



SPRING/SUMMER 2023



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**



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**



BUTTERFLY GARLIC SHRIMP

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

PRODUCT CODE: **81272** PRICE: **\$28.00**
PACKAGED: **APPROX. 36 SHRIMP | 2 LB BAG**



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: **\$60.00**
PACKAGED: **6 FULL RIBS X 21 OZ EACH**

**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: \$69.00
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: \$83.00
PACKAGED: 2 STEAKS PER PACK | 6 STEAKS X 10 OZ



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: \$64.00
PACKAGED: 2 ROASTS PER CASE-907GR (2LBS) EACH



AAA/CHOICE 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.

PRODUCT CODE: 18842 PRICE: \$52.00
PACKAGED: 16 X 115 GR (4OZ) | 4 STEAKS PER VAC | 4.06 LB CASE

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**



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: **\$99.00**
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: **40002** PRICE: **\$49.00**
PACKAGED: **24 BURGERS X 6OZ**

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



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** PRICE: **\$45.00**
PACKAGED: **30 HOT DOGS X 3.5 OZ**

BEEF ITEMS



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: **\$45.00**
PACKAGED: **2 X 4.96 LB BAG**

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** PRICE: **\$48.00**
PACKAGED: **2 X 3 LB BAGS**



"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** PRICE: **\$80.00**
PACKAGED: **6-8 OZ PORTIONS | 8.81 LB BOX**

CHICKEN ITEMS



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 **PRICE: \$68.00**

PACKAGED: 2 X 4.4 LB BAGS



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 **PRICE: \$28.00**

PACKAGED: 15 SKEWERS X 65 GR (2.3 OZ)

**SEAFOOD
ITEMS**



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: \$50.00
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



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

**NEW
PACK
SIZE**

PORK ITEMS



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**



NIMAN RANCH® PORK RIB CHOP

Niman Ranch® all natural pork comes from humanely raised hogs on small independent family farms committed to sustainable farming.

Never given hormones or antibiotics-EVER!

PRODUCT CODE: **61962** PRICE: **\$64.00**
PACKAGED: **INDIVIDUALLY PACKED | 10 PORK CHOPS X 8 OZ**



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: **\$49.00**
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: **\$58.00**
PACKAGED: **6 PACKS X 500 GR**

NUTRITIONALS - SPRING/SUMMER 2023

CERTIFIED ANGUS BEEF® CHUCK BURGER | Product Code #46102

Beef, Water, Salt.

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

BACON WRAPPED TENDERLOIN STEAK | PRODUCT CODE #14962

Beef, Bacon: 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 1.5 g	2 %	Protein / Protéines 18 g			
Per portion (100 g) par portion (100 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 %
* DV = Daily Value		Fibre / Fibres 0 g	0 %	Potassium 400 mg			9 %
* VQ = valeur quotidienne		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					

BUTTERFLY GARLIC SHRIMP | PRODUCT CODE #81272

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).

Nutrition Facts		Amount / Teneur	% DV / % VQ*	Nutrition Facts		Amount / Teneur	% DV / % VQ*
Valeur nutritive		Fat / Lipides 0.5 g	1 %	Protein / Protéines 18 g			
Per 4 shrimp (125 g) pour 4 crevette (125 g)		Saturated / saturés 0.2 g + Trans / trans 0 g	1 %	Cholesterol / Cholestérol 145 mg			
Calories 80		Carbohydrate / Glucides 2 g		Sodium 490 mg			21 %
* DV = Daily Value		Fibre / Fibres 1 g	4 %	Potassium 125 mg			3 %
* VQ = valeur quotidienne		Sugars / Sucres 0 g	0 %	Calcium 200 mg			15 %
				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					

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

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

NUTRITIONALS - SPRING/SUMMER 2023

AAA/CH SIRLOIN BAVETTE STEAK | PRODUCT CODE #18842

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 + Trans / trans 0.3 g	19 %	Cholesterol / Cholestérol 60 mg
Per 1 steak (115 g) pour 1 bifteck (115 g)	Carbohydrate / Glucides 0 g		Sodium 430 mg
Calories 160	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			

* DV = Daily Value

* VQ = valeur quotidienne

SLOW COOKED BEEF POT ROAST | PRODUCT CODE #92572

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

	% DV / % VQ*		% DV / % VQ*
Nutrition Facts Valeur nutritive	Fat / Lipides 16 g	21 %	Protein / Protéines 26 g
	Saturated / saturés 7 g + Trans / trans 0.5 g	40 %	Cholesterol / Cholestérol 70 mg
Per 1/6 roast (150 g) pour 1/6 de rôti (150 g)	Carbohydrate / Glucides 1 g		Sodium 530 mg
Calories 260	Fibre / Fibres 0 g	0 %	Potassium 350 mg
	Sugars / Sucres 1 g	1 %	Calcium 10 mg
			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			

