



## SPRING/SUMMER 2023

**macgregors**  
meat & seafood ltd.  
**SPRING/SUMMER 2023**



### CERTIFIED ANGUS BEEF® CHUCK BURGER

What craft burgers are made of. Literally!!

Certified Angus Beef® set the standards that have become the true mark of quality of the Angus Breed.

BACK  
BY  
POPULAR  
DEMAND

PRODUCT CODE: **46102**

PRICE: **\$65.00**

PACKAGED: **20 PATTIES x 7OZ**



### BACON WRAPPED TENDERLOIN STEAK

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

PRODUCT CODE: **14962**

PRICE: **\$88.00**

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



### BUTTERFLY GARLIC SHRIMP

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

PRODUCT CODE: **81272**

PRICE: **\$28.00**

PACKAGED: **APPROX. 36 SHRIMP | 2 LB BAG**



### SMOKED & SLOW COOKED PORK BACK RIBS IN BBQ SAUCE

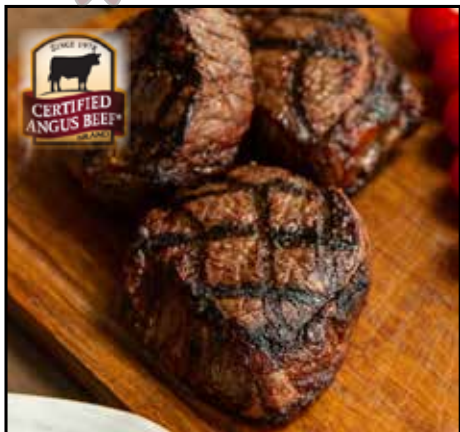
We don't care if you are the person who tells the best jokes or are the best dancer. The most popular person at a party will always be the one who brought the ribs.

PRODUCT CODE: **92862**

PRICE: **\$60.00**

PACKAGED: **6 FULL RIBS X 21 OZ EACH**

# BEEF ITEMS



## CERTIFIED ANGUS BEEF® TOP SIRLOIN STEAK

A versatile steak that is cut from the top sirloin. Lean, juicy and tender, it boasts great flavour.

Can you hear the sizzle... perfect summer steak!

PRODUCT CODE: **14262**      PRICE: **\$69.00**  
PACKAGED: **2 STEAKS PER PACK | 12 STEAKS X 6 OZ**



## CERTIFIED ANGUS BEEF® STRIPLOIN STEAK

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

PRODUCT CODE: **14442**      PRICE: **\$83.00**  
PACKAGED: **2 STEAKS PER PACK | 6 STEAKS X 10 OZ**



## CERTIFIED ANGUS BEEF® TOP SIRLOIN ROAST

Tender and oh soooo flavourful! Roast ready, restaurant quality and perfect for your favourite recipes. Cut from the top sirloin.

Can you say...delicious!! Just add your own seasoning of choice and enjoy!

PRODUCT CODE: **14222**      PRICE: **\$64.00**  
PACKAGED: **2 ROASTS PER CASE-907GR (2LBS) EACH**



## AAA/CHOICE SIRLOIN BAVETTE STEAK

The Bavette Steak is one of those cut's of Beef that does not get the glory it deserves! Tremendous Marbling and a tender texture. Serve on it's own with your choice of side. Great steak on a bun, steak fajita, steak salad or stir fry.

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



## BEEF ITEMS



### CERTIFIED ANGUS BEEF® GROUND CHUCK BEEF

Versatile, flavorful and economical. Ideal for burgers, meat-loaf and meatballs. No matter the meal, this CAB Ground Chuck Beef works wonders with it's mouth-watering flavour.

PRODUCT CODE: **46142** PRICE: **\$54.00**  
PACKAGED: **6 X 500GRS | 6.61 LB CASE**



### SLOW COOKED BEEF POT ROAST

You can't take shortcuts when making this tender, delicious pot roast. We perfectly season the Roast and then cook for a long, long, long time for the perfect comfort meal.

