

Last Chance

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meat & seafood

Grilled Chicken Skewers

Marinated, then grilled and fully cooked. These skewers are super easy either in the oven or on the grill.

Product Code: 77122 Price: \$69.00

Packaged: 30 skewers per case



Grilled Chicken Breast Strips

These are sure to become your new "go-to", from easy skillet meals, pasta's, taco-nights. Simple and delicious. We've included a Sriracha Sauce if you want to kick it up!

Product Code: 77152 Price: \$58.00

Packaged: 4 x 750 gr packages

AA Ribeye Steak

A rich boneless steak which is tender, juicy and full flavoured, with generous marbling throughout.

Product Code: 12272 Price: \$100.00

Packaged: 8 steaks x 12 oz



Lightly Breaded Wild Pacific Cod Fillet

Sustainably sourced wild Pacific Cod Fillet in our classic chicken finger breading makes for an easy and delicious fish & chip night. Or have some fun with crispy fish tacos!

Product Code: 89982 Price: \$70.00

Packaged: approx. 50-60 pcs | 8.8 lb box



For additional information please visit
www.northcountrymeatandseafood.com

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FULLY COOKED PORK POT ROAST IN GRAVY

Authentic and simmering with comforting flavour is what slow cookery, and our Pork Pot Roast is all about.

Product Code: 92022 Price: \$55.00

Packaged: 5 roasts x 900 gr per case

HAYTER'S BONELESS WHITE & DARK TURKEY ROAST

This Boneless Roast is the best option for family and guests who like white & dark meat.

Product Code: 71132 Price: \$65.00

Packaged: 2 roasts x 2 kg per case



Centre-Cut 3/4" Pork Chops

Try something different - tender, juicy, versatile Chophouse style pork chops.

Product Code: 61992 Price: \$55.00

Packaged: approx 23 pieces x approx 7 oz each

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: \$45.00

Packaged: 6 packs x 500 gr



For additional information please visit
www.northcountrymeatandseafood.com

Features

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N.C. WILD RAW P&D TAIL -OFF ARGENTINA SHRIMP

Our shrimp are wild caught off the coast of Patagonian, in Southern Argentina, in the icy cold pristine waters of the Atlantic Ocean.

Product Code: **81302** Price: **\$32.00**

Packaged: 8 packs x 4 oz each (2lb) VP Case

NIMAN RANCH NATURAL GROUND BEEF

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: **49132** Price: **\$48.00**

Packaged: 6 x 500grs - 6.61 lb Case



CERTIFIED ANGUS BEEF® MEATBALLS IN MARINARA

Rustic Style Certified Angus Beef® Meatballs in authentic marinara sauce. The best ingredients in the best possible way.

Product Code: **92882** Price: **\$50.00**

Packaged: 5 packs x 680gr case



For additional information please visit
www.northcountrymeatandseafood.com

Beef Items

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CERTIFIED ANGUS BEEF® TOP SIRLOIN STEAK

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

Product Code: 14662 Price: \$82.00

Packaged: 2 pieces per pack | 16 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: 14412 Price: \$120.00

Packaged: 2 pieces per pack | 12 steaks x 10 oz



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: \$63.00

Packaged: 20 steaks x 4 oz ea - 4.98 lb Case



SLOW COOKED BEEF POT ROAST

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

Product Code: 92042 Price: \$80.00

Packaged: 5 x 900 gr Roasts



For additional information please visit
www.northcountrymeatandseafood.com

Beef Items



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: 40002 Price: \$47.00

Packaged: 24 x 6oz

ITALIAN STYLE COOKED MEATBALLS

The perfect meatball. Whether for a cocktail party, or a pasta, we bet you can't just eat one!

Product Code: 90072 Price: \$42.00

Packaged: 2 x 4.96 lb bags



Chicken Items



"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: \$85.00

Packaged: 6-8 oz portions | 8.81 lb box

"JUST CHICKEN" THIGH MEAT - IVP

(Individually Vacuum Packed)

Moist, succulent & flavorful, this boneless & skinless thigh meat is well suited to a number of cooking applications; marinated, grilled, stewed or roasted. 100% additive free-no added water or salt.

