



# 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



## FALL/WINTER 2024-25



### **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: **\$52.00**  
PACKAGED: **6 FULL RIBS X 21 OZ EACH**



### **BATTERED TEMPURA SHRIMP**

Pacific White Shrimp known for it's sweet, delicate taste. Hand-dipped in an authentic Tempura-style batter. Make shrimp the main event! Delicious quick easy meal!

PRODUCT CODE: **80312**                      PRICE: **\$30.00**  
PACKAGED: **APPROX 48-50 PCS | 2 LB BOX**  
**INDIVIDUALLY QUICK FROZEN FOR EASY SEPERATION**



### **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: **\$60.00**  
PACKAGED: **10 PORTIONS X 5 OZ**



**BEEF  
ITEMS**

**FALL/WINTER 2024-25**



**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: \$85.00  
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**

**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

**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



### 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  
ITEMS

FALL/WINTER 2024-25



**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*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per 2 sausages (70 g) pour 2 saucisses (70 g)		
<b>Calories 160</b>		
* DV = Daily Value		
* VQ = valeur quotidienne		
<b>Fat / Lipides 12 g</b>	16 %	<b>Protein / Protéines 10 g</b>
Saturated / saturés 4 g	20 %	<b>Cholesterol / Cholestérol 40 mg</b>
+ Trans / trans 0 g		<b>Sodium 450 mg</b>
<b>Carbohydrate / Glucides 2 g</b>		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*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Serving Size (100 g) Portion (100 g)		
<b>Calories 170</b>		
* DV = Daily Value		
* VQ = valeur quotidienne		
<b>Fat / Lipides 9 g</b>	12 %	<b>Protein / Protéines 21 g</b>
Saturated / saturés 3.5 g	19 %	<b>Cholesterol / Cholestérol 55 mg</b>
+ Trans / trans 0.3 g		<b>Sodium 60 mg</b>
<b>Carbohydrate / Glucides 0 g</b>		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*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per 1/4 roast (140 g) pour 1/4 de roti (140 g)		
<b>Calories 180</b>		
* DV = Daily Value		
* VQ = valeur quotidienne		
<b>Fat / Lipides 9 g</b>	12 %	<b>Protein / Protéines 24 g</b>
Saturated / saturés 3 g	15 %	<b>Cholesterol / Cholestérol 75 mg</b>
+ Trans / trans 0 g		<b>Sodium 450 mg</b>
<b>Carbohydrate / Glucides 1 g</b>		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**

<b>Nutrition Facts</b>	% DV / % VQ*	% DV / % VQ*
<b>Valeur nutritive</b>		
Per 1/3 rack (140g edible portion) pour 1/3 carré (partie comestible de 140 g)		
<b>Calories 320</b>		
<b>Fat / Lipides 18 g</b>	24 %	<b>Protein / Protéines 21 g</b>
Saturated / saturés 7 g	35 %	<b>Cholesterol / Cholestérol 70 mg</b> 23 %
+ Trans / trans 0.1 g		<b>Sodium 340 mg</b> 15 %
<b>Carbohydrate / Glucides 18 g</b>		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.**

<b>Nutrition Facts</b>	% DV* / % VQ*	% DV* / % VQ*
<b>Valeur nutritive</b>		
Per about 4 pieces (125 g) pour environ 4 morceaux (125 g)		
<b>Calories 170</b>		
<b>Fat / Lipides 1 g</b>	1 %	<b>Protein / Protéines 13 g</b>
Saturated / saturés 0.4 g	2 %	<b>Cholesterol / Cholestérol 65 mg</b>
+ Trans / trans 0 g		<b>Sodium 480 mg</b> 21 %
<b>Carbohydrate / Glucides 27 g</b>		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)**

<b>Nutrition Facts</b>	Amount / Teneur	% DV / % VQ	Amount / Teneur	% DV / % VQ
<b>Valeur nutritive</b>				
Serving Size 1 fillet (142 g) Portion 1 fillet (142 g)				
<b>Calories / Calories 360</b>				
* DV = Daily Value / VQ = valeur quotidienne				
<b>Fat / Lipides 27 g</b>		42 %	<b>Potassium / Potassium 420 mg</b>	12 %
Saturated / saturés 8 g		40 %	<b>Carbohydrate / Glucides 2 g</b>	1 %
+ Trans / trans 0 g			Fibre / Fibres 0 g	0 %
<b>Cholesterol / Cholestérol 80 mg</b>			Sugars / Sucres 2 g	
<b>Sodium / Sodium 630 mg</b>		26 %	<b>Protein / Protéines 26 g</b>	
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*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 84 g	112 %	<b>Protein / Protéines</b> 114 g
	Saturated / saturés 37 g + Trans / trans 3 g	200 %	<b>Cholesterol / Cholestérol</b> 310 mg
Per 1 steak (570 g) pour 1 bifteck (570 g)			<b>Sodium</b> 400 mg
<b>Calories 1270</b>	<b>Carbohydrate / Glucides</b> 0 g		Potassium 1850 mg
	Fibre / Fibres 0 g	0 %	Calcium 50 mg
	Sugars / Sucres 0 g	0 %	Iron / Fer 9 mg
* DV = Daily Value * VQ = valeur quotidienne	*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		

