



WILD RAW ARGENTINE SHRIMP

Argentine Shrimp are highly regarded for their rich, sweet flavour with a tender, delicate texture often compared to a blend of lobster and shrimp.

They are naturally bright red even when raw, have a firm & meaty texture, and are wild-caught in the cold, clean waters of Argentina. A "MUST" try!

PRODUCT CODE: 81502

PRICE: \$36.00

PACKAGED: 2LB BAG | 13-15CT | APPROX. 28 SHRIMP PER BAG



CERTIFIED ANGUS BEEF® TOP SIRLOIN ROAST

Tender and oh sooooo 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: \$97.00

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



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: \$66.00

PACKAGED: 6 X 500GRS | 6.61 LB CASE



FALL/WINTER 2025-2026



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: 90072

PRICE: \$52.00

PACKAGED: 2 X 4.96 LB BAG



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: \$45.00

PACKAGED: 10 CHOPS X 8 OZ (225 GR EACH)

CHOPS INDIVIDUALLY VAC PACKED



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: \$39.00

PACKAGED: 2 BAGS X 3LB | 6.61 LB CASE



FALL/WINTER 2025-2026



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: \$112.00
PACKAGED: 6 STEAKS X 12 OZ
STEAKS INDIVIDUALLY VAC PACKED



CERTIFIED ANGUS BEEF® STRIPLOIN STEAK

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

PRODUCT CODE: 14442 PRICE: \$105.00
PACKAGED: 2 STEAKS PER PACK | 6 STEAKS X 10 OZ



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: \$104.00
PACKAGED: 2 STEAKS PER PACK | 12 STEAKS X 6 OZ



FALL/WINTER 2025-2026



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: \$78.00
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: \$106.00
PACKAGED: 2 STEAKS PER PACK | 20 STEAKS x 4 OZ EA

.....



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: \$116.00
PACKAGED: 8 ROASTS X 575 GR



FALL/WINTER 2025-2026



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: \$82.00
PACKAGED: 20 PATTIES x 7OZ



STEAKHOUSE BURGER

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: \$60.00
PACKAGED: 40 BURGERS X 4OZ

PRODUCT CODE: 40002 PRICE: \$56.00
PACKAGED: 24 BURGERS X 6OZ

CHICKEN ITEMS

FALL/WINTER 2025-2026



"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: \$96.00

PACKAGED: 6-8 OZ PORTIONS | 8.81 LB BOX



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: \$34.00

PACKAGED: 15 SKEWERS X 65 GR (2.3 OZ) EACH



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: \$67.00

PACKAGED: 2 X 3 LB BAGS



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



BUTTERFLY GARLIC SHRIMP

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

PRODUCT CODE: 81272 PRICE: \$32.00
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: \$84.00
PACKAGED: 14 PORTIONS X 5 OZ



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

**PORK
ITEMS**

FALL/WINTER 2025-2026



**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: \$55.00

PACKAGED: 6 FULL RIBS X 21 OZ EACH



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: \$43.00

PACKAGED: 3 PACKS - 500 GRS EACH



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: \$72.00

PACKAGED: 6 PACKS X 500 GR

NUTRITIONALS-INGREDIENTS

FALL/WINTER 2025-2026

WILD RAW EASY PEEL ARGENTINE SHRIMP | Product Code #81502

Ingredients: Shrimp, Salt, Sodium tripolyphosphate, Sodium metabisulfite.

Nutrition Facts		% DV * / % VQ *		% DV * / % VQ *	
Valeur nutritive					
Per 1/7 bag (125 g edible portion)		Fat / Lipides 0.4 g	1 %	Protein / Protéines 18 g	
pour 1/7 paquet (125 g portion comestible)		Saturated / saturés 0 g	0 %	Cholesterol / Cholestérol 165 mg	
		+ Trans / trans 0 g		Sodium 440 mg	19 %
		Carbohydrate / Glucides 0 g		Potassium 150 mg	4 %
		Fibre / Fibres 0 g	0 %	Calcium 75 mg	6 %
		Sugars / Sucres 0 g	0 %	Iron / Fer 0 mg	0 %
Calories 80					
* 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					

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

Ingredients: BEEF

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
Serving Size (100 g) Portion (100 g)	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 %
Calories 170	Carbohydrate / Glucides 0 g		Potassium 300 mg	6 %
	Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
	Sugars / Sucres 0 g	0 %	Iron / Fer 2.5 mg	14 %
*5% or less is a little, 15% or more is a lot / *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup				
* DV = Daily Value * VQ = valeur quotidienne				