Product Code: 77132 Price: \$82.00

Packaged: 2 pieces per pack | 8.8 lb box



Chicken Items



FULLY COOKED GRILLED CHICKEN WINGS

Your next game night shouldn't be a game of chance. There will always be wins and losses, and highs and lows with your favourite team, but get used to winning with our Grilled Chicken Wings.

Product Code: 77142 Price: \$59.00

Packaged: 2 x 3 lb bags

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: \$58.00

Packaged: 2 x 4.4 lb bags



Seafood Items



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 Price: \$50.00

Packaged: 10 portions x 5 oz ea | 3.31 lb case



JAIL ISLAND® ATLANTIC SALMON PORTIONS

Jail Island is genuine Canadian Atlantic Salmon, raised in its natural environment, with no added hormones, artificial colours or additives.

Product Code: 88661 Price: \$92.00

Packaged: 20 Portions x 5 oz



BUTTERFLY GARLIC SHRIMP

Just place these shrimp under the broiler for a handful of minutes and you are in epic appetizer or surf & turf territory.

Product Code: 81272 Price: \$33.00

Packaged: approx. 36 shrimp | 2 lb bag



Pork Items

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NIMAN RANCH PORK RIB CHOP

Niman Ranch's 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: \$70.00

Packaged: Individually packed | 10 Pork Chops x 8 oz



FULLY COOKED MILD ITALIAN SAUSAGE

Our fully cooked mild Italian sausages are made with the perfect blend of Italian herbs and spices.

Product Code: 95802 Price: \$52.00

Packaged: 28 x 5oz portions | 8.7 lb case



THICK CUT PEAMEAL BACON

Studies show brunching with our thick-cut peameal bacon will make you significantly happier. You can't argue with science.

Product Code: 60062 Price: \$45.00

Packaged: 8 pieces per package | 6 x 500 gr packages

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 x 21 oz full racks



For additional information please visit
www.northcountrymeatandseafood.com

NUTRITIONALS

Fully Cooked Grilled Chicken Skewers | Product Code #77122

Chicken Breast, Water, Modified Corn Starch, Potato Starch, Salt, Sugar, Canola Oil, Flavour, Dried Citrus Pulp, Onion Powder, Spice, Garlic Powder, Smoke Flavour.

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 skewer (76 g)			Per 1 skewer (76 g)		
par 1 brochette (76 g)			par 1 brochette (76 g)		
Calories 90			Calories 90		
* DV = Daily Value			* DV = Daily Value		
* VQ = valeur quotidienne			* VQ = valeur quotidienne		
Fat / Lipides 1.5 g		2 %	Protein / Protéines 15 g		
Saturated / saturés 0.3 g		2 %	Cholesterol / Cholestérol 40 mg		
+ Trans / trans 0 g			Sodium 280 mg		12 %
Carbohydrate / Glucides 2 g			Potassium 250 mg		5 %
Fibre / Fibres 0 g		0 %	Calcium 0 mg		0 %
Sugars / Sucres 0 g		0 %	Iron / Fer 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					

Ingredients BBQ Dipping Sauce: Sugar, Water, Tomato Paste, Vinegar, Blackstrap Molasses, Mustard, Salt, Modified Corn Starch, Honey, Spices, Disodium Inosinates & Guanylate, Caramel Colour, Sodium Benzoate. **Contains: Mustard**

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 tbsp Dip (15 g)			Per 1 tbsp Dip (15 g)		
pour 1 c. à soupe			pour 1 c. à soupe		
Trempe (15 g)			Trempe (15 g)		
Calories 25			Calories 25		
* DV = Daily Value			* DV = Daily Value		
* VQ = valeur quotidienne			* VQ = valeur quotidienne		
Fat / Lipides 0.1 g		1 %	Protein / Protéines 0.2 g		
Saturated / saturés 0 g		0 %	Cholesterol / Cholestérol 0 mg		
+ Trans / trans 0 g			Sodium 95 mg		4 %
Carbohydate / Glucides 6 g			Potassium 0 mg		0 %
Fibre / Fibres 0 g		0 %	Calcium 0 mg		0 %
Sugars / Sucres 5 g		5 %	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					

Fully Cooked Grilled Chicken Breast Strips | Product Code #77152

Chicken Breast, Water, Flavour (Soy, Protein Isolate, Modified Corn Starch), Canola Oil, Flavour, Salt, Sodium Phosphate, Glucose Solids, Carrageenan, Potassium Chloride, Onion Powder, Yeast Extract, Spices.

