

****NEW** SIGNATURE TRIO CHICKEN THIGH PACK**
***3 FLAVOURS - UNSEASONED - BUFFALO - JERK**


PRODUCT CODE	70042	PRICE	\$65.00
PACK SIZE	3 kg cs (3 x 1 kg each flavour)		

INGREDIENTS (Unseasoned): Chicken

INGREDIENTS (Buffalo): Chicken, Water, Salt, Sugars (Corn Syrup Solids, Sugar), Hot Pepper Flavor (Salt), Spices, Modified Corn Starch, Sodium Diacetate, Vinegar Powder (Maltodextrin, Vinegar, Modified Corn Starch), Sodium Phosphate, Garlic, Xanthan Gum, Onion, Sunflower Oil, Silicon Dioxide.

INGREDIENTS (Jerk): Chicken, Water, Spices, Salt, Sugars (Dextrose, Sugar), Onion, Modified Corn Starch, Dehydrated Leek, Dehydrated Green Bell Pepper, Herbs, Citric Acid, Sodium Diacetate, Spice Extracts, Xanthan Gum, Sodium Benzoate, Potassium Sorbate, Sunflower Oil.

ALLERGENS: No priority allergens (All Flavours)

UNSEASONED
Nutrition Facts
Valeur nutritive

Per 100 g
pour 100 g

Calories 190

*DV = Daily Value
*VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 11 g	15 %	Protein / Protéines 24 g	
Saturated / saturés 3 g	15 %	Cholesterol / Cholestérol 130 mg	
+ Trans / trans 0 g		Sodium 340 mg	15 %
Carbohydrate / Glucides 0 g		Potassium 250 mg	7 %
Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
Sugars / Sucres 0 g	0 %	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**

BUFFALO
Nutrition Facts
Valeur nutritive

Per 100 g
pour 100 g

Calories 110

*DV = Daily Value
*VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 3.5 g	5 %	Protein / Protéines 16 g	
Saturated / saturés 1 g	5 %	Cholesterol / Cholestérol 75 mg	
+ Trans / trans 0 g		Sodium 700 mg	30 %
Carbohydrate / Glucides 2 g		Potassium 200 mg	6 %
Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
Sugars / Sucres 1 g	1 %	Iron / Fer 0.75 mg	4 %

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JERK
Nutrition Facts
Valeur nutritive

Per 100 g
pour 100 g

Calories 110

*DV = Daily Value
*VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 3.5 g	5 %	Protein / Protéines 17 g	
Saturated / saturés 1 g	5 %	Cholesterol / Cholestérol 80 mg	
+ Trans / trans 0 g		Sodium 420 mg	18 %
Carbohydrate / Glucides 2 g		Potassium 225 mg	7 %
Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
Sugars / Sucres 1 g	1 %	Iron / Fer 1 mg	6 %

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****NEW** AAA/CHOICE TOP SIRLOIN STEAKS**

A versatile steak that is cut from the top sirloin. Lean, juicy & tender, it boasts great flavour. Can you hear the sizzle...a perfect steak for any time of year!

Packed 12 steaks per case, 2 steaks per vac.



PRODUCT CODE	13992	PRICE	\$80.00
PACK SIZE	1.8 kg cs	(6 x (2 x 150 g))	

INGREDIENTS: Beef

ALLERGENS: No priority allergens

Nutrition Facts
Valeur nutritive

Per 1 steak (150 g)
pour 1 bifteck (150 g)

Calories 260

*DV = Daily Value
*VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 13 g	17 %	Protein / Protéines 32 g	
Saturated / saturés 5 g	27 %	Cholesterol / Cholestérol 85 mg	
+ Trans / trans 0.4 g		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 3.5 mg	19 %
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COOKED BEEF MEATBALLS ITALIAN STYLE

The perfect meatball! Whether for a cocktail party, or with pasta, we bet you can't just eat one!



PRODUCT CODE	90052	PRICE	\$56.00
PACK SIZE	4.5 kg cs	(2 x 2.25 kg)	

INGREDIENTS: Beef, Water, Toasted wheat crumbs, Textured soy protein (caramel colour), Salt, Sugar, Spices, Canola and/or sunflower oil, Garlic powder, Onion powder, Spice extractives.

