



**north**  **country**  
meat & seafood

**Ontario's Premier  
Fundraising Program**

**Centre-of-the-Plate Specialists**

**Participant Package  
WINTER 2017/18**

## FEATURED PRODUCT



### FULLY COOKED PORK ROAST IN A SAVORY GRAVY

**Code: 92022**  
**5 X 900G**

Pre-heat the oven and get your taste buds ready!

A traditional slow-cooked, melt-in-your-mouth pork shoulder roast paired with a savory pork gravy to warm you up this fall. Ready in just 10 minutes, this pork roast is sure to become a new fan favorite!

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
150g	190	8g	2.5g	0.1g	75mg	680mg	1g	27gr

We appreciate your feedback, let us know how our products are!  
[northcountryfeedback@gmail.com](mailto:northcountryfeedback@gmail.com)

## FEATURED PRODUCT



### **TURKEY ROAST**

#### **BREAST & THIGH**

**2 X 2KG**

Just roast and carve

Get the whole Turkey without the bones & fuss. Carve beautiful tender slices of White & Dark meat. All locally Ontario raised from Hayter's Farm. This Turkey is an amazing option for easy entertaining . We use only the whole muscle, breast & thigh for this boneless roast .

Yields 8-10 servings per roast

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100g	193	9.05g	1.5g	0g	50mg	440mg	1g	18gr

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### PRODUCT INFORMATION



**Steakhouse Burger**  
**Product Code: 40002**

Price: \$45.00  
Portion: 24 x 170g or 24 x 6oz  
Box Wt.: 4.08kg or 9.00lbs  
Average Retail Price: \$53.00

Old fashioned beef burgers the way you like them: extra juicy with an out-of-this-world taste.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	280	20 g	8 g	0.2 g	75 mg	340 mg	3 g	22 g



**AA Striploin Steak**  
**Product Code: 13792**

Price: \$97.00  
Portion: 12 x 285g or 12 x 10oz  
Box Wt.: 3.42kg or 7.54lbs  
Average Retail Price: \$117.00



The King of steaks, the NY Style Striploin is a classic for a reason. Tender, moist and it delivers a steakhouse experience every time.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	210	9 g	3.5 g	0.8 g	70 mg	55 mg	0 g	28 g



**B/W Tenderloin Steak**  
**Product Code: 14962**

Price: \$70.00  
Portion: 20 x 113g or 20 x 4oz  
Box Wt.: 2.26kg or 4.98lbs  
Average Retail Price: \$101.00

The most tender of all steaks, these tenderloins or filet mignon will melt in your mouth. Wrapped in smoky bacon for an additional flavour boost.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	150	6 g	2g	0 g	60mg	110 mg	0 g	22 g



**Certified Angus Beef®**  
**Striploin Steak**

**Product Code: 14412**  
Price: \$125.00  
Portion: 12 x 285g or 12 x 10oz  
Box Wt.: 3.42kg or 7.54lbs  
Average Retail Price: \$145.00



Beautifully marbled and aged for a minimum of 28 days, ensuring a tender, succulent, flavourful steak.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	210	9 g	3.5g	0.8 g	70 mg	55 mg	0 g	28 g



**Certified Angus Beef®**  
**Sirloin Steak**

**Product Code: 14662**  
Price: \$75.00  
Portion: 16 x 170g or 16 x 6oz  
Box Wt.: 2.67kg or 6.00lbs  
Average Retail Price: \$88.00



Thick and juicy, these top sirloin steaks give you that 'baseball' steak experience. For best results should be served medium.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	340	5 g	2g	0.2 g	55mg	55 mg	0 g	21 g



**Italian Cooked Meatballs**  
**Product Code: 90072**

Price: \$40.00  
Portion: 450 x 0.35oz  
Box Wt.: 4.5kg or 9.0lbs  
Average Retail Price: \$50.00

A crowd pleaser at any party, complimented in your favourite sauce or as a wonderful addition to spaghetti! One of our top sellers!