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 12 strips (100 g)			Per 12 strips (100 g)		
par 12 lanières (100 g)			par 12 lanières (100 g)		
Calories 110			Calories 110		
* DV = Daily Value			* DV = Daily Value		
* VQ = valeur quotidienne			* VQ = valeur quotidienne		
Fat / Lipides 1.5 g		2 %	Protein / Protéines 20 g		
Saturated / saturés 0.4 g		2 %	Cholesterol / Cholestérol 50 mg		
+ Trans / trans 0 g			Sodium 430 mg		19 %
Carbohydrate / Glucides 2 g			Potassium 300 mg		6 %
Fibre / Fibres 0 g		0 %	Calcium 0 mg		0 %
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					

Ingredients: Sweet & Spicy Sriracha Dip: Glucose/Fructose, Water, Chili Peppers, Vinegar, Tomato Paste, Garlic, Modified Corn Starch, Mustard, Salt, Canola Oil, Citric Acid, Xanthan Gum, Spices, Natural and Artificial Flavour, Sodium Benzoate. **Contains: Mustard.**

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 tbsp Dip (15 g)			Per 1 tbsp Dip (15 g)		
pour 1 c. à soupe			pour 1 c. à soupe		
Trempe (15 g)			Trempe (15 g)		
Calories 35			Calories 35		
* DV = Daily Value			* DV = Daily Value		
* VQ = valeur quotidienne			* VQ = valeur quotidienne		
Fat / Lipides 0.2 g		1 %	Protein / Protéines 0.1 g		
Saturated / saturés 0 g		0 %	Cholesterol / Cholestérol 0 mg		
+ Trans / trans 0 g			Sodium 75 mg		3 %
Carbohydrate / Glucides 8 g			Potassium 0 mg		0 %
Fibre / Fibres 0 g		0 %	Calcium 0 mg		0 %
Sugars / Sucres 7 g		7 %	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					

NUTRITIONALS

Lightly Breaded Wild Pacific Cod Fillet | Product Code #89982

Cod Fillets, Water, Toasted Wheat Crumbs with Spices, Wheat Flour, Modified Corn Starch, Yellow Corn Flour, Baking Powder, Modified Palm Oil, Deffated Soy Flour, Salt, Garlic Powder, Onion Powder, Spices, Dextrose & Guar Gum. Browned in Canola oil. Contains: Wheat, Soy, Fish

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Amount / Teneur	% DV / % VQ	Amount / Teneur	% DV / % VQ
Per 1 piece (100 g) pour 1 morceau (100 g)	Fat / Lipides 4 g	5 %	Protein / Protéines 12 g	
	Saturated / saturés 0.5 g	3 %	Cholesterol / Cholestérol 20 mg	
	+ Trans / trans 0 g		Sodium 400 mg	17 %
Calories 210	Carbohydrate / Glucides 31 g		Potassium 200 mg	4 %
	Fibre / Fibres 1 g	4 %	Calcium 50 mg	4 %
	Sugars / Sucres 1 g	1 %	Iron / Fer 1.75 mg	10 %
* 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 Pot Roast in Gravy | Product Code #92022

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

Nutrition Facts Valeur nutritive Per 1/6 package (150 g) pour 1/6 de l'emballage (150 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 1 g		1 %	
	Saturated / saturés 2.5 g		13 %		Fibre / Fibres 0 g		0 %	
	+ Trans / trans 0.1 g				Sugars / Sucres 1 g			
	Cholesterol / Cholestérol 75 mg		25 %		Protein / Protéines 27 g			
	Sodium / Sodium 680 mg		28 %					
	Vitamin A / Vitamine A		0 %		Vitamin C / Vitamine C		0 %	
	Calcium / Calcium		0 %		Iron / Fer		10 %	

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		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 %	

NUTRITIONALS

FULLY COOKED GRILLED CHICKEN WINGS | PRODUCT CODE #77142

Chicken Wings, Water, Modified Potato Starch, Modified Corn Starch, Sea Salt, Sodium Phosphate, Dried Citrus Pulp, Glucose Solids, Spices, Flavour, Yeast Extract, Garlic Powder, Onion Powder, Smoke Flavour.