ALLERGENS: Gluten (wheat), Soy

Nutrition Facts
Valeur nutritive

Per 6 meatballs (60 g)
pour 6 boulettes (60 g)

Calories 150

*DV = Daily Value
*VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 11 g	15 %	Protein / Protéines 10 g	
Saturated / saturés 5 g	28 %	Cholesterol / Cholestérol 25 mg	8 %
+ Trans / trans 0.5 g		Sodium 270 mg	12 %
Carbohydrate / Glucides 2 g		Potassium 175 mg	5 %
Fibre / Fibres 1 g	4 %	Calcium 20 mg	2 %
Sugars / Sucres 0 g	0 %	Iron / Fer 1.5 mg	8 %
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CERTIFIED ANGUS BEEF® GROUND BEEF CHUCK

Versatile, flavourful, and economical. Ideal for burgers, meatloaf, and meatballs. No matter the meal, this CAB® Ground Beef Chuck works wonders with its mouth-watering flavour.



PRODUCT CODE	46142	PRICE	\$66.00
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PACK SIZE	3.0 kg	(6 x 500 g)
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INGREDIENTS: Beef

ALLERGENS: No priority allergens

Nutrition Facts Valeur nutritive

Per 100 g
pour 100 g

Calories 260

*DV = Daily Value

*VQ = valeur quotidienne

% DV* / % VQ*

Fat / Lipides 20 g 27 %

Saturated / saturés 8 g 45 %

+ Trans / trans 1 g

Carbohydrate / Glucides 0 g

Fibre / Fibres 0 g 0 %

Sugars / Sucres 0 g 0 %

% DV* / % VQ*

Protein / Protéines 18 g

Cholesterol / Cholestérol 70 mg 23 %

Sodium 55 mg 2 %

Potassium 300 mg 9 %

Calcium 10 mg 1 %

Iron / Fer 1.75 mg 10 %

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FULLY COOKED BREAKFAST SAUSAGE LINKS *Gluten Free Certified*

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	\$39.00
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PACK SIZE	3.0 kg cs	(2 x 1.5 kg)
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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.

ALLERGENS: No priority allergens

Nutrition Facts Valeur nutritive

Per 2 sausages (56 g)
pour 2 saucisses (56 g)

Calories 140

*DV = Daily Value

*VQ = valeur quotidienne

% DV* / % VQ*

Fat / Lipides 10 g 13 %

Saturated / saturés 4 g 20 %

+ Trans / trans 0 g

Carbohydrate / Glucides 2 g

Fibre / Fibres 0 g 0 %

Sugars / Sucres 0 g 0 %

% DV* / % VQ*

Protein / Protéines 9 g

Cholesterol / Cholestérol 35 mg

Sodium 390 mg 17 %

Potassium 150 mg 4 %

Calcium 0 mg 0 %

Iron / Fer 0.5 mg 3 %

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FULLY COOKED SEASONED CHICKEN WINGS

Move over breaded grocery store chicken wings! Our fully cooked chicken wings cook up nice and crispy, no breading, no phosphates. Just add your favourite wing sauce for a pub worthy wing experience from home, perfectly done in the air fryer, oven or hot off the grill.



PRODUCT CODE	92872	PRICE	\$57.00
PACK SIZE	2.72 kg cs (2 x 1.36 kg)		
INGREDIENTS: Chicken, Water, Salt, Spices, Dehydrated onion, Dehydrated garlic, Natural flavour, Yeast extract, Canola oil, Silicon dioxide, Spice extract.			
ALLERGENS: No priority allergens			

Nutrition Facts

Valeur nutritive

Per about 4 wings (100 g)
pour environ 4 ailes (100 g)

Calories 180

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 12 g	16 %	Protein / Protéines 16 g	
Saturated / saturés 3.5 g	18 %	Cholesterol / Cholestérol 100 mg	
+ Trans / trans 0.1 g		Sodium 280 mg	12 %
Carbohydrate / Glucides 0 g		Potassium 175 mg	5 %
Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
Sugars / Sucres 0 g	0 %	Iron / Fer 0.5 mg	3 %

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CERTIFIED ANGUS BEEF® TOP SIRLOIN ROASTS

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 seasoning of choice and enjoy!



