



SPRING/SUMMER 2025



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.

PRODUCT CODE: **86812** PRICE: **\$65.00**
PACKAGED: **20 PCS X 4 OZ (113 GR EACH)**
2 LOINS PER VAC PACK



CERTIFIED ANGUS BEEF® FRENCHED COWBOY STEAK

The Certified Angus Beef® brand's standards are the true mark of quality, ensuring juiciness, tenderness and flavor in every bite.

PRODUCT CODE: **18242** PRICE: **\$74.00**
PACKAGED: **2 STEAKS X 20 OZ (570 GR EACH)**
STEAKS INDIVIDUALLY VAC PACKED



CERTIFIED ANGUS BEEF® TOP SIRLOIN STEAK

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

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

PRODUCT CODE: **14262** PRICE: **\$85.00**
PACKAGED: **2 STEAKS PER PACK | 12 STEAKS X 6 OZ**





SPRING/SUMMER 2025



macgregors
meat & seafood ltd.



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: \$58.00
PACKAGED: 40 BURGERS X 4OZ

PRODUCT CODE: 40002 PRICE: \$53.00
PACKAGED: 24 BURGERS X 6OZ



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



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: \$54.00
PACKAGED: 6 FULL RIBS X 21 OZ EACH



SPRING/SUMMER 2025



macgregors
meat & seafood ltd.



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: \$108.00
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: \$95.00
PACKAGED: 2 STEAKS PER PACK | 6 STEAKS X 10 OZ



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: \$77.00
PACKAGED: 16 X 4 OZ | 4 STEAKS PER VAC | 4.06 LB CASE

**BEEF
ITEMS**

SPRING/SUMMER 2025



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: \$92.00
 PACKAGED: 2 STEAKS PER PACK | 20 STEAKS x 4 OZ EA



CERTIFIED ANGUS BEEF® GROUND CHUCK BEEF

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

PRODUCT CODE: 46142 PRICE: \$62.00
 PACKAGED: 6 X 500GRS | 6.61 LB CASE



CERTIFIED ANGUS BEEF® CHUCK BURGER

What craft burgers are made of. Literally!! Certified Angus Beef® set the standards that have become the true mark of quality of the Angus Breed.

PRODUCT CODE: 46102 PRICE: \$74.00
 PACKAGED: 20 PATTIES x 7OZ

**BEEF
ITEMS**

SPRING/SUMMER 2025



SLOW COOKED BEEF POT ROAST

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

PRODUCT CODE: 92572 PRICE: \$105.00
 PACKAGED: 8 ROASTS X 575 GR



ITALIAN STYLE COOKED MEATBALLS

The perfect meatball!

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

PRODUCT CODE: 90072 PRICE: \$48.00
 PACKAGED: 2 X 4.96 LB BAG



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: \$49.00
 PACKAGED: 30 HOT DOGS X 3.5 OZ

**CHICKEN
ITEMS**

SPRING/SUMMER 2025



meat & seafood ltd.



"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: \$82.00
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: \$30.00
PACKAGED: 15 SKEWERS X 65 GR (2.3 OZ) EACH

**SEAFOOD
ITEMS**

SPRING/SUMMER 2025



meat & seafood ltd.



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: \$30.00
PACKAGED: APPROX. 36 SHRIMP | 2 LB BAG



JAIL ISLAND® ATLANTIC SALMON PORTIONS

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



PRODUCT CODE: 88772 PRICE: \$86.00
PACKAGED: 14 PORTIONS X 5 OZ



**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**

SPRING/SUMMER 2025



NUTRITIONALS-INGREDIENTS SPRING/SUMMER 2025



**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: \$45.00
PACKAGED: 6 PACKS - 4 SAUSAGES EACH | 24 PCS



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 deli-
ciousness with our thick cut sliced bacon.