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 4 wings (100 g)	Fat / Lipides 13 g	17 %	Protein / Protéines 18 g		
par 4 ailes (100 g)	Saturated / saturés 3.5 g	18 %	Cholesterol / Cholestérol 65 mg		
	+ Trans / trans 0 g		Sodium 540 mg	23 %	
Calories 200	Carbohydrate / Glucides 4 g		Potassium 10 mg	1 %	
	Fibre / Fibres 0 g	0 %	Calcium 0 mg	0 %	
	Sugars / Sucres 0 g	0 %	Iron / Fer 0.75 mg	4 %	
* 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					

Ingredients BBQ Dipping Sauce: Sugar, Water, Tomato Paste, Vinegar, Mustard, Blackstrap Molasses, Salt, Modified Corn Starch, Honey, Spices, Disodium Inosinates & Guanylate, Caramel Colour, Sodium Benzoate. **Contains: Mustard**

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 tbsp Dip (15 g)	Fat / Lipides 0.1 g	1 %	Protein / Protéines 0.2 g		
pour 1 c. à soupe	Saturated / saturés 0 g		Cholesterol / Cholestérol 0 mg		
Trempepette (15 g)	+ Trans / trans 0 g	0 %	Sodium 95 mg		4 %
	Carbohydrate / Glucides 6 g		Potassium 0 mg		0 %
	Fibre / Fibres 0 g	0 %	Calcium 0 mg		0 %
Calories 25	Sugars / Sucres 5 g	5 %	Iron / Fer 0 mg		0 %
* 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					

N.C WILD RAW P&D TAIL ON ARGENTINA RED SHRIMP | PRODUCT CODE #81302

Shrimp, Salt, Sodium Metabisulfite (sulphites)

Nutrition Facts		Valeur nutritive	
Per about 8 shrimps (125 g) pour environ 8 crevettes (125 g)			
Calories 100			
	% DV *		% VQ *
Fat / Lipides 0.5 g	1 %	Protein / Protéines 23 g	
Saturated / saturés 0 g	0 %	Cholesterol / Cholestérol 175 mg	
+ Trans / trans 0 g		Sodium 290 mg	13 %
Carbohydrate / Glucides 0 g		Potassium 350 mg	7 %
Fibre / Fibres 0 g	0 %	Calcium 75 mg	6 %
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			

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)	Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 g		
par portion (100 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 %
Calories 100					
* 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

SLOW COOKED BEEF POT ROAST | PRODUCT CODE #92042

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*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1/6 roast (150 g) pour 1/6 de rôti (150 g)			Protein / Protéines 26 g		
Calories 260			Cholesterol / Cholestérol 70 mg		
* DV = Daily Value			Sodium 530 mg		23 %
* VQ = valeur quotidienne			Potassium 350 mg		7 %
			Calcium 10 mg		1 %
			Iron / Fer 2.5 mg		14 %
			* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		

STEAKHOUSE BURGER | PRODUCT CODE #40002

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) pour 1 burger (170 g)			Protein / Protéines 26 g		
Calories 430			Cholesterol / Cholestérol 120 mg		
* DV = Daily Value			Sodium 540 mg		23 %
* VQ = valeur quotidienne			Potassium 400 mg		9 %
			Calcium 30 mg		2 %
			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		

Certified Angus Beef® Meatballs in Marinara Sauce | Product Code #92822

Meatballs (beef, water, parmesan cheese, toasted wheat crumbs, salt, dried garlic, spice extracts), Sauce (water, tomato paste and concentrated crushed tomatoes, tomatoes [tomatoes, tomato juice, citric acid, salt, calcium chloride], onions, olive oil, salt, spices, dehydrated garlic, concentrated lemon juice, sodium benzoate, potassium sorbate, parsley). **Contains: Milk, Wheat**

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 meatball + 3 tablespoons sauce (113 g) pour 1 boulettes + 3 c. à soupe de sauce (113 g)			Protein / Protéines 13 g		
Calories 210			Cholesterol / Cholestérol 40 mg		
* DV = Daily Value			Sodium 400 mg		17 %
* VQ = valeur quotidienne			Potassium 400 mg		9 %
			Calcium 40 mg		3 %
			Iron / Fer 1.75 mg		10 %
			* 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