PRODUCT CODE	14222	PRICE	\$96.00
PACK SIZE	1.8 kg cs (2 x 907 g)		
INGREDIENTS: Beef			
ALLERGENS: No priority allergens			

Nutrition Facts

Valeur nutritive

Per about 1/7 of roast
(100 g)
pour environ 1/7 de rôti
(100 g)

Calories 170

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
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	3 %
Carbohydrate / Glucides 0 g		Potassium 300 mg	9 %
Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
Sugars / Sucres 0 g	0 %	Iron / Fer 2.25 mg	13 %

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BEEF

CAN 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	\$115.00
PACK SIZE	2.04 kg cs (6 x 340 g) 12oz IVP		

INGREDIENTS: Beef

ALLERGENS: No priority allergens

Nutrition Facts

Per 1 steak (340 g)
pour 1 bifteck (340 g)

Calories 810

*DV = Daily Value

*VQ = valeur quotidienne

	% DV* / % VQ*
Fat / Lipides 58 g	77 %
Saturated / saturés 24 g	130 %
+ Trans / trans 2 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %

	% DV* / % VQ*
Protein / Protéines 68 g	
Cholesterol / Cholestérol 185 mg	62 %
Sodium 180 mg	8 %
Potassium 1100 mg	32 %
Calcium 30 mg	2 %
Iron / Fer 7 mg	39 %

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CERTIFIED ANGUS BEEF® STRIPLOIN STEAK

This premium steak is a steakhouse classic, known for its robust marbling, tenderness and flavour.

Packed 6 steaks per box, 2 steaks per vac.



PRODUCT CODE	14442	PRICE	\$111.00
PACK SIZE	1.71 kg cs (3 x (2 x 285 g) 10 oz		

INGREDIENTS: Beef

ALLERGENS: No priority allergens

Nutrition Facts

Per 1 steak (285 g)
pour 1 bifteck (285 g)

Calories 540

*DV = Daily Value

*VQ = valeur quotidienne

	% DV* / % VQ*
Fat / Lipides 24 g	32 %
Saturated / saturés 11 g	60 %
+ Trans / trans 1 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %

	% DV* / % VQ*
Protein / Protéines 77 g	
Cholesterol / Cholestérol 175 mg	58 %
Sodium 200 mg	9 %
Potassium 1150 mg	34 %
Calcium 20 mg	2 %
Iron / Fer 6 mg	33 %

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BONELESS BOTTOM SIRLOIN "BAVETTE" STEAK

The Bavette Steak is one of those cuts of Beef that does not get the glory it deserves! Tremendous Marbling and a tender texture. Serve on its 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! Packed 16 steaks per case, 4 steaks per vac.



PRODUCT CODE	18842	PRICE	\$80.00
PACK SIZE	1.84 kg cs	(4 x (4 x 115 g)) 4 oz	
INGREDIENTS: Beef, Water, Salt, Sugars (glucose solids), Hydrolyzed soy protein, Hydrolyzed corn protein, Natural flavour, Papain.			
ALLERGENS: Soy			

Nutrition Facts Valeur nutritive

Per 1 steak (115 g)
pour 1 bifteck (115 g)

Calories 120

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*
Fat / Lipides 4.5 g	6 %
Saturated / saturés 2 g	11 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %

	% DV* / % VQ*
Protein / Protéines 21 g	
Cholesterol / Cholestérol 55 mg	18 %
Sodium 430 mg	19 %
Potassium 300 mg	9 %
Calcium 10 mg	1 %
Iron / Fer 2.5 mg	14 %

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BACON WRAPPED BEEF TENDERLOIN STEAK

The most tender beef cut. Lean yet succulent and elegant - and wrapped in bacon! Say no more.

Packed 20 steaks per case, 4 steaks per vac.



