



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



**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: \$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: 90052                      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



**BEEF  
ITEMS**

**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

**BEEF  
ITEMS**

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 adventurist 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



**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.

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

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

Ingredients: BEEF

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

### CERTIFIED ANGUS BEEF® GROUND CHUCK | Product Code #46142

Ingredients: Beef

	% DV* / % VQ*		% DV* / % VQ*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 20 g	27 %	<b>Protein / Protéines</b> 18 g
	Saturated / saturés 8 g	43 %	<b>Cholesterol / Cholestérol</b> 70 mg
Per 1 burger (100 g) pour 1 burger (100 g)	+ Trans / trans 0.5 g		<b>Sodium</b> 55 mg
	<b>Carbohydrate / Glucides</b> 0 g		Potassium 300 mg
<b>Calories 260</b>	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		
* DV = Daily Value			
* VQ = valeur quotidienne			

# NUTRITIONALS-INGREDIENTS

## FALL/WINTER 2025-2026

### ITALIAN STYLE COOKED MEATBALLS | PRODUCT CODE #90052

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**

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

### CANADIAN PORK RIB CHOP | Product Code #62022

Ingredients: Pork

<b>Nutrition Facts</b>		% DV* / % VQ*		% DV* / % VQ*	
<b>Valeur nutritive</b>	<b>Fat / Lipides</b> 14 g		19 %	<b>Protein / Protéines</b> 20 g	
	Saturated / saturés 5 g		25 %	<b>Cholesterol / Cholestérol</b> 60 mg	
Per (100 g) pour (100 g)	+ Trans / trans 0 g			<b>Sodium</b> 40 mg	2 %
<b>Calories 210</b>	<b>Carbohydrate / Glucides</b> 0 g			<b>Potassium</b> 400 mg	12 %
* DV = Daily Value	Fibre / Fibres 0 g		0 %	<b>Calcium</b> 0 mg	0 %
* VQ = valeur quotidienne	Sugars / Sucres 0 g		0 %	<b>Iron / Fer</b> 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					

### 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.

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

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

Ingredients: BEEF

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

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

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

# 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**

	% DV* / % VQ*		% DV* / % VQ*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 9 g	12 %	<b>Protein / Protéines</b> 20 g
	Saturated / saturés 3.5 g	19 %	<b>Cholesterol / Cholestérol</b> 60 mg
Per 1 steak (115 g) pour 1 bifteck (115 g)	+ Trans / trans 0.3 g		<b>Sodium</b> 430 mg
<b>Calories 160</b>	<b>Carbohydrate / Glucides</b> 0 g		Potassium 300 mg
* DV = Daily Value	Fibre / Fibres 0 g	0 %	Calcium 10 mg
* VQ = valeur quotidienne	Sugars / Sucres 0 g	0 %	Iron / Fer 2 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		

### 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*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 1.5 g	2 %	<b>Protein / Protéines</b> 18 g
	Saturated / saturés 0.4 g	2 %	<b>Cholesterol / Cholestérol</b> 5 mg
Per portion (100 g) par portion (100 g)	+ Trans / trans 0 g		<b>Sodium</b> 650 mg
<b>Calories 100</b>	<b>Carbohydrate / Glucides</b> 4 g		Potassium 400 mg
* DV = Daily Value	Fibre / Fibres 0 g	0 %	Calcium 20 mg
* VQ = valeur quotidienne	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		

### 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**

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

# NUTRITIONALS-INGREDIENTS

## FALL/WINTER 2025-2026

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

Beef, Water, Salt.

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

<b>Nutrition Facts</b> <b>Valeur nutritive</b>	% DV / % VQ*	% DV / % VQ*	
Per 1 burger (170 g) pour 1 burger (170 g)	<b>Fat / Lipides</b> 33 g	<b>44 %</b>	<b>Protein / Protéines</b> 26 g
	Saturated / saturés 14 g + Trans / trans 0.4 g	<b>70 %</b>	<b>Cholesterol / Cholestérol</b> 120 mg
<b>Calories</b> 430	<b>Carbohydrate / Glucides</b> 5 g	<b>Sodium</b> 540 mg	
* DV = Daily Value * VQ = valeur quotidienne	Fibre / Fibres 0 g	Potassium 400 mg	
	Sugars / Sucres 1 g	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

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

# NUTRITIONALS-INGREDIENTS

## FALL/WINTER 2025-2026

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### 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*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 3 pieces (100 g) pour 3 morceaux (100 g)	<b>Fat / Lipides</b> 9 g	12 %	<b>Protein / Protéines</b> 11 g		
	Saturated / saturés 1.5 g + Trans / trans 0 g	8 %	<b>Cholesterol / Cholestérol</b> 20 mg		
<b>Calories 200</b>	<b>Carbohydrate / Glucides</b> 21 g		<b>Sodium</b> 540 mg	23 %	
	Fibre / Fibres 1 g	4 %	Potassium 350 mg	7 %	
	Sugars / Sucres 2 g	2 %	Calcium 30 mg	2 %	
* DV = Daily Value * VQ = valeur quotidienne			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