CERTIFIED ANGUS BEEF® GROUND CHUCK | Product Code #46142

Ingredients: Beef

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
Per 1 burger (100 g) pour 1 burger (100 g)	Fat / Lipides 20 g	27 %	Protein / Protéines 18 g	
	Saturated / saturés 8 g	43 %	Cholesterol / Cholestérol 70 mg	
	+ Trans / trans 0.5 g		Sodium 55 mg	2 %
Calories 260	Carbohydrate / Glucides 0 g		Potassium 300 mg	9 %
	Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
	Sugars / Sucres 0 g	0 %	Iron / Fer 1.75 mg	10 %
*5% or less is a little, 15% or more is a lot / *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup				
* DV = Daily Value * VQ = valeur quotidienne				

NUTRITIONALS-INGREDIENTS

FALL/WINTER 2025-2026

ITALIAN STYLE COOKED MEATBALLS | PRODUCT CODE #90072

Ingredients: Beef, Water, Rice flour, Sea salt, Corn flour, Dried orange pulp, Garlic powder, Onion powder, Grated parmesan cheese (milk), Spices, Rice starch, Sugars (sugar, dextrose), Salt, Silicon dioxide, Spice extracts, Flavour, Paprika extract, Canola and/or Sunflower oil, Yeast.

CONTAINS: MILK

Nutrition Facts Valeur nutritive		% DV* / % VQ*			% DV* / % VQ*
Per 6 meatballs (60 g) pour 6 boulettes (60 g)			Fat / Lipides 12 g		16 %
			Saturated / saturés 5 g		26 %
			+ Trans / trans 0.2 g		
Calories 150			Carbohydrate / Glucides 2 g		
			Fibre / Fibres 0 g		0 %
			Sugars / Sucres 0 g		0 %
			Protein / Protéines 9 g		
			Cholesterol / Cholestérol 45 mg		
			Sodium 250 mg		11 %
			Potassium 150 mg		4 %
			Calcium 10 mg		1 %
			Iron / Fer 1.25 mg		7 %
* 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		

CANADIAN PORK RIB CHOP | Product Code #62022

Ingredients: Pork

Nutrition Facts Valeur nutritive		% DV* / % VQ*			% DV* / % VQ*
Per (100 g) pour (100 g)			Fat / Lipides 14 g		19 %
			Saturated / saturés 5 g		25 %
			+ Trans / trans 0 g		
Calories 210			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 %
* 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		

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.

Nutrition Facts Valeur nutritive		% DV* / % VQ*			% DV* / % VQ*
Per 2 sausages (70 g) pour 2 saucisses (70 g)			Fat / Lipides 12 g		16 %
			Saturated / saturés 4 g		20 %
			+ Trans / trans 0 g		
Calories 160			Carbohydrate / Glucides 2 g		
			Fibre / Fibres 0 g		0 %
			Sugars / Sucres 0 g		0 %
			Protein / Protéines 10 g		
			Cholesterol / Cholestérol 40 mg		
			Sodium 450 mg		20 %
			Potassium 125 mg		4 %
			Calcium 20 mg		2 %
			Iron / Fer 0.5 mg		3 %
* 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-INGREDIENTS

FALL/WINTER 2025-2026

AA/US SELECT BONELESS RIBEYE STEAK | Product Code #12272

Ingredients: BEEF

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
Per 1 steak (340 g) pour 1 bifteck (340 g)	Fat / Lipides 18 g	24 %	Protein / Protéines 77 g	
	Saturated / saturés 7 g	40 %	Cholesterol / Cholestérol 220 mg	
Calories 470	+ Trans / trans 1 g		Sodium 220 mg	10 %
	Carbohydrate / Glucides 1 g		Potassium 1350 mg	40 %
* DV = Daily Value	Fibre / Fibres 0 g	0 %	Calcium 20 mg	2 %
* VQ = valeur quotidienne	Sugars / Sucres 0 g	0 %	Iron / Fer 7.5 mg	42 %
*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

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
Per 1/2 steak (143 g) pour 1/2 bifteck (143 g)	Fat / Lipides 19 g	25 %	Protein / Protéines 29 g	
	Saturated / saturés 8 g	43 %	Cholesterol / Cholestérol 75 mg	
Calories 300	+ Trans / trans 0.5 g		Sodium 80 mg	3 %
	Carbohydrate / Glucides 0 g		Potassium 450 mg	10 %
* DV = Daily Value	Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
* VQ = valeur quotidienne	Sugars / Sucres 0 g	0 %	Iron / Fer 3 mg	17 %
*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

