeur nutritive		
Per 1/4 roast (140 g) pour 1/4 de roti (140 g)		
Calories 180		
* DV = Daily Value * VQ = valeur quotidienne		
Fat / Lipides 9 g	12 %	Protein / Protéines 24 g
Saturated / saturés 3 g	15 %	Cholesterol / Cholestérol 75 mg
+ Trans / trans 0 g		Sodium 450 mg
Carbohydrate / Glucides 1 g		Potassium 600 mg
Fibre / Fibres 1 g	4 %	Calcium 10 mg
Sugars / Sucres 0 g	0 %	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		

NUTRITIONALS - FALL/WINTER 2024-25

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

Ingredients: 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

Nutrition Facts	% DV / % VQ*	% DV / % VQ*
Valeur nutritive		
Per 1/3 rack (140g edible portion) pour 1/3 carré (partie comestible de 140 g)		
Calories 320		
Fat / Lipides 18 g	24 %	Protein / Protéines 21 g
Saturated / saturés 7 g	35 %	Cholesterol / Cholestérol 70 mg 23 %
+ Trans / trans 0.1 g		Sodium 340 mg 15 %
Carbohydrate / Glucides 18 g		Potassium 350 mg 7 %
Fibre / Fibres 0 g	0 %	Calcium 30 mg 2 %
Sugars / Sucres 17 g	17 %	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		

* DV = Daily Value
* VQ = valeur quotidienne

TEMPURA SHRIMP | Product Code #80312

Ingredients: Shrimp (crustaceans), Soybean oil, Enriched wheat flour, Corn and potato starch, Water, Modified tapioca starch, Salt, Leavening agents (sodium bicarbonate, glucono delta lactone, calcium dihydrogen phosphate, sodium phosphates, potassium bitartrate, trehalose, mono and diglycerides of fatty acids), Sodium phosphate, Colour (beta-carotene, annatto).

CONTAINS: CRUSTACEANS (SHRIMP), SOY, WHEAT. MAY CONTAIN SULPHITES.

Nutrition Facts	% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive		
Per about 4 pieces (125 g) pour environ 4 morceaux (125 g)		
Calories 170		
Fat / Lipides 1 g	1 %	Protein / Protéines 13 g
Saturated / saturés 0.4 g	2 %	Cholesterol / Cholestérol 65 mg
+ Trans / trans 0 g		Sodium 480 mg 21 %
Carbohydrate / Glucides 27 g		Potassium 100 mg 3 %
Fibre / Fibres 1 g	4 %	Calcium 50 mg 4 %
Sugars / Sucres 1 g	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		

* DV = Daily Value
* 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)**

Nutrition Facts	Amount / Teneur	% DV / % VQ	Amount / Teneur	% DV / % VQ
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 - FALL/WINTER 2024-25

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) Calories 1270 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 84 g	112 %	Protein / Protéines 114 g
	Saturated / saturés 37 g + Trans / trans 3 g	200 %	Cholesterol / Cholestérol 310 mg
	Carbohydrate / Glucides 0 g		Sodium 400 mg
	Fibre / Fibres 0 g	0 %	Potassium 1850 mg
	Sugars / Sucres 0 g	0 %	Calcium 50 mg
			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® 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 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 14 g	19 %	Protein / Protéines 36 g
	Saturated / saturés 6 g + Trans / trans 0.5 g	33 %	Cholesterol / Cholestérol 95 mg
	Carbohydrate / Glucides 0 g		Sodium 100 mg
	Fibre / Fibres 0 g	0 %	Potassium 550 mg
	Sugars / Sucres 0 g	0 %	Calcium 10 mg
			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 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 + Trans / trans 0.5 g	43 %	Cholesterol / Cholestérol 75 mg
	Carbohydrate / Glucides 0 g		Sodium 80 mg
	Fibre / Fibres 0 g	0 %	Potassium 450 mg
	Sugars / Sucres 0 g	0 %	Calcium 10 mg
			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 + Trans / trans 0.3 g	19 %	Cholesterol / Cholestérol 60 mg
	Carbohydrate / Glucides 0 g		Sodium 430 mg
	Fibre / Fibres 0 g	0 %	Potassium 300 mg
	Sugars / Sucres 0 g	0 %	Calcium 10 mg
			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 2024-25

