

FEATURES

SPRING/SUMMER 2022



macgregors
meat & seafood ltd.



**BREADED STUFFED CHICKEN CUTLET
WITH HAM & CHEESE**

Our breaded stuffed chicken cutlet is sure to be a hit in your household. Such a versatile product serve it as a chicken sandwich with your favourite toppings, on a bed of rice with vegetables or on it's own with your favourite salad.

Quick lunch or dinner item. Get yours while they last!

PRODUCT CODE: **77182** PRICE: **\$37.00**
PACKAGED: **12 PCS X 5.3 OZ EACH**

NEW
while
quantities
last



**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**

**BACK BY
POPULAR
DEMAND**



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**

**NEW
PACK
SIZE**



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**

**NEW
PACK
SIZE**



CERTIFIED ANGUS BEEF® CHUCK PATTY

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: **\$69.00**

PACKAGED: **20 PATTIES X 7OZ**



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**



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: **\$81.00**

PACKAGED: **2 STEAKS PER PACK | 20 STEAKS X 4 OZ EA**



AAA ORIGINAL SIRLOIN STEAK

Our AAA Original Sirloin Steak offers a robust beefy flavour. A medium rare cook is the most common doneness for this steak because it preserves the texture and flavour.

Season it with your favourite spice or no spice at all, enjoy!

PRODUCT CODE: **14702**

PRICE: **\$39.00**

PACKAGED: **6 STEAKS X 225 GR (8 OZ) | 2.98 LBS**



NIMAN RANCH® GROUND CHUCK

All natural means that animals are NEVER given antibiotics or artificial hormones. Ever!

They're fed a 100% vegetarian diet and are all Certified Humane®.

PRODUCT CODE: **46132**

PRICE: **\$58.00**

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**
PACKAGED: **8 ROASTS X 575 GR**

PRICE: **\$99.00**



STEAKHOUSE BURGER

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

2 SIZES AVAILABLE

PRODUCT CODE: **40002**
PACKAGED: **24 BURGERS X 6OZ**

PRICE: **\$52.00**

PRODUCT CODE: **46342**
PACKAGED: **40 BURGERS X 4OZ**

PRICE **\$57.00**



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**
PACKAGED: **30 HOT DOGS X 3.5 OZ**

PRICE: **\$43.00**



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**
PACKAGED: **2 X 4.96 LB BAG**

PRICE: **\$45.00**



FULLY COOKED CHICKEN WINGS

Move over breaded grocery store chicken wings! Our new fully cooked chicken wings cook up nice and crispy, without the breading.

Simply marinated and fully cooked with no gimmicks-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 IVP (Individually Vacuum Packed)

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**



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: **\$60.00**



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** PRICE: **\$26.00**
PACKAGED: **15 SKEWERS X 65 GR (2.3 OZ) EACH**



RAINBOW TROUT FILLETS - SKIN ON/BNLS

Like its cousin, salmon, 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. A nutrient-dense food, trout offers a variety of health benefits and is low in mercury, making it a safe addition to your diet.

PRODUCT CODE: **87212** PRICE: **\$45.00**
PACKAGED: **8-9 PCS | 6-7OZ EA | 3.33 LBS**



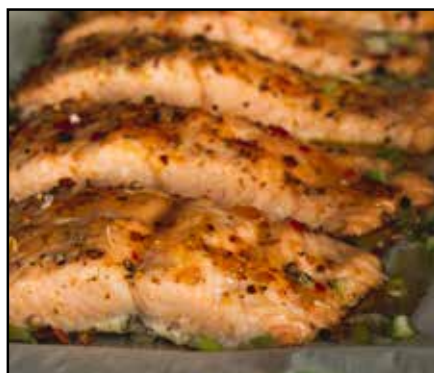
SMOKEY MAPLE & PEPPER BACON WRAPPED SALMON

We season Jail Island® Salmon with a great smokey maple pepper rub, then wrap it in bacon! So you can be a dinner hero.