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
Per 1 steak (170 g) pour 1 bifteck (170 g)	Fat / Lipides 14 g	19 %	Protein / Protéines 36 g	
	Saturated / saturés 6 g	33 %	Cholesterol / Cholestérol 95 mg	
Calories 290	+ Trans / trans 0.5 g		Sodium 100 mg	4 %
	Carbohydrate / Glucides 0 g		Potassium 550 mg	12 %
* DV = Daily Value	Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
* VQ = valeur quotidienne	Sugars / Sucres 0 g	0 %	Iron / Fer 4 mg	22 %
*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-INGREDIENTS

FALL/WINTER 2025-2026

BONELESS BOTTOM SIRLOIN "BAVETTE" STEAK | Product Code #18842

Ingredients: Beef, Water, Salt, Sugars (glucose solids), Hydrolyzed soy protein, Spices, papain.

CONTAINS: SOY

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
Per 1 steak (115 g) pour 1 bifteck (115 g)	Fat / Lipides 9 g	12 %	Protein / Protéines 20 g	
	Saturated / saturés 3.5 g + Trans / trans 0.3 g	19 %	Cholesterol / Cholestérol 60 mg	
Calories 160	Carbohydrate / Glucides 0 g		Sodium 430 mg	19 %
* DV = Daily Value	Fibre / Fibres 0 g	0 %	Potassium 300 mg	6 %
* VQ = valeur quotidienne	Sugars / Sucres 0 g	0 %	Calcium 10 mg	1 %
			Iron / Fer 2 mg	11 %
	* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

BACON WRAPPED TENDERLOIN STEAK | PRODUCT CODE #14962

Ingredients: Beef, Bacon: Pork, Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Sodium Bicarbonate, Spices, Smoke.

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
Per portion (100 g) par portion (100 g)	Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 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			

SLOW COOKED BEEF POT ROAST | PRODUCT CODE #92572

Ingredients: Boneless Beef Blade Roast, Water, Beef Juices, Dextrose, Salt, Modified Corn Starch, Hydrolyzed 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 Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
Per 1/6 roast (150 g) pour 1/6 de rôti (150 g)	Fat / Lipides 16 g	21 %	Protein / Protéines 26 g	
	Saturated / saturés 7 g + Trans / trans 0.5 g	40 %	Cholesterol / Cholestérol 70 mg	
Calories 260	Carbohydrate / Glucides 1 g		Sodium 530 mg	23 %
* DV = Daily Value	Fibre / Fibres 0 g	0 %	Potassium 350 mg	7 %
* VQ = valeur quotidienne	Sugars / Sucres 1 g	1 %	Calcium 10 mg	1 %
			Iron / Fer 2.5 mg	14 %
	* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

NUTRITIONALS-INGREDIENTS

FALL/WINTER 2025-2026

CERTIFIED ANGUS BEEF® CHUCK BURGER | Product Code #46102

Beef, Water, Salt.

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

STEAKHOUSE BURGER | PRODUCT CODE #46342/40002

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

CONTAINS: SOY, WHEAT, MUSTARD

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
Per 1 burger (170 g) pour 1 burger (170 g)	Fat / Lipides 33 g		44 %	Protein / Protéines 26 g
	Saturated / saturés 14 g + Trans / trans 0.4 g		70 %	Cholesterol / Cholestérol 120 mg
Calories 430 * DV = Daily Value * VQ = valeur quotidienne	Carbohydrate / Glucides 5 g			Sodium 540 mg
	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		

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

Ingredients: Chicken

Nutrition Facts Valeur nutritive	% DV * / % VQ *		% DV * / % VQ *	
Per portion (141 g) pour portion (141 g)	Fat / Lipides 19 g		25 %	Protein / Protéines 29 g
	Saturated / saturés 4.5 g + Trans / trans 0 g		23 %	Cholesterol / Cholestérol 80 mg
Calories 290 * DV = Daily Value * VQ = valeur quotidienne	Carbohydrate / Glucides 0 g			Sodium 85 mg
	Fibre / Fibres 0 g		0 %	Potassium 500 mg
Sugars / Sucres 0 g		0 %		Calcium 10 mg
				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		

NUTRITIONALS-INGREDIENTS

FALL/WINTER 2025-2026

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**

Nutrition Facts		% DV / % VQ*		% DV / % VQ*	
Valeur nutritive					
Per 3 pieces (100 g) pour 3 morceaux (100 g)		Fat / Lipides 9 g		Protein / Protéines 11 g	
		Saturated / saturés 1.5 g		Cholesterol / Cholestérol 20 mg	
		+ Trans / trans 0 g		Sodium 540 mg	
Calories 200		Carbohydrate / Glucides 21 g		Potassium 350 mg	
		Fibre / Fibres 1 g		Calcium 30 mg	
		Sugars / Sucres 2 g		Iron / Fer 1.5 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					

