

FEATURES

FALL / WINTER 2022



macgregors
meat & seafood ltd.



**FULLY COOKED BREAKFAST
PORK LINK SAUSAGE**

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: \$28.00
PACKAGED: 2 BAGS X 3LB | 6.61 LB CASE



SEAFOOD MEDLEY

The perfect blend of cooked baby clam meat, cooked mussel meat, blanching Pacific White Shrimp and blanching Loligo squid rings and tentacles. The pre-blanching and cleaned format saves time and labour and the Individual Quick Frozen pieces allow you to use only what you want.

Perfect for pasta and rice dishes, chowders or salads!

PRODUCT CODE: 85162 PRICE: \$30.00
PACKAGED: 2.5 LB BAG



AAA/CHOICE SIRLOIN BAVETTE STEAK

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

A MUST TRY! You will be left wanting more!

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



FULLY COOKED PULLED CHICKEN IN BBQ SAUCE

What better lunch to give your children than a delicious Pulled Chicken Sandwich. Fully cooked for your convenience with a mild BBQ Sauce.

This will be a staple item in your household.

PRODUCT CODE: 96022 PRICE: \$68.00
PACKAGED: 6 PACKS X 500 GR | 6.61 LB CASE





BREADED STUFFED CHICKEN CUTLET WITH HAM & CHEESE

Our breaded stuffed chicken cutlet is sure to be a hit in your household. Such a versatile product serve it as a chicken sandwich with your favourite toppings, on a bed of rice with vegetables or on it's own with your favourite salad.

Quick lunch or dinner item. Get yours while they last!

PRODUCT CODE: **77182** PRICE: **\$39.00**
PACKAGED: **12 PCS X 5.3 OZ EACH**



SMOKED & SLOW COOKED PORK BACK RIBS IN BBQ SAUCE

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

PRODUCT CODE: **92862** PRICE: **\$60.00**
PACKAGED: **6 FULL RIBS X 21 OZ EACH**



CERTIFIED ANGUS BEEF® TOP SIRLOIN STEAK

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

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

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



CERTIFIED ANGUS BEEF® STRIPLOIN STEAK

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

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



CERTIFIED ANGUS BEEF® TOP SIRLOIN ROAST

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

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

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



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: \$84.00
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: \$54.00
PACKAGED: 6 X 500GRS | 6.61 LB CASE



SLOW COOKED BEEF POT ROAST

You can't take shortcuts when making this tender, delicious pot roast.

We perfectly season the Roast and then cook for a long, long, long time for the perfect comfort meal.

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



STEAKHOUSE BURGER

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

PRODUCT CODE: **40002** PRICE: **\$52.00**
PACKAGED: **24 BURGERS X 6OZ**



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: **\$43.00**
PACKAGED: **30 HOT DOGS X 3.5 OZ**



ITALIAN STYLE COOKED MEATBALLS

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

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



FULLY COOKED CHICKEN WINGS

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

Simply marinated and fully cooked with no gimmicks-just add your favourite wing sauce for a pub worthy wing experience from home, either out of the oven or hot off the grill.

PRODUCT CODE: **92872**
PACKAGED: **2 X 3 LB BAGS**

PRICE: **\$52.00**



"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: **\$86.00**
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: **\$27.00**
PACKAGED: **15 SKEWERS X 65 GR (2.3 OZ) EACH**





RAINBOW TROUT FILLETS - SKIN ON/BNLS

Like its cousin, salmon, trout is native to North America, found in its abundant cold-water rivers and lakes. Although many species of trout exist, rainbow trout appears most often on restaurant menus and in fish markets. A nutrient-dense food, trout offers a variety of health benefits and is low in mercury, making it a safe addition to your diet.

PRODUCT CODE: **87212** PRICE: **\$46.00**
PACKAGED: **8-9 PCS | 6-7OZ EA | 3.33 LBS**



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**
PACKAGED: **10 PORTIONS X 5 OZ**

PRICE: **\$55.00**



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: **88661**
PACKAGED: **20 PORTIONS X 5 OZ**

PRICE: **\$99.00**



BUTTERFLY GARLIC SHRIMP

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

PRODUCT CODE: **81272**
PACKAGED: **APPROX. 36 SHRIMP | 2 LB BAG**

PRICE: **\$30.00**



FULLY COOKED BREAKFAST PORK LINK SAUSAGE | PRODUCT CODE#90962

Pork, Water, Toasted wheat crumbs, Salt, Sugars (sugar, dextrose, maltodextrin), Spices, Onion powder, Silicon dioxide, Lemon extract, Lemon juice powder, Vegetable oil, Glycerin.