PRODUCT CODE: **88602**
PACKAGED: **10 PORTIONS X 5 OZ**

PRICE: **\$55.00**



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: **88661**
PACKAGED: **20 PORTIONS X 5 OZ**

PRICE: **\$99.00**



BUTTERFLY GARLIC SHRIMP

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

PRODUCT CODE: **81272**
PACKAGED: **APPROX. 36 SHRIMP | 2 LB BAG**

PRICE: **\$30.00**



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
PACKAGED: 6 FULL RIBS X 21 OZ EACH

PRICE: \$60.00



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
PACKAGED: INDIVIDUALLY PACKED | 10 PORK CHOPS X 8 OZ

PRICE: \$66.00



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
PACKAGED: 6 PACKS X 500 GR

PRICE: \$48.00



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
PACKAGED: 6 PACKS X 500 GR

PRICE: \$57.00



BREADED STUFFED CHICKEN w/HAM & CHEESE | Product Code #77182

Chicken Ground[chicken,water,soy protein isolate with soy lecithin,binder(wheat)], Breeding (bleached wheat flour,- yeast,salt,sugar), Smoked Ham [pork, water, salt, modified corn starch, sugar(dextrose, sugar), Carrageenan, Potato Starch, Sodium Phosphate, Smoke Flavour, Ascorbic Acid, Spice Extractives, Vegetable Oil, Sodium Nitrite, Polysorbate, Sodium Bicarbonate, Glycerine, Smoke), Edam Dairy Product[modified milk ingredients, water, cheese (milk), modified corn starch, salt, sodium phosphate, citric acid, sodium citrate, potassium sorbate, flavour, lactic acid,allura red (colour),sunset yellow(colour),tartrazine (colour)], Water, Batter (wheat flour, modified cornstarch,salt,rice flour, spices,guar gum), Canola oil.

CONTAINS: WHEAT, SOY, MILK. MAY CONTAIN: EGG, MUSTARD.

Nutrition Facts Valeur nutritive

Per (150 g)
pour (150 g)

Calories 410

* DV = Daily Value
* VQ = valeur quotidienne

	% DV* / % VQ*
Fat / Lipides 9 g	12 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 60 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	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

	% DV* / % VQ*
Protein / Protéines 21 g	
Cholesterol / Cholestérol 40 mg	
Sodium 1470 mg	64 %
Potassium 200 mg	4 %
Calcium 50 mg	4 %
Iron / Fer 2.25 mg	13 %

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 Valeur nutritive

Per (70 g)
pour (70 g)

Calories 240

* DV = Daily Value
* VQ = valeur quotidienne

	% DV* / % VQ*
Fat / Lipides 21 g	28 %
Saturated / saturés 8 g	40 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres -- g	-- %

* 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* / % VQ*
Protein / Protéines 8 g	
Cholesterol / Cholestérol 45 mg	
Sodium 680 mg	30 %
Potassium -- mg	-- %
Calcium -- mg	-- %
Iron / Fer -- mg	-- %

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
Fat / Lipides 33 g	51 %
Saturated / saturés 14 g	73 %
+ Trans / trans 0.5 g	
Cholesterol / Cholestérol 130 mg	
Sodium / Sodium 330 mg	14 %
Vitamin A / Vitamine A	0 %
Calcium / Calcium	2 %

Amount / Teneur	% DV / % VQ
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 35 g	
Vitamin C / Vitamine C	0 %
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		% DV / % VQ*	
Valeur nutritive		% DV / % VQ*	
Per portion (100 g)	Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 g
par portion (100 g)	Saturated / saturés 0.4 g	2 %	Cholesterol / Cholestérol 5 mg
	+ Trans / trans 0 g		Sodium 650 mg 28 %
Calories 100	Carbohydrate / Glucides 4 g		Potassium 400 mg 9 %
	Fibre / Fibres 0 g	0 %	Calcium 20 mg 2 %
	Sugars / Sucres 2 g	2 %	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