PRODUCT CODE: **92572** PRICE: **\$99.00**  
PACKAGED: **8 ROASTS X 575 GR**



### STEAKHOUSE BURGER

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

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

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



### ALL BEEF HOT DOGS

Classic Ball-Park style jumbo hot dogs. Whether you are just the ketchup & mustard kind, or guacamole, tomatoes and jalapenos is your thing, this is the dog that can do it all.

PRODUCT CODE: **64222** PRICE: **\$45.00**  
PACKAGED: **30 HOT DOGS X 3.5 OZ**

## BEEF ITEMS



### ITALIAN STYLE COOKED MEATBALLS

The perfect meatball!

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

PRODUCT CODE: **90052**      PRICE: **\$45.00**  
PACKAGED: **2 X 4.96 LB BAG**

## CHICKEN ITEMS



### FULLY COOKED CHICKEN WINGS

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

Just add your favourite wing sauce for a pub worthy wing experience from home, either out of the oven or hot off the grill.

PRODUCT CODE: **92872**      PRICE: **\$48.00**  
PACKAGED: **2 X 3 LB BAGS**



### "JUST CHICKEN" BNLS/SKNLS CHICKEN BREAST 2 BREASTS PER VAC

Chicken Dinner! With just one ingredient...."Chicken Breast" you can let your inner culinary adventurer journey to parts unknown.

100% additive free-no added water or salt.

PRODUCT CODE: **77162**      PRICE: **\$80.00**  
PACKAGED: **6-8 OZ PORTIONS | 8.81 LB BOX**

## CHICKEN ITEMS



### **BREADED CHICKEN FINGERS \*\*PAR-COOKED**

Dare we say these fingers are famous?  
These are the same fingers found in some great restaurants and pubs.

Hugely popular for a reason!!

PRODUCT CODE: **71025**      PRICE: **\$68.00**

PACKAGED: **2 X 4.4 LB BAGS**



### **CHICKEN SOUVLAKI- \*RAW\***

Like Kabobs the word “Souvlaki” simply means “meat on skewers”. These tender chicken skewers are made with breast meat and marinated in a mediterranean seasoning.

Top them with Tzatziki sauce, over a bed of rice, in a warm pita or on your favourite salad. Ready for the grill.

PRODUCT CODE: **65632**      PRICE: **\$28.00**

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



## SEAFOOD ITEMS



### RAINBOW TROUT FILLETS - SKIN ON/BNLS

Trout is native to North America, found in its abundant cold-water rivers and lakes. Although many species of trout exist, rainbow trout appears most often on restaurant menus and in fish markets.

Trout offers a variety of health benefits and is low in mercury, making it a safe addition to your diet.

**PRODUCT CODE: 87212 PRICE: \$50.00**  
**PACKAGED: 8-9 PCS | 6-7 OZ EA | 3.33 LBS**



### SMOKEY MAPLE & PEPPER BACON WRAPPED JAIL ISLAND® ATLANTIC SALMON

We season Jail Island® Salmon with a great smokey maple pepper rub, then wrap it in bacon!

You will surely be a dinner hero!



**PRODUCT CODE: 88602 PRICE: \$67.00**  
**PACKAGED: 10 PORTIONS X 5 OZ**



**NEW  
PACK  
SIZE**

### JAIL ISLAND® ATLANTIC SALMON PORTIONS

Canadian through and through.



Raised in the Bay of Fundy, Jail Island® Atlantic Salmon always delivers exceptional flavour and buttery texture for a taste that's close to home.

**PRODUCT CODE: 88772 PRICE: \$99.00**  
**PACKAGED: 14 PORTIONS X 5 OZ**

## PORK ITEMS



### DEBREIZENI SAUSAGE - FULLY COOKED PORK SAUSAGE

Just in time for BBQ Season!  
Who needs a hotdog/sausage cart when you can cook up your own in the comfort of your home.

Fully Cooked and ready to put on the grill!

PRODUCT CODE: **96002**      PRICE: **\$44.00**  
PACKAGED: **6 PACKS - 4 SAUSAGES EACH | 24 PCS**



### NIMAN RANCH® PORK RIB CHOP

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

Never given hormones or antibiotics-EVER!