PRODUCT CODE	14962	PRICE	\$112.00
PACK SIZE	2.3 kg cs	(5 x (4 x 113 g)) 4 oz	
INGREDIENTS: Beef, Bacon (pork, water, salt, sodium phosphate, sodium erythorbate, sodium nitrite, smoke).			
ALLERGENS: No priority allergens			

Nutrition Facts Valeur nutritive

Per 1 steak (113 g)
pour 1 bifteck (113 g)

Calories 260

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*
Fat / Lipides 17 g	23 %
Saturated / saturés 7 g	36 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 1 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %

	% DV* / % VQ*
Protein / Protéines 21 g	
Cholesterol / Cholestérol 65 mg	22 %
Sodium 270 mg	12 %
Potassium 300 mg	9 %
Calcium 0 mg	0 %
Iron / Fer 3 mg	17 %

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SLOW COOKED BEEF POT ROAST IN GRAVY

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	\$123.00
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PACK SIZE	4.6 kg cs (8 x 575 g) IVP
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INGREDIENTS: Beef, Water, Sugars (dextrose, sugar), Modified corn starch, Salt, Hydrolyzed corn, soy and wheat protein, Spices, Caramel colour, Flavour, Onion powder, Garlic powder, Milk ingredients, Canola oil, Xanthan gum, Silicon dioxide].

ALLERGENS: Gluten (wheat), Milk, Soy

Nutrition Facts Valeur nutritive

Per 1/4 package (140 g)
pour 1/4 package (140 g)

Calories 270

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*
Fat / Lipides 17 g	23 %
Saturated / saturés 8 g	43 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 3 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %

	% DV* / % VQ*
Protein / Protéines 26 g	
Cholesterol / Cholestérol 85 mg	28 %
Sodium 540 mg	23 %
Potassium 400 mg	12 %
Calcium 10 mg	1 %
Iron / Fer 3 mg	17 %

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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	\$84.00
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PACK SIZE	4.0 kg cs (20 x 200 g) 7 oz
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INGREDIENTS: Beef

ALLERGENS: No priority allergens

Nutrition Facts Valeur nutritive

Per 1 burger (200 g)
pour 1 burger (200 g)

Calories 430

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*
Fat / Lipides 30 g	40 %
Saturated / saturés 12 g	65 %
+ Trans / trans 1 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %

	% DV* / % VQ*
Protein / Protéines 38 g	
Cholesterol / Cholestérol 135 mg	45 %
Sodium 125 mg	5 %
Potassium 600 mg	18 %
Calcium 30 mg	2 %
Iron / Fer 4 mg	22 %

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STEAKHOUSE STYLE BEEF BURGERS

Our Steakhouse Burger has been a mainstay in restaurants for years for one reason - it's an old school great burger!



PRODUCT CODE	46342	PRICE	\$70.00
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PACK SIZE	4.52 kg (40 x 113 g) 4 oz
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INGREDIENTS: Beef, Water, Toasted wheat crumbs, Salt, Textured soy protein, Spices and spice extracts, Onion powder, Sugar, Garlic powder, Flavour, Canola and/or sunflower oil.

ALLERGENS: Soy, Wheat

Nutrition Facts Valeur nutritive

Per 1 burger (113 g)
pour 1 burger (113 g)

Calories 270

* DV = Daily Value

* VQ = valeur quotidienne

% DV* / % VQ*

Fat / Lipides 22 g 29 %

Saturated / saturés 9 g 48 %

+ Trans / trans 0.5 g

Carbohydrate / Glucides 0 g

Fibre / Fibres 0 g 0 %

Sugars / Sucres 0 g 0 %

% DV* / % VQ*

Protein / Protéines 18 g

Cholesterol / Cholestérol 85 mg 28 %

Sodium 65 mg 3 %

Potassium 300 mg 9 %

Calcium 10 mg 1 %

Iron / Fer 2.5 mg 14 %

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CHICKEN

BONELESS, SKINLESS CHICKEN BREASTS

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	\$98.00
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PACK SIZE	4.0 kg cs (6-8 oz each, 2/vac)
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INGREDIENTS: Chicken