Beef, Water, Toasted Wheat Crumbs, Soy Protein, Salt, Sugar, Spices, Onion Powder, Garlic Powder. **Contains: Wheat, Soy**

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 7 meatballs (100 g) par 7 boulettes de viande (100 g)			Protein / Protéines 16 g		
Calories 250			Cholesterol / Cholestérol 45 mg		15 %
* DV = Daily Value			Sodium 450 mg		20 %
* VQ = valeur quotidienne			Potassium 250 mg		5 %
			Calcium 30 mg		2 %
			Iron / Fer 2.25 mg		13 %
			* 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

FULLY COOKED GRILLED CHICKEN WINGS | PRODUCT CODE

Chicken Wings, Water, Modified Potato Starch, Modified Corn Starch, Sea Salt, Sodium Phosphate, Dried Citrus Pulp, Glucose Solids, Spices, Flavour, Yeast Extract, Garlic Powder, Onion Powder, Smoke Flavour.

Nutrition Facts		% DV / % VQ*		% DV / % VQ*	
Valeur nutritive					
Per 4 wings (100 g) par 4 ailes (100 g)	Fat / Lipides	13 g	17 %	Protein / Protéines	18 g
	Saturated / saturés	3.5 g		Cholesterol / Cholestérol	65 mg
	+ Trans / trans	0 g	18 %	Sodium	540 mg
					23 %
Calories 200	Carbohydrate / Glucides	4 g		Potassium	10 mg
	Fibre / Fibres	0 g	0 %	Calcium	0 mg
	Sugars / Sucres	0 g	0 %	Iron / Fer	0.75 mg
					4 %
* 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					

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*		% DV / % VQ*	
Valeur nutritive					
Per 3 pieces (100 g) pour 3 morceaux (100 g)	Fat / Lipides	9 g	12 %	Protein / Protéines	11 g
	Saturated / saturés	1.5 g	8 %	Cholesterol / Cholestérol	20 mg
	+ Trans / trans	0 g		Sodium	540 mg
	Carbohydrate / Glucides	21 g		Potassium	350 mg
Calories 200	Fibre / Fibres	1 g	4 %	Calcium	30 mg
	Sugars / Sucres	2 g	2 %	Iron / Fer	1.5 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					

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		Amount / Teneur		% DV / % VQ		Amount / Teneur		% DV / % VQ	
Valeur nutritive		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				
	Vitamin A / Vitamine A		2 %		Vitamin C / Vitamine C		0 %		
		Calcium / Calcium		2 %		Iron / Fer		4 %	
* DV = Daily Value / VQ = valeur quotidienne									

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

FULLY COOKED MILD ITALIAN SAUSAGE | Product Code #95802

Pork, Water Potato Starch, Salt, Spices.

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
Per 1 Sausage (160 g) pour 1 saucisse (160 g)	Fat / Lipides 20 g	27 %	Protein / Protéines 32 g	
	Saturated / saturés 9 g	45 %	Cholesterol / Cholestérol 20 mg	
	+ Trans / trans 0 g		Sodium 400 mg	17 %
	Carbohydrate / Glucides 8 g		Potassium 400 mg	9 %
Calories 300	Fibre / Fibres 0 g	0 %	Calcium 40 mg	3 %
	Sugars / Sucres 3 g	3 %	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				
* DV = Daily Value * VQ = valeur quotidienne				

THICK CUT PEAMEAL BACON | PRODUCT CODE

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*	
Per portion (100 g) par portion (100 g)	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 %
Calories 100	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				
* DV = Daily Value * VQ = valeur quotidienne				

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

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)	Fat / Lipides 18 g	24 %	Protein / Protéines 21 g	
	Saturated / saturés 7 g	35 %	Cholesterol / Cholestérol 70 mg	23 %
	+ Trans / trans 0.1 g		Sodium 340 mg	15 %
	Carbohydrate / Glucides 18 g		Potassium 350 mg	7 %
Calories 320	Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %
	Sugars / Sucres 17 g	17 %	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				
* DV = Daily Value * VQ = valeur quotidienne				