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



### THICK CUT PEAMEAL BACON

Studies show making a peameal on a bun with our thick-cut pea-meal bacon will make you significantly happier. You can't argue with science.

PRODUCT CODE: **60062**      PRICE: **\$49.00**  
PACKAGED: **6 PACKS X 500 GR**



### THICK CUT CANADIAN SLICED BACON

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

PRODUCT CODE: **60022**      PRICE: **\$58.00**  
PACKAGED: **6 PACKS X 500 GR**

# NUTRITIONALS - SPRING/SUMMER 2023

## CERTIFIED ANGUS BEEF® CHUCK BURGER | Product Code #46102

Beef, Water, Salt.

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

## BACON WRAPPED TENDERLOIN STEAK | PRODUCT CODE #14962

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

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per portion (100 g)			Protein / Protéines 18 g		
par portion (100 g)			Cholesterol / Cholestérol 5 mg		
Calories 100			Sodium 650 mg		28 %
* DV = Daily Value			Potassium 400 mg		9 %
* VQ = valeur quotidienne			Calcium 20 mg		2 %
			Iron / Fer 0.75 mg		4 %
			* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

## BUTTERFLY GARLIC SHRIMP | PRODUCT CODE #81272

Shrimp, Water, Garlic, Maltodextrin, Modified Corn Starch, Natural Lemon Flavor, Salt, Sugar, Spices, Xanthan Gum, Corn Syrup, Yeast Extract, Silicon Dioxide, Citric Acid, Sodium Tripolyphosphate (for moisture retention).

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 4 shrimp (125 g)			Protein / Protéines 18 g		
pour 4 crevette (125 g)			Cholesterol / Cholestérol 145 mg		
Calories 80			Sodium 490 mg		21 %
* DV = Daily Value			Potassium 125 mg		3 %
* VQ = valeur quotidienne			Calcium 200 mg		15 %
			Iron / Fer 0 mg		0 %
			* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

## SMOKED & COOKED PORK BACK RIBS IN BBQ SAUCE | PRODUCT CODE #92862

Pork, Sugar/Glucose-Fructose, Tomato Paste, Cayenne Pepper Sauce (cayenne red peppers, vinegar, water, salt, garlic powder), Vinegar, Modified Corn Starch, Water, Concentrated Pineapple Juice, Spice Extracts (contains mustard), Salt, Refiners' Molasses, Natural Smoke Flavour, Caramel Colour, Tamarind, Sodium Benzoate, Garlic Powder, Onion Powder, Smoke. CONTAINS: SOY, MUSTARD

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1/3 rack (140g edible portion)			Protein / Protéines 21 g		
pour 1/3 carré (partie comestible de 140 g)			Cholesterol / Cholestérol 70 mg		23 %
Calories 320			Sodium 340 mg		15 %
* DV = Daily Value			Potassium 350 mg		7 %
* VQ = valeur quotidienne			Calcium 30 mg		2 %
			Iron / Fer 1.25 mg		7 %
			* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		



## **NUTRITIONALS - SPRING/SUMMER 2023**

**AAA/CH SIRLOIN BAVETTE STEAK | PRODUCT CODE #18842**

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

**CONTAINS: SOY**

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

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

## 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		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 burger (170 g)	Fat / Lipides 33 g	44 %	Protein / Protéines 26 g		
pour 1 burger (170 g)	Saturated / saturés 14 g		Cholesterol / Cholestérol 120 mg		
	+ Trans / trans 0.4 g	70 %	Sodium 540 mg		23 %
Calories 430	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 %
* DV = Daily Value			* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		
* VQ = valeur quotidienne					

## NUTRITIONALS - SPRING/SUMMER 2023

**ALL BEEF JUMBO HOT DOGS | PRODUCT CODE #64222**

Beef, water, wheat flour, salt, ground spices, corn flour, sodium erythorbate, toasted wheat crumbs, sodium nitrate, smoke