PRODUCT CODE: 60022 PRICE: \$70.00
PACKAGED: 6 PACKS X 500 GR

COD LOINS | Product Code #86812

Ingredients: Cod, Water, Sodium Phosphate

CONTAINS: FISH (COD)

Nutrition Facts Valeur nutritive		% DV* / % VQ*	% DV* / % VQ*
Fat / Lipides 0 g		0 %	Protein / Protéines 17 g
Saturated / saturés 0 g		0 %	Cholesterol / Cholestérol 55 mg
+ Trans / trans 0 g		0 %	Sodium 360 mg
Carbohydrate / Glucides 0 g			16 %
Fibre / Fibres 0 g		0 %	Potassium 250 mg
Sugars / Sucres 0 g		0 %	Calcium 10 mg
			Iron / Fer 0.2 mg
			1 %
			1 %

* DV = Daily Value
* VQ = valeur quotidienne
*5% or less is a little. 15% or more is a lot / *5 % ou moins c'est peu. 15 % ou plus c'est beaucoup

CERTIFIED ANGUS BEEF® FRENCHED COWBOY STEAK | Product Code #18242

Ingredients: BEEF

Nutrition Facts Valeur nutritive		% DV* / % VQ*	% DV* / % VQ*
Fat / Lipides 84 g		112 %	Protein / Protéines 114 g
Saturated / saturés 37 g		200 %	Cholesterol / Cholestérol 310 mg
+ Trans / trans 3 g			Sodium 400 mg
Carbohydrate / Glucides 0 g			Potassium 1850 mg
Fibre / Fibres 0 g		0 %	Calcium 50 mg
Sugars / Sucres 0 g		0 %	Iron / Fer 9 mg
			50 %

* DV = Daily Value
* VQ = valeur quotidienne
*5% or less is a little. 15% or more is a lot / *5 % ou moins c'est peu. 15 % ou plus c'est beaucoup

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

Ingredients: BEEF

Nutrition Facts Valeur nutritive		% DV* / % VQ*	% DV* / % VQ*
Fat / Lipides 14 g		19 %	Protein / Protéines 36 g
Saturated / saturés 6 g		33 %	Cholesterol / Cholestérol 95 mg
+ Trans / trans 0.5 g			Sodium 100 mg
Carbohydrate / Glucides 0 g			Potassium 550 mg
Fibre / Fibres 0 g		0 %	Calcium 10 mg
Sugars / Sucres 0 g		0 %	Iron / Fer 4 mg
			22 %

* 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 SPRING/SUMMER 2025

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		% DV* / % VQ*	
Valeur nutritive			
Per 1 burger (170 g)		44 %	Protein / Protéines 26 g
pour 1 burger (170 g)		70 %	Cholesterol / Cholestérol 120 mg
			Sodium 540 mg
			Potassium 400 mg
			Calcium 30 mg
			Iron / Fer 3.5 mg
Calories 430			
* 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		% DV* / % VQ*	
Valeur nutritive			
Per (100 g)		19 %	Protein / Protéines 20 g
pour (100 g)		25 %	Cholesterol / Cholestérol 60 mg
			Sodium 40 mg
			Potassium 400 mg
			Calcium 0 mg
			Iron / Fer 0.75 mg
Calories 210			
* 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			

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		% DV* / % VQ*	
Valeur nutritive			
Per 1/3 rack (140g edible portion)		24 %	Protein / Protéines 21 g
pour 1/3 carré (partie comestible de 140 g)		35 %	Cholesterol / Cholestérol 70 mg
			Sodium 340 mg
			Potassium 350 mg
			Calcium 30 mg
			Iron / Fer 1.25 mg
Calories 320			
* 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 SPRING/SUMMER 2025

AA/US SELECT BONELESS RIBEYE STEAK | PRODUCT CODE # 12272

Ingredients: BEEF

Nutrition Facts		% DV* / % VQ*	
Valeur nutritive			
Per 1 steak (570 g)		112 %	Protein / Protéines 114 g
pour 1 bifteck (570 g)		200 %	Cholesterol / Cholestérol 310 mg
			Sodium 400 mg
			Potassium 1850 mg
			Calcium 50 mg
			Iron / Fer 9 mg
Calories 1270			
* DV = Daily Value			
* VQ = valeur quotidienne			
* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

CERTIFIED ANGUS BEEF® STRIPLOIN STEAK | PRODUCT CODE #14442

Ingredients: BEEF

Nutrition Facts		% DV* / % VQ*	
Valeur nutritive			
Per 1/2 steak (143 g)		25 %	Protein / Protéines 29 g
pour 1/2 bifteck (143 g)		43 %	Cholesterol / Cholestérol 75 mg
			Sodium 80 mg
			Potassium 450 mg
			Calcium 10 mg
			Iron / Fer 3 mg
Calories 300			
* DV = Daily Value			
* VQ = valeur quotidienne			
* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