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**

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
Serving Size (65 g) Portion (65 g)	Fat / Lipides 5 g		Protein / Protéines 10 g	
	Saturated / saturés 0.5 g + Trans / trans 0 g		Cholesterol / Cholestérol 25 mg	
Calories 100	Carbohydrate / Glucides 2 g		Sodium 270 mg	
	Fibre / Fibres 0 g		Potassium 125 mg	
* DV = Daily Value * VQ = valeur quotidienne	Sugars / Sucres 0 g		Calcium 10 mg	
			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				

FULLY COOKED CHICKEN WINGS | PRODUCT CODE | #92872

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

Nutrition Facts		% DV* / % VQ*		% DV* / % VQ*	
Valeur nutritive					
Per about 4 wings (100 g edible portion)		Fat / Lipides 21 g		Protein / Protéines 28 g	
pour environ 4 ailes (100 g de portion comestible)		Saturated / saturés 6 g		Cholesterol / Cholestérol 180 mg	
		+ Trans / trans 0.1 g		Sodium 510 mg	
		Carbohydrate / Glucides 1 g		Potassium 300 mg	
		Fibre / Fibres 0 g		Calcium 20 mg	
		Sugars / Sucres 0 g		Iron / Fer 0.75 mg	
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-INGREDIENTS

FALL/WINTER 2025-2026

SCALLOP MEDALLIONS | Product Code #80252

Ingredients: Scallops, Fish Gelatin (cod, haddock, pollock), Salt.

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
Per 4 medallions (125 g) pour 4 médaillons (125 g)	Fat / Lipides 0.5 g	1 %	Protein / Protéines 23 g	
	Saturated / saturés 0.2 g + Trans / trans 0 g	1 %	Cholesterol / Cholestérol 30 mg	
Calories 100	Carbohydrate / Glucides 1 g		Sodium 380 mg	17 %
	Fibre / Fibres 0 g	0 %	Potassium 250 mg	7 %
* DV = Daily Value	Sugars / Sucres 1 g	1 %	Calcium 20 mg	2 %
* VQ = valeur quotidienne			Iron / Fer 0.4 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				

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).

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
Per 4 shrimp (125 g) pour 4 crevette (125 g)	Fat / Lipides 0.5 g	1 %	Protein / Protéines 18 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 %
	Fibre / Fibres 1 g	4 %	Potassium 125 mg	3 %
* DV = Daily Value	Sugars / Sucres 0 g	0 %	Calcium 200 mg	15 %
* VQ = valeur quotidienne			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				

ATLANTIC SALMON PORTION BNLS/SKNLS | Product Code #88772

Ingredients: Salmon

CONTAINS: FISH (SALMON)

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
Per portion (141 g) pour portion (141 g)	Fat / Lipides 19 g	25 %	Protein / Protéines 29 g	
	Saturated / saturés 4.5 g + Trans / trans 0 g	23 %	Cholesterol / Cholestérol 80 mg	
Calories 290	Carbohydrate / Glucides 0 g		Sodium 85 mg	4 %
	Fibre / Fibres 0 g	0 %	Potassium 500 mg	15 %
* DV = Daily Value	Sugars / Sucres 0 g	0 %	Calcium 10 mg	1 %
* VQ = valeur quotidienne			Iron / Fer 0.5 mg	3 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup				

NUTRITIONALS-INGREDIENTS

FALL/WINTER 2025-2026

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 Valeur nutritive Serving Size 1 fillet (142 g) Portion 1 fillet (142 g) Calories / Calories 360 * DV = Daily Value / VQ = valeur quotidienne	Amount / Teneur		% DV / % VQ	Amount / Teneur		% DV / % VQ
	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 %

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 Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides 18 g		Protein / Protéines 21 g	
Per 1/3 rack (140g edible portion) pour 1/3 carré (partie comestible de 140 g)	Saturated / saturés 7 g		Cholesterol / Cholestérol 70 mg	
	+ Trans / trans 0.1 g		Sodium 340 mg	
Calories 320	Carbohydrate / Glucides 18 g		Potassium 350 mg	
	Fibre / Fibres 0 g		Calcium 30 mg	
* DV = Daily Value * VQ = valeur quotidienne	Sugars / Sucres 17 g		Iron / Fer 1.25 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			

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.

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

FALL/WINTER 2025-2026

Pork, Water, Cornmeal, Salt, Sugar, Sodium Phosphate, Sodium Ascorbate, Sodium Bicarbonate, Sodium Nitrite, Polysorbate 80, Spice. **CONTAINS: CORNMEAL**

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