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**

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

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**

Nutrition Facts		%	
Valeur nutritive		%	
Per 1 burger (170 g)			
pour 1 burger (170 g)			
Calories 430			
* DV = Daily Value			
* VQ = valeur quotidienne			
Fat / Lipides 33 g	44 %	Protein / Protéines 26 g	
Saturated / saturés 14 g		Cholesterol / Cholestérol 120 mg	
+ Trans / trans 0.4 g	70 %	Sodium 540 mg	23 %
Carbohydrate / Glucides 5 g		Potassium 400 mg	9 %
Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %
Sugars / Sucres 1 g	1 %	Iron / Fer 3.5 mg	19 %
* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

ALL BEEF JUMBO HOT DOGS | PRODUCT CODE #64222

Ingredients: 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)			Per 1 frankfurter (100 g)		
pour 1 saucisse fumée (100 g)			pour 1 saucisse fumée (100 g)		
Calories 150			Calories 150		
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 %	

* 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

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		Valeur nutritive	
	% DV / % VQ*		% DV / % VQ*
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 %

* 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 CHICKEN WINGS | PRODUCT CODE #92872

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)					
pour environ 4 ailes (100 g de portion comestible)					
Calories 310					
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 %	
*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

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*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 3 pieces (100 g)			Per 3 pieces (100 g)		
pour 3 morceaux (100 g)			pour 3 morceaux (100 g)		
Calories 200			Calories 200		
* DV = Daily Value			* DV = Daily Value		
* VQ = valeur quotidienne			* 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			* 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**

Nutrition Facts	% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive		
Serving Size (65 g)	Fat / Lipides 5 g 7 %	Protein / Protéines 10 g
Portion (65 g)	Saturated / saturés 0.5 g 3 %	Cholesterol / Cholestérol 25 mg
	+ Trans / trans 0 g	Sodium 270 mg 12 %
Calories 100	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 %
* 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		



RAINBOW TROUT FILLETS SKIN ON/BNLS | PRODUCT CODE #87212

Nutrition Facts Valeur nutritive	% DV * / % VQ *		% DV * / % VQ *	
	Amount / Teneur	% DV * / % VQ *	Amount / Teneur	% DV * / % VQ *
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	8 %	Cholesterol / Cholestérol 60 mg	
	+ Trans / trans 0 g		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				

CONTAINS: FISH

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

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

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		Valeur nutritive	
		% DV / % VQ*	% DV / % VQ*
Per 1/3 rack (140g edible portion)			
pour 1/3 carré (partie comestible de 140 g)			
Calories 320			
Fat / Lipides 18 g		24 %	Protein / Protéines 21 g
Saturated / saturés 7 g		35 %	Cholesterol / Cholestérol 70 mg
+ Trans / trans 0.1 g			Sodium 340 mg
Carbohydrate / Glucides 18 g			Potassium 350 mg
Fibre / Fibres 0 g		0 %	Calcium 30 mg
Sugars / Sucres 17 g		17 %	Iron / Fer 1.25 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

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*	
Valeur nutritive		% DV / % VQ*	
Per portion (100 g)			
par portion (100 g)			
Calories 100			
* DV = Daily Value			
* VQ = valeur quotidienne			
Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 g	
Saturated / saturés 0.4 g		Cholesterol / Cholestérol 5 mg	
+ Trans / trans 0 g	2 %	Sodium 650 mg	28 %
Carbohydrate / Glucides 4 g		Potassium 400 mg	9 %
Fibre / Fibres 0 g	0 %	Calcium 20 mg	2 %
Sugars / Sucres 2 g	2 %	Iron / Fer 0.75 mg	4 %
* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

THICK CUT CANADIAN SLICED BACON | Product Code #60022

Pork, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, sodium bicarbonate, spices, smoke.

Nutrition Facts		Valeur nutritive	
Per 2 slices (56 g) par 2 tranches (56 g)			
Calories / Calories 190			
* DV = Daily Value / VQ = valeur quotidienne			
Amount / Teneur	% DV / % VQ	Amount / Teneur	% DV / % VQ
Fat / Lipides 8 g	12 %	Carbohydrate / Glucides 0 g	0 %
Saturated / saturés 7 g + Trans / trans 0.1 g	36 %	Fibre / Fibres 0 g	0 %
Cholesterol / Cholestérol 30 mg		Sugars / Sucres 0 g	
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 %