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	270	22.5 g	9.0g	0 g	60mg	600 mg	4 g	14 g

### PRODUCT INFORMATION



**Breaded Chicken Fingers**  
**Product Code: 71025**  
 Price: \$58.00  
 Portion: Random  
 Box Wt.: 4kg or 8.8lbs  
 Average Retail Price: \$71.00

These are the same chicken fingers you get in restaurants – now enjoy them at home! This spectacular product is also trans fat free.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	200	9 g	1.5 g	0 g	20 mg	540 mg	21 g	11 g



**IVP Just Chicken Breast**  
**Product Code: 77162**  
 Price: \$88.00  
 Portion: 6-8 oz  
 Box Wt.: 4kg or 8.8lbs  
 Average Retail Price: \$97.00



Simple. Real. Natural Boneless Skinless Chicken Breast. Nothing Added, nothing taken away. Conveniently individually vacuum packed for the very best quality chicken from your freezer.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	110	1 g	0.3 g	0 g	60 mg	40 mg	0 g	23 g



**Centre-Cut 3/4" Pork Chops**  
**Product Code: 61992**  
 Price: \$53.00  
 Portion: 23 x 200g or 23 x 7oz  
 Box Wt.: 4.54-4.75kg or 10-10.5lbs  
 Average Retail Price: \$61.00



Chophouse style, thick cut premium pork chops made for the grill. A very versatile meat, great with BBQ sauce, seasoning, even sweet onion and apples.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	210	9 g	3.5 g	0.8 g	70 mg	55 mg	0 g	28 g



**Butterfly Garlic Shrimp**  
**16/20**  
**Product Code: 81272**  
 Price: \$33.00  
 Box Wt.: 0.91kg or 2.0lbs  
 Average Retail Price: \$38.00



Black Tiger Shrimp/Prawns are butterflied and seasoned with herb and garlic.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
125 g	60	0.5 g	0.1 g	0 g	115 mg	710 mg	2 g	12 g



**Atlantic Salmon Portions**  
**Product Code: 88661**  
 Price: \$100.00  
 Portion: 20 x 140g or 20 x 5oz  
 Box Wt.: 2.80kg or 6.18lbs  
 Average Retail Price: \$115.00



Farmed in the Bay of Fundy, Jail Island Salmon has become synonymous with 'melt in your mouth' – fabulous grilled, baked or broiled.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	220	15 g	3.5g	0.3 g	55mg	40 mg	0 g	21 g



**Vendor Sausage**  
**Product Code: 95812**  
 Price: \$51.00  
 Portion: 28x 140g or 28 x 5oz  
 Box Wt.: 4.5kg or 9.92lbs  
 Average Retail Price: \$56.00



Not available at your local grocery store. These are the real deal-Debreizeni Sausage, naturally hardwood smoked and prepared with a wonderful balance of garlic and spices.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	260	22 g	8 g	0.2 g	60 mg	810 mg	1 g	15 g



**Fully Ckd Chicken Wings**  
**Product Code: 71032**  
 Price: \$57.00  
 Box Wt.: 2 x 1.36 kg  
 Average Retail Price: \$75.00

Our North Country Fully Cooked Wings have no water added and they crisp up beautifully to golden brown in your oven in only 20 minutes! They are great plain, or with your favorite wing sauce Restaurant quality wings, for the first time out of your oven.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	300	20 g	5g	0.2 g	95mg	260 mg	5 g	26 g

### PRODUCT INFORMATION



**Slow Ckd Beef Pot Roast**

**Product Code: 92042**

Price: \$80.00

Portion: 5 x 900 or 5 x 31.75oz

Box Wt.: 4.50kg or 9.92lbs

Average Retail Price: \$100.00

Fresh, great tasting, healthy entrées ready in just 10 minutes!

Our chefs have carefully selected and hand seasoned the best cuts of meat to prepare an entrée that you will be proud to serve your family and guests

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	200	9 g	1.5 g	0 g	20 mg	540 mg	21 g	11 g



**Smkd/Ckd Pork Back Ribs**

**in BBQ sauce**

**Product Code: 92862**

Price: \$60.00

Portion : 6 x 595g or 6 x 21oz

Box Wt.: 3.57kg or 7.87lbs

Average Retail Price: \$70.00

Smoked and slow cooked pork back ribs...real smoke, real slow, real good!

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	290	19 g	7 g	0 g	75 mg	300 mg	13 g	16 g



**All Beef Jumbo Hot Dogs**

**Product Code: 64222**

Price: \$35.00

Portion: 30 x 90g

Box Wt.: 6.1 lbs

Average Retail Price: \$40.00



Serve up juicy, great tasting, all beef hot dogs, just like at the ball park!