ALLERGENS: No priority allergens

Nutrition Facts Valeur nutritive

Per 100 g
pour 100 g

Calories 120

* DV = Daily Value

* VQ = valeur quotidienne

% DV* / % VQ*

Fat / Lipides 2.5 g 3 %

Saturated / saturés 0.5 g 3 %

+ Trans / trans 0 g

Carbohydrate / Glucides 0 g

Fibre / Fibres 0 g 0 %

Sugars / Sucres 0 g 0 %

% DV* / % VQ*

Protein / Protéines 23 g

Cholesterol / Cholestérol 75 mg 25 %

Sodium 45 mg 2 %

Potassium 350 mg 10 %

Calcium 0 mg 0 %

Iron / Fer 0.4 mg 2 %

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BREADED CHICKEN BREAST STRIPS - UNCOOKED

Dare we say these “fingers” are famous? This is the same product found in some great restaurants and pubs. Hugely popular for a reason!!



PRODUCT CODE	71025	PRICE	\$72.00
PACK SIZE	4.0 kg cs	(2 x 2.0 kg)	
INGREDIENTS: Chicken breast strips, Water, Toasted wheat crumbs with spice extracts, Wheat flour, Canola oil, Modified corn starch, Yellow corn flour, Salt, Spices and spice extracts, Sugars (dextrose), Sodium phosphate, Baking powder, Defatted soy flour, Garlic powder, Onion powder, Guar gum.			
ALLERGENS: Gluten (wheat), Soy			

Nutrition Facts Valeur nutritive

Per 2 pieces (140 g)
pour 2 morceaux (140 g)

Calories 240

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 7 g	9 %	Protein / Protéines 18 g	
Saturated / saturés 1 g	6 %	Cholesterol / Cholestérol 50 mg	17 %
+ Trans / trans 0.1 g		Sodium 870 mg	38 %
Carbohydrate / Glucides 26 g		Potassium 250 mg	7 %
Fibre / Fibres 1 g	4 %	Calcium 50 mg	4 %
Sugars / Sucres 0 g	0 %	Iron / Fer 1.75 mg	10 %

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CHICKEN SOUVLAKI - UNCOOKED

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	70004	PRICE	\$35.00
PACK SIZE	1.2 kg cs	(18 x 65 g skewers)	
INGREDIENTS: Chicken, Water, Sugars (corn syrup solids, sugar), Salt, Garlic, Spices, Sodium phosphate, Lemon juice powder (corn syrup solids, lemon juice, lemon oil), Onion, Herbs, Xanthan gum, Sunflower oil (anti-dusting).			
ALLERGENS: No priority allergens			

Nutrition Facts Valeur nutritive

Per 2 pieces (132 g)
pour 2 pièces (132 g)

Calories 140

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 2 g	3 %	Protein / Protéines 28 g	
Saturated / saturés 0.5 g	3 %	Cholesterol / Cholestérol 75 mg	25 %
+ Trans / trans 0 g		Sodium 620 mg	27 %
Carbohydrate / Glucides 2 g		Potassium 450 mg	13 %
Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
Sugars / Sucres 0 g	0 %	Iron / Fer 0.75 mg	4 %

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CRUNCHY MAC CHICKEN BURGERS - Uncooked

A golden, crackling crunch on the outside, juicy and tender on the inside. This seasoned chicken breast delivers crispy breaded satisfaction, an irresistible crunch with every mouthful.



PRODUCT CODE	70002	PRICE	\$55.00
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PACK SIZE	2.5 kg cs	(~ 17 pcs)
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INGREDIENTS: Chicken, Water, Salt, Onion powder, Garlic powder, Yeast extract, Spices, Soybean oil, Flavour. In a batter and breading of: Wheat flour, Water, Canola oil, Modified corn starch, Toasted wheat crumbs, Salt, Baking powder, Rice flour, Wheat gluten, Tapioca dextrin, Onion powder, Garlic powder, Vegetable oil, Citric acid, Disodium inosinate, Disodium guanylate.