## 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	19 %	<b>Protein / Protéines</b> 36 g
	Saturated / saturés 6 g + Trans / trans 0.5 g	33 %	<b>Cholesterol / Cholestérol</b> 95 mg
Per 1 steak (170 g) pour 1 bifteck (170 g)			<b>Sodium</b> 100 mg
<b>Calories 290</b>	<b>Carbohydrate / Glucides</b> 0 g		Potassium 550 mg
	Fibre / Fibres 0 g	0 %	Calcium 10 mg
	Sugars / Sucres 0 g	0 %	Iron / Fer 4 mg
* DV = Daily Value * VQ = valeur quotidienne	*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		

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

## 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	12 %	<b>Protein / Protéines</b> 20 g
	Saturated / saturés 3.5 g + Trans / trans 0.3 g	19 %	<b>Cholesterol / Cholestérol</b> 60 mg
Per 1 steak (115 g) pour 1 bifteck (115 g)			<b>Sodium</b> 430 mg
<b>Calories 160</b>	<b>Carbohydrate / Glucides</b> 0 g		Potassium 300 mg
	Fibre / Fibres 0 g	0 %	Calcium 10 mg
	Sugars / Sucres 0 g	0 %	Iron / Fer 2 mg
* DV = Daily Value * VQ = valeur quotidienne	*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		

# NUTRITIONALS - FALL/WINTER 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*
<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 <span style="float: right;">28 %</span>
<b>Calories 100</b>	<b>Carbohydrate / Glucides</b> 4 g		Potassium 400 mg <span style="float: right;">9 %</span>
* DV = Daily Value	Fibre / Fibres 0 g	0 %	Calcium 20 mg <span style="float: right;">2 %</span>
* VQ = valeur quotidienne	Sugars / Sucres 2 g	2 %	Iron / Fer 0.75 mg <span style="float: right;">4 %</span>
* 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 <span style="float: right;">2 %</span>
<b>Calories 260</b>	<b>Carbohydrate / Glucides</b> 0 g		Potassium 300 mg <span style="float: right;">9 %</span>
* DV = Daily Value	Fibre / Fibres 0 g	0 %	Calcium 10 mg <span style="float: right;">1 %</span>
* VQ = valeur quotidienne	Sugars / Sucres 0 g	0 %	Iron / Fer 1.75 mg <span style="float: right;">10 %</span>
* 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		
* DV = Daily Value / VQ = valeur quotidienne	<b>Sodium / Sodium</b> 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**

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

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

## 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**

<b>Nutrition Facts</b>	% DV / % VQ*	% DV / % VQ*
<b>Valeur nutritive</b>		
Per 1 burger (170 g) pour 1 burger (170 g)	<b>Fat / Lipides</b> 33 g	<b>Protein / Protéines</b> 26 g
	Saturated / saturés 14 g	<b>Cholesterol / Cholestérol</b> 120 mg
	+ 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	Calcium 30 mg
	Sugars / Sucres 1 g	Iron / Fer 3.5 mg
* DV = Daily Value	* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup	
* VQ = valeur quotidienne		