BONELESS BOTTOM SIRLOIN "BAVETTE" STEAK | PRODUCT CODE #18842

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

CONTAINS: SOY

Nutrition Facts		% DV* / % VQ*	
Valeur nutritive			
Per 1 steak (115 g)		12 %	Protein / Protéines 20 g
pour 1 bifteck (115 g)		19 %	Cholesterol / Cholestérol 60 mg
			Sodium 430 mg
			Potassium 300 mg
			Calcium 10 mg
			Iron / Fer 2 mg
Calories 160			
* 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 SPRING/SUMMER 2025

BACON WRAPPED TENDERLOIN STEAK | PRODUCT CODE #14962

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

	% DV / % VQ*	% DV / % VQ*
Nutrition Facts		
Valeur nutritive		
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	2 %	Cholesterol / Cholestérol 5 mg
+ Trans / trans 0 g		Sodium 650 mg
Carbohydrate / Glucides 4 g		Potassium 400 mg
Fibre / Fibres 0 g	0 %	Calcium 20 mg
Sugars / Sucres 2 g	2 %	Iron / Fer 0.75 mg
* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

CERTIFIED ANGUS BEEF® GROUND CHUCK | Product Code #46142

Ingredients: BEEF

	% DV * / % VQ *	% DV * / % VQ *
Nutrition Facts		
Valeur nutritive		
Per 1 burger (100 g)		
pour 1 burger (100 g)		
Calories 260		
* DV = Daily Value		
* VQ = valeur quotidienne		
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
Carbohydrate / Glucides 0 g		Potassium 300 mg
Fibre / Fibres 0 g	0 %	Calcium 10 mg
Sugars / Sucres 0 g	0 %	Iron / Fer 1.75 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		

CERTIFIED ANGUS BEEF® CHUCK BURGER | Product Code #46102

Beef, Water, Salt.

	Amount / Teneur	% DV / % VQ	Amount / Teneur	% DV / % VQ
Nutrition Facts				
Valeur nutritive				
Serving Size 1 burger (200 g)				
Portion 1 burger (200 g)				
Calories / Calories 450				
* DV = Daily Value / VQ = valeur quotidienne				
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 %

NUTRITIONALS-INGREDIENTS SPRING/SUMMER 2025

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 wheat and wheat protein), Hydrogenated Soybean and Canola Oils, Onion, Garlic, Parsley, Sugar, Parsley, Modified Milk Ingredients, Xanthan Gum, Silicon Dioxide.

CONTAINS: MILK, SOY, WHEAT

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

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

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

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

	% DV / % VQ*	% DV / % VQ*
Nutrition Facts		
Valeur nutritive		
Per 1 frankfurter (100 g)		
pour 1 saucisse fumée (100 g)		
Calories 150		
* DV = Daily Value		
* VQ = valeur quotidienne		
Fat / Lipides 11 g	15 %	Protein / Protéines 10 g
Saturated / saturés 3 g	15 %	Cholesterol / Cholestérol 30 mg
+ Trans / trans 0.1 g		Sodium 760 mg
Carbohydrate / Glucides 2 g		Potassium 175 mg
Fibre / Fibres 1 g	4 %	Calcium 40 mg
Sugars / Sucres 1 g	1 %	Iron / Fer 1.5 mg
* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

NUTRITIONALS-INGREDIENTS SPRING/SUMMER 2025

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

Ingredients: Chicken

Nutrition Facts		% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive			
Per portion (141 g)		25 %	Protein / Protéines 29 g
pour portion (141 g)	Fat / Lipides 19 g	23 %	Cholesterol / Cholestérol 80 mg
	Saturated / saturés 4.5 g + Trans / trans 0 g		Sodium 85 mg
Calories 290	Carbohydrate / Glucides 0 g	0 %	Potassium 500 mg
	Fibre / Fibres 0 g	0 %	Calcium 10 mg
	Sugars / Sucres 0 g	0 %	Iron / Fer 0.5 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			

BREADED CHICKEN FINGERS | PRODUCT CODE #71025 *BAR-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 Eggs, 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)		12 %	Protein / Protéines 11 g
pour 3 morceaux (100 g)	Fat / Lipides 9 g	8 %	Cholesterol / Cholestérol 20 mg
	Saturated / saturés 1.5 g + Trans / trans 0 g		Sodium 540 mg
Calories 200	Carbohydrate / Glucides 21 g	4 %	Potassium 350 mg
	Fibre / Fibres 1 g	2 %	Calcium 30 mg
	Sugars / Sucres 2 g	2 %	Iron / Fer 1.5 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			