Nutrition Facts	
Valeur nutritive	
Per 1 frankfurter (100 g) pour 1 saucisse fumée (100 g)	
<b>Calories 150</b>	
* DV = Daily Value	
* VQ = valeur quotidienne	

	% DV / % VQ*		% DV / % VQ*
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 %

\* 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		% DV / % VQ*	
<b>Valeur nutritive</b>			
Per 7 meatballs (100 g) par 7 boulettes de viande (100 g)			
<b>Calories 250</b>			
* DV = Daily Value			
* VO = 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*	
Valeur nutritive			
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			

## **NUTRITIONALS - SPRING/SUMMER 2023**

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

Chicken Breast Fillets, Water, Salt, Sodium Phosphate, Seasoning (Salt, Spice Extract, Polysorbate, Tricalcium Phosphate), in the breading (Toasted Wheat Crumbs with Spices, Wheat Flour, Spices, Dextrose, Garlic Powder, Modified Corn Starch, Yellow Corn Flour, Baking Powder, Vegetable Oil, Shortening (Soy and Cotton Seed) Defatted Soy Flour, Milk Ingredients, Dried Egg, White Powder, Guar Gum, Browned in Soybean and Canola Oil).

**CONTAINS: WHEAT, SOY , MILK AND EGG**

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)		
<b>Calories 200</b>			<b>Calories 200</b>		
* DV = Daily Value			* DV = Daily Value		
* VQ = valeur quotidienne			* VQ = valeur quotidienne		
<b>Fat / Lipides</b> 9 g	12 %		<b>Protein / Protéines</b> 11 g		
Saturated / saturés 1.5 g	8 %		<b>Cholesterol / Cholestérol</b> 20 mg		
+ Trans / trans 0 g			<b>Sodium</b> 540 mg	23 %	
<b>Carbohydrate / Glucides</b> 21 g			Potassium 350 mg	7 %	
Fibre / Fibres 1 g	4 %		Calcium 30 mg	2 %	
Sugars / Sucres 2 g	2 %		Iron / Fer 1.5 mg	8 %	
* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup					

**CHICKEN SOUVLAKI | Product Code #65632**

Chicken Breast, Water, Canola Oil, Flavour (corn starch, dehydrated turkey broth, dextrose, spice extracts), corn syrup solids, sodium phosphates, cooking wine (salt, contains sulphites). Onion Powder, sea salt, lemon juice from concentrate, oranges, sweet paprika powder, garlic powder, spice.

**CONTAINS: SULPHITES**

<b>Nutrition Facts</b>			
<b>Valeur nutritive</b>			
Serving Size (65 g)			
Portion (65 g)			
<b>Calories 100</b>			
* DV = Daily Value			
* VQ = valeur quotidienne			
	% DV * / % VQ *		% DV * / % VQ *
<b>Fat / Lipides 5 g</b>	7 %	<b>Protein / Protéines 10 g</b>	
Saturated / saturés 0.5 g		<b>Cholesterol / Cholestérol 25 mg</b>	
+ Trans / trans 0 g	3 %	<b>Sodium 270 mg</b>	12 %
<b>Carbohydrate / Glucides 2 g</b>		<b>Potassium 125 mg</b>	3 %
Fibre / Fibres 0 g	0 %	<b>Calcium 10 mg</b>	1 %
Sugars / Sucres 0 g	0 %	<b>Iron / Fer 0.5 mg</b>	3 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

**RAINBOW TROUT FILLETS SKIN ON-BNLS | Product Code #87212**

CONTAINS: FISH

Nutrition Facts		% DV* / % VQ*	
Valeur nutritive			
Per (100 g)			
pour (100 g)			
<b>Calories 140</b>			
* DV = Daily Value			
* VQ = valeur quotidienne			
<b>Fat / Lipides</b> 6 g	8 %	<b>Protein / Protéines</b> 20 g	
Saturated / saturés 1.5 g	8 %	<b>Cholesterol / Cholestérol</b> 60 mg	
+ Trans / trans 0 g		<b>Sodium</b> 50 mg	2 %
<b>Carbohydrate / Glucides</b> 0 g		Potassium 400 mg	9 %
Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %
Sugars / Sucres 0 g	0 %	Iron / Fer 0.3 mg	2 %
* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup			