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*	Nutrition Facts		% DV* / % VQ*
Valeur nutritive			Valeur nutritive		
Serving Size (65 g) Portion (65 g)	<b>Fat / Lipides</b> 5 g	7 %	<b>Protein / Protéines</b> 10 g		
	Saturated / saturés 0.5 g + Trans / trans 0 g	3 %	<b>Cholesterol / Cholestérol</b> 25 mg		
<b>Calories 100</b>	<b>Carbohydrate / Glucides</b> 2 g		<b>Sodium</b> 270 mg	12 %	
	Fibre / Fibres 0 g	0 %	Potassium 125 mg	3 %	
	Sugars / Sucres 0 g	0 %	Calcium 10 mg	1 %	
* DV = Daily Value * 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

### SCALLOP MEDALLIONS | Product Code #80252

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

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

### 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).

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

	% DV* / % VQ*		% DV* / % VQ*
<b>Nutrition Facts</b>			
<b>Valeur nutritive</b>			
Per portion (141 g) pour portion (141 g)			
<b>Calories 290</b>			
* DV = Daily Value			
* VQ = valeur quotidienne			
<b>Fat / Lipides</b> 19 g	25 %	<b>Protein / Protéines</b> 29 g	
Saturated / saturés 4.5 g		<b>Cholesterol / Cholestérol</b> 80 mg	
+ Trans / trans 0 g	23 %	<b>Sodium</b> 85 mg	4 %
<b>Carbohydrate / Glucides</b> 0 g		<b>Potassium</b> 500 mg	15 %
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 10 mg	1 %
Sugars / Sucres 0 g	0 %	<b>Iron / Fer</b> 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)***

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

<b>Nutrition Facts</b>	<b>% DV / % VQ*</b>	<b>% DV / % VQ*</b>
<b>Valeur nutritive</b> Per 1/3 rack (140g edible portion) pour 1/3 carré (partie comestible de 140 g) <b>Calories 320</b> <small>* DV = Daily Value * VQ = valeur quotidienne</small>	<b>Fat / Lipides</b> 18 g	<b>24 %</b>
	Saturated / saturés 7 g	<b>35 %</b>
	+ Trans / trans 0.1 g	
	<b>Carbohydrate / Glucides</b> 18 g	
	Fibre / Fibres 0 g	0 %
	Sugars / Sucres 17 g	17 %
	<b>Protein / Protéines</b> 21 g	
	<b>Cholesterol / Cholestérol</b> 70 mg	23 %
	<b>Sodium</b> 340 mg	15 %
	Potassium 350 mg	7 %
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

### 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.

<b>Nutrition Facts</b>	<b>% DV* / % VQ*</b>	<b>% DV* / % VQ*</b>
<b>Valeur nutritive</b> Per 1/5 of package (100 g) pour 1/5 de l'emballage (100 g) <b>Calories 140</b> <small>* DV = Daily Value * VQ = valeur quotidienne</small>	<b>Fat / Lipides</b> 7 g	9 %
	Saturated / saturés 2.5 g	<b>13 %</b>
	+ Trans / trans 0 g	
	<b>Carbohydrate / Glucides</b> 1 g	
	Fibre / Fibres 0 g	0 %
	Sugars / Sucres 1 g	1 %
	<b>Protein / Protéines</b> 19 g	
	<b>Cholesterol / Cholestérol</b> 55 mg	
	<b>Sodium</b> 260 mg	11 %
	Potassium 350 mg	10 %
Calcium 10 mg	1 %	
Iron / Fer 1 mg	6 %	

\* 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

### 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**

	% DV / % VQ*		% DV / % VQ*
<b>Nutrition Facts</b>		<b>Protein / Protéines</b> 18 g	
<b>Valeur nutritive</b>		<b>Cholesterol / Cholestérol</b> 5 mg	
Per portion (100 g)	<b>Fat / Lipides</b> 1.5 g	2 %	<b>Sodium</b> 650 mg
par portion (100 g)	Saturated / saturés 0.4 g	2 %	Potassium 400 mg
	+ Trans / trans 0 g		Calcium 20 mg
<b>Calories 100</b>	<b>Carbohydrate / Glucides</b> 4 g		Iron / Fer 0.75 mg
	Fibre / Fibres 0 g	0 %	
	Sugars / Sucres 2 g	2 %	
* 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			

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

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

	Amount / Teneur	% DV / % VQ		Amount / Teneur	% DV / % VQ
<b>Nutrition Facts</b>	<b>Fat / Lipides</b> 8 g	12 %	<b>Carbohydrate / Glucides</b> 0 g		0 %
<b>Valeur nutritive</b>	Saturated / saturés 7 g	36 %	Fibre / Fibres 0 g		0 %
Per 2 slices (56 g)	+ Trans / trans 0.1 g		Sugars / Sucres 0 g		
par 2 tranches (56 g)	<b>Cholesterol / Cholestérol</b> 30 mg		<b>Protein / Protéines</b> 8 g		
<b>Calories / Calories</b> 190	<b>Sodium / Sodium</b> 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 %