ALLERGENS: Gluten (wheat), Sulphites

Nutrition Facts Valeur nutritive

Per 1 piece (150 g)
pour 1 pièce (150 g)

Calories 290

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*
Fat / Lipides 13 g	17 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 22 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 5 g	5 %

	% DV* / % VQ*
Protein / Protéines 22 g	
Cholesterol / Cholestérol 60 mg	20 %
Sodium 930 mg	40 %
Potassium 350 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 2 mg	11 %

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FISH & SHRIMP

COD LOINS

Cod is an extremely versatile white fish and pairs well with a variety of cuisines at any time of the year. Great with any side of your choice.

Packed 20 portions per case, 2 portions per vac.



PRODUCT CODE	86812	PRICE	\$76.00
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PACK SIZE	2.26 kg cs	(10 x (2 x 113 g)) 4 oz
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INGREDIENTS: Cod, Water, Sodium phosphate

ALLERGENS: Fish (cod)

Nutrition Facts Valeur nutritive

Per 1 piece (113 g)
pour 1 pièce (113 g)

Calories 80

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %

	% DV* / % VQ*
Protein / Protéines 17 g	
Cholesterol / Cholestérol 55 mg	18 %
Sodium 360 mg	16 %
Potassium 250 mg	7 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

*5% or less is **a little**, 15% or more is **a lot** / *5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

GARLIC & HERB BUTTERFLY SHRIMP – RAW 16/20

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



PRODUCT CODE	81272	PRICE	\$32.00
PACK SIZE	907 g cs (Approx 36 shrimp)		
INGREDIENTS: Shrimp, Water, Garlic Powder, Maltodextrin, Sugar, Modified Tapioca Starch, Salt, Lime Juice Powder, Spices, Dextrose, Xanthan Gum, Yeast Extract, Silicon Dioxide, Natural Lemon Flavor, Citric Acid, Sodium Tripolyphosphate (for moisture retention).			
ALLERGENS		Crustaceans (shrimp)	

Nutrition Facts Valeur nutritive

Per 5 shrimp (125 g)
pour 5 crevettes (125 g)

Calories 60

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 0.5 g	1 %	Protein / Protéines 12 g	
Saturated / saturés 0.1 g	1 %	Cholesterol / Cholestérol 115 mg	38 %
+ Trans / trans 0 g		Sodium 710 mg	31 %
Carbohydrate / Glucides 3 g		Potassium -- mg	-- %
Fibre / Fibres 0 g	0 %	Calcium 0 mg	0 %
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			

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	\$87.00
PACK SIZE	1.97 kg cs (14 x 141 g) 5 oz		
INGREDIENTS: Salmon			
ALLERGENS: Fish (salmon)			

Nutrition Facts Valeur nutritive

Per 1 portion (141 g)
pour 1 portion (141 g)

Calories 290

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 19 g	25 %	Protein / Protéines 29 g	
Saturated / saturés 4.5 g	23 %	Cholesterol / Cholestérol 80 mg	27 %
+ Trans / trans 0 g		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			

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
PACK SIZE	1.42 kg cs (10 x 142 g) 5 oz		
INGREDIENTS: Salmon, Bacon (pork, water, salt, sodium phosphates, dextrose, sodium ascorbate, sodium nitrite), Sugars (maple sugar, brown sugar), Salt, Flavour, Dehydrated red pepper, Smoke flavour, Spices, Caramel Powder, Silicon dioxide			
ALLERGENS: Fish (salmon)			

Nutrition Facts Valeur nutritive

Per 1 fillet (142 g)
pour 1 filet (142 g)

Calories 300

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 22 g	29 %	Protein / Protéines 26 g	
Saturated / saturés 7 g	36 %	Cholesterol / Cholestérol 85 mg	28 %
+ Trans / trans 0.2 g		Sodium 430 mg	19 %
Carbohydrate / Glucides 1 g		Potassium 450 mg	13 %
Fibre / Fibres 1 g	4 %	Calcium 10 mg	1 %
Sugars / Sucres 0 g	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			



PORK

FULLY COOKED PORK CARNITAS

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	\$40.00
PACK SIZE	1.5 kg cs (3 x 500 g)		
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.			
ALLERGENS: No priority allergens			