* DV = Daily Value

* VQ = valeur quotidienne

STEAKHOUSE BURGER | PRODUCT CODE #40002/46342

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

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

* DV = Daily Value

* VQ = valeur quotidienne

NUTRITIONALS - SPRING/SUMMER 2023

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*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 frankfurter (100 g) pour 1 saucisse fumée (100 g)	Fat / Lipides 11 g	15 %	Protein / Protéines 10 g		
	Saturated / saturés 3 g		Cholesterol / Cholestérol 30 mg		
	+ Trans / trans 0.1 g	15 %	Sodium 760 mg		33 %
	Carbohydrate / Glucides 2 g		Potassium 175 mg		4 %
	Fibre / Fibres 1 g	4 %	Calcium 40 mg		3 %
	Sugars / Sucres 1 g	1 %	Iron / Fer 1.5 mg		8 %
Calories 150					
* 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					

ITALIAN STYLE COOKED MEATBALLS | PRODUCT CODE #90052

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

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 7 meatballs (100 g) par 7 boulettes de viande (100 g)	Fat / Lipides 19 g	25 %	Protein / Protéines 16 g		
	Saturated / saturés 9 g		Cholesterol / Cholestérol 45 mg		15 %
	+ Trans / trans 1 g	50 %	Sodium 450 mg		20 %
	Carbohydrate / Glucides 3 g		Potassium 250 mg		5 %
	Fibre / Fibres 2 g	7 %	Calcium 30 mg		2 %
	Sugars / Sucres 0 g	0 %	Iron / Fer 2.25 mg		13 %
Calories 250					
* 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					

FULLY COOKED CHICKEN WINGS | PRODUCT CODE #92872

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

Nutrition Facts		% DV* / % VQ*	Nutrition Facts		% DV* / % VQ*
Valeur nutritive			Valeur nutritive		
Per about 4 wings (100 g edible portion) pour environ 4 ailes (100 g de portion comestible)	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 %
Calories 310					
* 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 - SPRING/SUMMER 2023

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

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		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

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			
* DV = Daily Value			
* VQ = valeur quotidienne			
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			

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			
Fat / Lipides 6 g	8 %	Protein / Protéines 20 g	
Saturated / saturés 1.5 g		Cholesterol / Cholestérol 60 mg	
+ Trans / trans 0 g	8 %	Sodium 50 mg	2 %
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			

NUTRITIONALS - SPRING/SUMMER 2023

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

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		Fat / Lipides 21 g	28 %	Protein / Protéines 8 g	
Per (70 g) pour (70 g)		Saturated / saturés 8 g + Trans / trans 0 g	40 %	Cholesterol / Cholestérol 45 mg	
Calories 240		Carbohydrate / Glucides 0 g		Sodium 680 mg	
* DV = Daily Value		Fibre / Fibres 0 g	0 %	Potassium -- mg	
* VQ = valeur quotidienne		Sugars / Sucres -- g	-- %	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		Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 g	
Per portion (100 g) par portion (100 g)		Saturated / saturés 0.4 g + Trans / trans 0 g	2 %	Cholesterol / Cholestérol 5 mg	
Calories 100		Carbohydrate / Glucides 4 g		Sodium 650 mg	
* DV = Daily Value		Fibre / Fibres 0 g	0 %	Potassium 400 mg	
* VQ = valeur quotidienne		Sugars / Sucres 2 g	2 %	Calcium 20 mg	
				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			

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 %	

SINGLE SOURCE ITEMS - NUTRITIONALS

SPRING/SUMMER 2023

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

	% 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	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® STRIPLOIN STEAK | Product Code #14442

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

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

	% 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		

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

	% DV* / % VQ*	% DV* / % VQ*
Nutrition Facts		
Valeur nutritive		
Per portion (100 g) pour portion (100 g)		
Calories 110		
* DV = Daily Value * VQ = valeur quotidienne		
Fat / Lipides 1 g	1 %	Protein / Protéines 24 g
Saturated / saturés 0.4 g	2 %	Cholesterol / Cholestérol 65 mg
+ Trans / trans 0 g		Sodium 40 mg
Carbohydrate / Glucides 0 g		Potassium 450 mg
Fibre / Fibres 0 g	0 %	Calcium 0 mg
Sugars / Sucres 0 g	0 %	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		