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	150	11 g	3 g	0 g	30 mg	760 mg	2 g	10 g



**Sliced Peameal Bacon**

**Product Code: 60062**

Price: \$45.00

Portion : 6x 500g

Box wt: 3 kg / 6.61lbs



This Peameal Bacon is made from hand trimmed, fresh, never frozen Canadian pork loins. In addition to being certified Gluten Free, it also features the lowest sodium, fat, cholesterol and the highest protein out of all other peameal in the market place.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100g	100	1.5g	0 g	0 g	5 mg	650 mg	4g	18 g



**Just Chicken Thigh**

**Product Code: 77132**

Price: \$78.00

Portion: 2 thighs per package

Box Wt.: 4 kg or 8.8 lbs

Moist, succulent & flavorful this skinless thigh meat is well suited to a number of cooking applications; marinated, grilled, stewed or roasted. Our thigh meat is 100% additive free-no added water or salt. Vacuum sealed 2 thighs per package for your convenience.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100 g	140	8 g	2.5 g	0.1 g	90 mg	70 mg	0 g	19 g



**Lightly Breaded Wild**

**Cod Fillets**

**Product Code: 89982**

Price: \$ 71.00

Portion : 50-60pc x 80g

Box wt: 8.8lbs

We have taken our truly amazing formula for our famous chicken "fingers" that you know and love, and created simply "the best" oven ready crispy fish file. We have made it super easy to make fish a part of your weekly diet!

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100g	210	4g	0.5g	0 g	20mg	400mg	31g	12g



**Honey Garlic Top Sirloin**

**Product Code: 14242**

Price: \$ 55.00

Portion : 4 x 2 x 255g

Box wt: 2.04kg

We've taken our legendary Top Sirloin steak, and added a wickedly crave-able bold Honey Garlic marinade. The combination of thick sweet honey, confident garlic and grilled sirloin should almost be illegal.

Serving	Cal	Fat	Sat. Fat	Trans	Chol	Sodium	Carb	Protein
100g	153	5.8g	2.35g	0.2mg	43mg	390mg	5.5g	19.2g

## INGREDIENTS

### **92022--- Fully Cooked Pork Roast in a Savoury Gravy**

Pork.

GRAVY: Water, modified corn starch, salt, dextrose, yeast extract, canola oil, caramel colour, spices and spice extracts, onion powder, garlic powder, xanthan gum, milk ingredients, dehydrated parsley, mono and diglycerides.

**Contains: Milk**

### **40002 – Steakhouse Style Beef Burger – 6oz**

Beef, water, toasted wheat crumbs, salt, soy protein, spices & spice extracts, onion, sugar, garlic, flavor, canola oil.

**Contains: Soy, Wheat & Mustard.**

### **90072 – Cooked Beef Meatballs Italian Style**

Beef, water, toasted wheat crumbs, soy protein, salt, sugar, spices, onion powder, garlic powder.

**Contains: Wheat, Soy**

### **71025 – Chicken Fingers**

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**

### **81272 – Butterfly Garlic Shrimp**

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)

**Contains: Shrimp**

### **95812 – Vendor Sausage**

Pork, water, salt, garlic, sodium phosphate, spice, onion, sodium erythorbate, sodium nitrite, smoke

## INGREDIENTS

### **71032 – Chicken Wings**

Chicken, toasted wheat crumbs, wheat gluten, salt, baking powder, garlic salt, wheat flour, spice.


**Contains: Wheat, Refined Soy oil**

### **92042 – Cooked Beef Pot Roast**

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 flavor (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**

### **92862 – Smoked Pork Back Ribs in BBQ Sauce**

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**

### **64222 – Hot Dogs**

Beef, water, salt, potato starch, sugar, spices, sodium erythorbate, sodium nitrite, garlic, smoke. Gluten Free!

### **60062--- Peameal Bacon**

Pork, water, cornmeal, salt, sugar, sodium phosphate, sodium ascorbate, sodium bicarbonate, sodium nitrite, polysorbate 80, spice.

**Contains: Cornmeal**

### **89982--- Lightly Breaded Wild Cod Fillets**

Cod fillets, water, toasted wheat crumbs with spices, wheat flour, modified corn starch, yellow corn flour, baking powder, modified palm oil, defatted soy flour, salt, garlic powder, onion powder, spices, dextrose, guar gum. Browned in canola oil.

**Contains: Wheat, Soy, Fish**

**\*All products listed are items with ingredients\***