Nutrition Facts Valeur nutritive

Per 1/5 package (100 g)
pour 1/5 d'emballage (100 g)

Calories 140

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
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	11 %
Carbohydrate / Glucides 1 g		Potassium 350 mg	10 %
Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
Sugars / Sucres 1 g	1 %	Iron / Fer 1 mg	6 %
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SMOKED & 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	\$61.00
PACK SIZE	3.57 kg cs (6 x 595 g) 21 oz IVP		

INGREDIENTS: Pork, Sugars (sugar/glucose-fructose, concentrated pineapple juice, refiner's molasses), Tomato Paste, Cayenne pepper sauce (cayenne red peppers, vinegar, water, salt, garlic powder), Vinegar, Modified corn starch, Water, Spices and spice extracts (mustard), Salt, Natural smoke flavour, Caramel colour, Tamarind, Sodium benzoate, Garlic powder, Onion powder, Smoke.

ALLERGENS: Mustard

Nutrition Facts Valeur nutritive

Per 1/4 package (140 g)
pour 1/4 paquet (140 g)

Calories 290

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 17 g	23 %	Protein / Protéines 21 g	
Saturated / saturés 7 g	35 %	Cholesterol / Cholestérol 80 mg	27 %
+ Trans / trans 0 g		Sodium 330 mg	14 %
Carbohydrate / Glucides 15 g		Potassium 350 mg	10 %
Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %
Sugars / Sucres 16 g	16 %	Iron / Fer 1 mg	6 %

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CANADIAN PORK RIB CHOP

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



PRODUCT CODE	62022	PRICE	\$47.00
PACK SIZE	2.25 kg cs (10 x 225 g) 8 oz IVP		

INGREDIENTS: Pork

ALLERGENS: No priority allergens

Nutrition Facts Valeur nutritive

Per 100 g
pour 100 g

Calories 180

* DV = Daily Value

* VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 11 g	15 %	Protein / Protéines 20 g	
Saturated / saturés 2.5 g	13 %	Cholesterol / Cholestérol 60 mg	20 %
+ Trans / trans 0.1 g		Sodium 55 mg	2 %
Carbohydrate / Glucides 0 g		Potassium 350 mg	10 %
Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %
Sugars / Sucres 0 g	0 %	Iron / Fer 0.5 mg	3 %

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THICK CUT PEMEAL 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	\$53.00
PACK SIZE	3.0 kg cs (6 x 500 g)		
INGREDIENTS: Pork, Water, Cornmeal, Salt, Sugar, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Flavour, Sodium bicarbonate.			
ALLERGENS: No priority allergens			

Nutrition Facts Valeur nutritive

Per 1 slice (60 g)
pour 1 tranche (60 g)

Calories 50

*DV = Daily Value

*VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 2 g	3 %	Protein / Protéines 8 g	
Saturated / saturés 1 g	5 %	Cholesterol / Cholestérol 20 mg	
+ Trans / trans 0 g		Sodium 550 mg	24 %
Carbohydrate / Glucides 1 g		Potassium 125 mg	4 %
Fibre / Fibres 0 g	0 %	Calcium 0 mg	0 %
Sugars / Sucres 1 g	1 %	Iron / Fer 0.2 mg	1 %
*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

Take your home-cooked breakfast to the next level of deliciousness with our thick cut sliced bacon.



PRODUCT CODE	60022	PRICE	\$70.00
PACK SIZE	3.0 kg cs (6 x 500 g)		
INGREDIENTS: Pork, Water, Salt, Sodium erythorbate, Sodium nitrite, Smoke.			
ALLERGENS: No priority allergens			

Nutrition Facts Valeur nutritive

Per 2 slices (60 g)
pour 2 tranches (60 g)

Calories 260

*DV = Daily Value

*VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 27 g	36 %	Protein / Protéines 5 g	
Saturated / saturés 10 g	50 %	Cholesterol / Cholestérol 35 mg	
+ Trans / trans 0 g		Sodium 350 mg	15 %
Carbohydrate / Glucides 0 g		Potassium 100 mg	3 %
Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
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			