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 %
* DV = Daily Value	Fibre / Fibres 0 g	0 %	Calcium 20 mg 2 %
* VQ = valeur quotidienne	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 %
* DV = Daily Value	Fibre / Fibres 0 g	0 %	Calcium 10 mg 1 %
* VQ = valeur quotidienne	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		
* DV = Daily Value / VQ = valeur quotidienne	Sodium / Sodium 330 mg	14 %			
	Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C	0 %	
	Calcium / Calcium	2 %	Iron / Fer	25 %	

NUTRITIONALS - FALL/WINTER 2024-25

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	40 %	Cholesterol / Cholestérol 70 mg
+ Trans / trans 0.5 g		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
* 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	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		

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		
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		

NUTRITIONALS - FALL/WINTER 2024-25

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		
* 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		

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		
* DV = Daily Value * VQ = valeur quotidienne		
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
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
* 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		
* DV = Daily Value * VQ = valeur quotidienne		
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
Carbohydrate / Glucides 21 g		Potassium 350 mg
Fibre / Fibres 1 g	4 %	Calcium 30 mg
Sugars / Sucres 2 g	2 %	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		

NUTRITIONALS - FALL/WINTER 204-25

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
Carbohydrate / Glucides 2 g		Potassium 125 mg
Fibre / Fibres 0 g	0 %	Calcium 10 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		

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		
Fat / Lipides 0.5 g	1 %	Protein / Protéines 18 g
Saturated / saturés 0.2 g	1 %	Cholesterol / Cholestérol 145 mg
+ Trans / trans 0 g		Sodium 490 mg
Carbohydrate / Glucides 2 g		Potassium 125 mg
Fibre / Fibres 1 g	4 %	Calcium 200 mg
Sugars / Sucres 0 g	0 %	Iron / Fer 0 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		

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)		
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
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
*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		
Per 4 medallions (125 g) pour 4 médaillons (125 g)		
Calories 100		
Fat / Lipides 0.5 g	1 %	Protein / Protéines 23 g
Saturated / saturés 0.2 g	1 %	Cholesterol / Cholestérol 30 mg
+ Trans / trans 0 g		Sodium 380 mg
Carbohydrate / Glucides 1 g		Potassium 250 mg
Fibre / Fibres 0 g	0 %	Calcium 20 mg
Sugars / Sucres 1 g	1 %	Iron / Fer 0.4 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		

NUTRITIONALS - FALL/WINTER 2024-25

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 %
	Saturated / saturés 2.5 g	13 %
	+ Trans / trans 0 g	
	Carbohydrate / Glucides 1 g	
	Fibre / Fibres 0 g	0 %
	Sugars / Sucres 1 g	1 %
	Protein / Protéines 19 g	
	Cholesterol / Cholestérol 55 mg	
	Sodium 260 mg	11 %
	Potassium 350 mg	10 %
Calcium 10 mg	1 %	
Iron / Fer 1 mg	6 %	
*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 %
	Saturated / saturés 5 g	25 %
	+ Trans / trans 0 g	
	Carbohydrate / Glucides 0 g	
	Fibre / Fibres 0 g	0 %
	Sugars / Sucres 0 g	0 %
	Protein / Protéines 20 g	
	Cholesterol / Cholestérol 60 mg	
	Sodium 40 mg	2 %
	Potassium 400 mg	12 %
Calcium 0 mg	0 %	
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 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 Valeur nutritive Per portion (100 g) par portion (100 g) Calories 100 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 1.5 g	2 %
	Saturated / saturés 0.4 g	
	+ Trans / trans 0 g	2 %
	Carbohydrate / Glucides 4 g	
	Fibre / Fibres 0 g	0 %
	Sugars / Sucres 2 g	2 %
	Protein / Protéines 18 g	
	Cholesterol / Cholestérol 5 mg	
	Sodium 650 mg	28 %
	Potassium 400 mg	9 %
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.

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