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		% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive			
Portion (65 g)		7 %	Protein / Protéines 10 g
Serving Size (65 g)	Fat / Lipides 5 g	3 %	Cholesterol / Cholestérol 25 mg
	Saturated / saturés 0.5 g + Trans / trans 0 g		Sodium 270 mg
Calories 100	Carbohydrate / Glucides 2 g	0 %	Potassium 125 mg
	Fibre / Fibres 0 g	0 %	Calcium 10 mg
	Sugars / Sucres 0 g	0 %	Iron / Fer 0.5 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			

NUTRITIONALS-INGREDIENTS SPRING/SUMMER 2025

SCALLOP MEDALLIONS | Product Code #80252

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

Nutrition Facts		% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive			
Per 4 médaillons (125 g)		1 %	Protein / Protéines 23 g
pour 4 médaillons (125 g)	Fat / Lipides 0.5 g	1 %	Cholesterol / Cholestérol 30 mg
	Saturated / saturés 0.2 g + Trans / trans 0 g		Sodium 380 mg
Calories 100	Carbohydrate / Glucides 1 g	0 %	Potassium 250 mg
	Fibre / Fibres 0 g	0 %	Calcium 20 mg
	Sugars / Sucres 1 g	1 %	Iron / Fer 0.4 mg
* DV = Daily Value			
* VQ = valeur quotidienne			
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup			

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		% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive			
Per 4 shrimp (125 g)		1 %	Protein / Protéines 18 g
pour 4 crevette (125 g)	Fat / Lipides 0.5 g	1 %	Cholesterol / Cholestérol 145 mg
	Saturated / saturés 0.2 g + Trans / trans 0 g		Sodium 490 mg
Calories 80	Carbohydrate / Glucides 2 g	4 %	Potassium 125 mg
	Fibre / Fibres 1 g	0 %	Calcium 200 mg
	Sugars / Sucres 0 g	0 %	Iron / Fer 0 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			

ATLANTIC SALMON PORTION BNLS/SKNLS | Product Code #88772

Ingredients: Salmon

Nutrition Facts		% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive			
Per portion (141 g)		25 %	Protein / Protéines 29 g
pour portion (141 g)	Fat / Lipides 19 g	23 %	Cholesterol / Cholestérol 80 mg
	Saturated / saturés 4.5 g + Trans / trans 0 g		Sodium 85 mg
Calories 290	Carbohydrate / Glucides 0 g	0 %	Potassium 500 mg
	Fibre / Fibres 0 g	0 %	Calcium 10 mg
	Sugars / Sucres 0 g	0 %	Iron / Fer 0.5 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			

SMOKEY MAPLE BACON WRAPPED SALMON | Product Code #86602

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

NUTRITIONALS-INGREDIENTS SPRING/SUMMER 2025

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		% DV* / % VQ*		% DV* / % VQ*	
Valeur nutritive					
Per (70 g) pour (70 g)					
Calories 240					
* DV = Daily Value					
* VQ = valeur quotidienne					
Fat / Lipides 21 g	28 %	Protein / Protéines 8 g			
Saturated / saturés 8 g	40 %	Cholesterol / Cholestérol 45 mg			
+ Trans / trans 0 g		Sodium 680 mg		30 %	
Carbohydrate / Glucides 0 g		Potassium -- mg		-- %	
Fibre / Fibres 0 g	0 %	Calcium -- mg		-- %	
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		% DV / % VQ*		% DV / % VQ*	
Valeur nutritive					
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	2 %	Cholesterol / Cholestérol 5 mg			
+ Trans / trans 0 g		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		Amount / Teneur		% DV / % VQ		Amount / Teneur		% DV / % VQ	
Valeur nutritive									
Per 2 slices (56 g) par 2 tranches (56 g)									
Calories / Calories 190									
* DV = Daily Value / VQ = valeur quotidienne									
		Fat / Lipides 8 g	12 %	Carbohydrate / Glucides 0 g	0 %				
		Saturated / saturés 7 g	36 %	Fibre / Fibres 0 g	0 %				
		+ Trans / trans 0.1 g		Sugars / Sucres 0 g					
		Cholesterol / Cholestérol 30 mg		Protein / Protéines 8 g					
		Sodium / Sodium 470 mg	20 %						
		Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C	0 %				
		Calcium / Calcium	0 %	Iron / Fer	4 %				