# 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*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per about 4 wings (100 g edible portion)		
pour environ 4 ailes (100 g de portion comestible)		
<b>Calories 310</b>		
* DV = Daily Value		
* VQ = valeur quotidienne		
<b>Fat / Lipides 21 g</b>	28 %	<b>Protein / Protéines 28 g</b>
Saturated / saturés 6 g	31 %	<b>Cholesterol / Cholestérol 180 mg</b>
+ Trans / trans 0.1 g		<b>Sodium 510 mg</b>
<b>Carbohydrate / Glucides 1 g</b>		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*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per portion (141 g)		
pour portion (141 g)		
<b>Calories 290</b>		
* DV = Daily Value		
* VQ = valeur quotidienne		
<b>Fat / Lipides 19 g</b>	25 %	<b>Protein / Protéines 29 g</b>
Saturated / saturés 4.5 g	23 %	<b>Cholesterol / Cholestérol 80 mg</b>
+ Trans / trans 0 g		<b>Sodium 85 mg</b>
<b>Carbohydrate / Glucides 0 g</b>		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*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per 3 pieces (100 g)		
pour 3 morceaux (100 g)		
<b>Calories 200</b>		
* DV = Daily Value		
* VQ = valeur quotidienne		
<b>Fat / Lipides 9 g</b>	12 %	<b>Protein / Protéines 11 g</b>
Saturated / saturés 1.5 g	8 %	<b>Cholesterol / Cholestérol 20 mg</b>
+ Trans / trans 0 g		<b>Sodium 540 mg</b>
<b>Carbohydrate / Glucides 21 g</b>		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*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Serving Size (65 g) Portion (65 g)		
<b>Calories 100</b>		
<b>Fat / Lipides 5 g</b>	7 %	<b>Protein / Protéines 10 g</b>
Saturated / saturés 0.5 g	3 %	<b>Cholesterol / Cholestérol 25 mg</b>
+ Trans / trans 0 g		<b>Sodium 270 mg</b>
<b>Carbohydrate / Glucides 2 g</b>		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*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per 4 shrimp (125 g) pour 4 crevette (125 g)		
<b>Calories 80</b>		
<b>Fat / Lipides 0.5 g</b>	1 %	<b>Protein / Protéines 18 g</b>
Saturated / saturés 0.2 g	1 %	<b>Cholesterol / Cholestérol 145 mg</b>
+ Trans / trans 0 g		<b>Sodium 490 mg</b>
<b>Carbohydrate / Glucides 2 g</b>		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*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per portion (141 g) pour portion (141 g)		
<b>Calories 290</b>		
<b>Fat / Lipides 19 g</b>	25 %	<b>Protein / Protéines 29 g</b>
Saturated / saturés 4.5 g	23 %	<b>Cholesterol / Cholestérol 80 mg</b>
+ Trans / trans 0 g		<b>Sodium 85 mg</b>
<b>Carbohydrate / Glucides 0 g</b>		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*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per 4 medallions (125 g) pour 4 médaillons (125 g)		
<b>Calories 100</b>		
<b>Fat / Lipides 0.5 g</b>	1 %	<b>Protein / Protéines 23 g</b>
Saturated / saturés 0.2 g	1 %	<b>Cholesterol / Cholestérol 30 mg</b>
+ Trans / trans 0 g		<b>Sodium 380 mg</b>
<b>Carbohydrate / Glucides 1 g</b>		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*	
<b>Nutrition Facts</b> <b>Valeur nutritive</b>  Per 1/5 of package (100 g) pour 1/5 de l'emballage (100 g)  <b>Calories 140</b>  * DV = Daily Value * VQ = valeur quotidienne	<b>Fat / Lipides</b> 7 g	9 %	<b>Protein / Protéines</b> 19 g	
	Saturated / saturés 2.5 g	13 %	<b>Cholesterol / Cholestérol</b> 55 mg	
	+ Trans / trans 0 g		<b>Sodium</b> 260 mg	
	<b>Carbohydrate / Glucides</b> 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*	
<b>Nutrition Facts</b> <b>Valeur nutritive</b>  Per (100 g) pour (100 g)  <b>Calories 210</b>  * DV = Daily Value * VQ = valeur quotidienne	<b>Fat / Lipides</b> 14 g	19 %	<b>Protein / Protéines</b> 20 g	
	Saturated / saturés 5 g	25 %	<b>Cholesterol / Cholestérol</b> 60 mg	
	+ Trans / trans 0 g		<b>Sodium</b> 40 mg	
	<b>Carbohydrate / Glucides</b> 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				

## 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*	
<b>Nutrition Facts</b> <b>Valeur nutritive</b>  Per portion (100 g) par portion (100 g)  <b>Calories 100</b>  * DV = Daily Value * VQ = valeur quotidienne	<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	
	+ Trans / trans 0 g		<b>Sodium</b> 650 mg	
	<b>Carbohydrate / Glucides</b> 4 g		Potassium 400 mg	
	Fibre / Fibres 0 g	0 %	Calcium 20 mg	
	Sugars / Sucres 2 g	2 %	Iron / Fer 0.75 mg	
* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup				

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