# NUTRITIONALS - SPRING/SUMMER 2023

## SMOKEY MAPLE BACON WRAPPED SALMON | Product Code #88602

Ingredients: Salmon, Bacon (pork, water, salt, sugar, sodium erythorbate, sodium phosphate, spices, sodium nitrite, smoke), Sugars (maple sugar, brown sugar), salt, dehydrated red bell pepper, smoke flavour, spice, caramel, flavour. CONTAINS: FISH (SALMON)

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

## DEBREIZENI SAUSAGE (FULLY COOKED) | Product Code #96002

Pork, Water, Salt, Spices and Spice Extracts, Modified Corn Starch, Wheat Flour, Soy Protein, Dextrose, Mustard, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. CONTAINS: SOY, WHEAT GLUTEN, MUSTARD

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
	Fat / Lipides 21 g		Protein / Protéines 8 g	
Per (70 g) pour (70 g)	Saturated / saturés 8 g		Cholesterol / Cholestérol 45 mg	
	+ Trans / trans 0 g		Sodium 680 mg	
Calories 240	Carbohydrate / Glucides 0 g		Potassium -- mg	
	Fibre / Fibres 0 g		Calcium -- mg	
* DV = Daily Value * VQ = valeur quotidienne	Sugars / Sucres -- g		Iron / Fer -- mg	
	* 5 % or less is a little, 15 % or more is a lot / * 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup			

## THICK CUT PEAMEAL BACON | PRODUCT CODE #60062

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

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

## THICK CUT CANADIAN SLICED BACON | Product Code #60022

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

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

**SPRING/SUMMER 2023**

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

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

**CERTIFIED ANGUS BEEF® STRIPLOIN STEAK** | Product Code #14442

Nutrition Facts		% DV* / % VQ*	
Valeur nutritive			
Per 1/2 steak (143 g)			
pour 1/2 bifteck (143 g)			
<b>Calories 300</b>			
* DV = Daily Value			
* VQ = valeur quotidienne			
		% DV* / % VQ*	
Fat / Lipides 19 g	25 %	Protein / Protéines 29 g	
Saturated / saturés 8 g	43 %	Cholesterol / Cholestérol 75 mg	
+ Trans / trans 0.5 g		Sodium 80 mg	3 %
Carbohydrate / Glucides 0 g		Potassium 450 mg	10 %
Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
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 ROAST | Product Code #14222**

Nutrition Facts		Valeur nutritive	
		% DV* / % VQ*	% DV* / % VQ*
Serving Size (100 g)			
Portion (100 g)			
<b>Calories 170</b>			
Fat / Lipides 9 g		12 %	Protein / Protéines 21 g
Saturated / saturés 3.5 g			Cholesterol / Cholestérol 55 mg
+ Trans / trans 0.3 g		19 %	Sodium 60 mg
Carbohydrate / Glucides 0 g			Potassium 300 mg
Fibre / Fibres 0 g		0 %	Calcium 10 mg
Sugars / Sucres 0 g		0 %	Iron / Fer 2.5 mg

\* 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

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

Nutrition Facts Valeur nutritive		% DV* / % VQ*	
Per portion (100 g) pour portion (100 g)			
<b>Calories 110</b>			
* DV = Daily Value * VQ = valeur quotidienne			
<b>Fat / Lipides</b> 1 g	1 %	<b>Protein / Protéines</b> 24 g	
Saturated / saturés 0.4 g	2 %	<b>Cholesterol / Cholestérol</b> 65 mg	
+ Trans / trans 0 g		<b>Sodium</b> 40 mg	2 %
<b>Carbohydrate / Glucides</b> 0 g		<b>Potassium</b> 450 mg	10 %
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 0 mg	0 %
Sugars / Sucres 0 g	0 %	<b>Iron / Fer</b> 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			