CONTAINS: WHEAT

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
	Per 2 sausages (70 g) pour 2 saucisses (70 g) Calories 160 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 12 g	16 %	Protein / Protéines 10 g
Saturated / saturés 4 g		20 %	Cholesterol / Cholestérol 40 mg	
+ Trans / trans 0 g			Sodium 450 mg	20 %
Carbohydrate / Glucides 2 g			Potassium 125 mg	3 %
Fibre / Fibres 0 g		0 %	Calcium 20 mg	2 %
Sugars / Sucres 0 g		0 %	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		

SEAFOOD MEDLEY | PRODUCT CODE #85162

Squid, Cooked mussels, Cooked clams, Shrimp.

CONTAINS: MOLLUSK (SQUID, CLAMS, MUSSELS), CRUSTACEANS

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
	Per 3/4 cup (125 g) pour 3/4 tasse (125 g) Calories 150 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 3 g	4 %	Protein / Protéines 24 g
Saturated / saturés 0.5 g		3 %	Cholesterol / Cholestérol 175 mg	
+ Trans / trans 0 g			Sodium 540 mg	23 %
Carbohydrate / Glucides 0 g			Potassium 400 mg	9 %
Fibre / Fibres 0 g		0 %	Calcium 50 mg	4 %
Sugars / Sucres 0 g		0 %	Iron / Fer 3 mg	17 %
		*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		

AAA/CH SIRLOIN BAVETTE STEAK | PRODUCT CODE#18842

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

CONTAINS: SOY

Nutrition Facts Valeur nutritive	% DV* / % VQ*		% DV* / % VQ*	
	Per 1 steak (115 g) pour 1 bifteck (115 g) Calories 160 * DV = Daily Value * VQ = valeur quotidienne	Fat / Lipides 9 g	12 %	Protein / Protéines 20 g
Saturated / saturés 3.5 g		19 %	Cholesterol / Cholestérol 60 mg	
+ Trans / trans 0.3 g			Sodium 430 mg	19 %
Carbohydrate / Glucides 0 g			Potassium 300 mg	6 %
Fibre / Fibres 0 g		0 %	Calcium 10 mg	1 %
Sugars / Sucres 0 g		0 %	Iron / Fer 2 mg	11 %
		*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 PULLED CHICKEN IN BBQ SAUCE | PRODUCT CODE#96022

Chicken. Sauce: Sugars (sugar, brown sugar, corn syrup, cooking molasses maple syrup), Water, Tomato paste, Apple purée, Vinegar, Modified corn starch, Salt, Natural an artificial flavour, Spices and spice extracts, Worcestershire sauce (vinegar, molasses, corn syrup, water, salt, caramel, garlic powder, sugar, spices, tamarind, natural flavour, sulphites), Concentrated lemon juice, citric acid, Bourbon, Sodium benzoate, Dehydrated onion, Garlic powder.

CONTAINS: SULPHITES

Nutrition Facts		% DV* / % VQ*		% DV* / % VQ*	
Valeur nutritive	Fat / Lipides 4 g		5 %	Protein / Protéines 20 g	
	Saturated / saturés 1 g		5 %	Cholesterol / Cholestérol 90 mg	
	+ Trans / trans 0 g			Sodium 410 mg	18 %
Per (140 g) pour (140 g)	Carbohydrate / Glucides 19 g			Potassium 350 mg	7 %
Calories 200	Fibre / Fibres 1 g		4 %	Calcium 20 mg	2 %
	Sugars / Sucres 16 g		16 %	Iron / Fer 1.25 mg	7 %
* 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 STUFFED CHICKEN w/HAM & CHEESE | Product Code #77182*PAR-COOKED

Chicken Ground[chicken,water,soy protein isolate with soy lecithin,binder(wheat)], Breading (bleached wheat flour, yeast, salt, sugar), Smoked Ham [pork, water, salt, modified corn starch, sugar(dextrose, sugar), Carrageenan, Potato Starch, Sodium Phosphate, Smoke Flavour, Ascorbic Acid, Spice Extractives, Vegetable Oil, Sodium Nitrite, Polysorbate, Sodium Bicarbonate, Glycerine, Smoke), Edam Dairy Product[modified milk ingredients, water, cheese (milk), modified corn starch, salt, sodium phosphate, citric acid, sodium citrate, potassium sorbate, flavour, lactic acid,allura red(colour),sunset yellow(colour),tartrazine (colour)], Water, Batter (wheat flour, modified cornstarch,salt,rice flour,spices,guar gum), Canola oil.

CONTAINS: WHEAT, SOY, MILK. MAY CONTAIN: EGG, MUSTARD.

Nutrition Facts		% DV* / % VQ*		% DV* / % VQ*	
Valeur nutritive	Fat / Lipides 9 g		12 %	Protein / Protéines 21 g	
	Saturated / saturés 1.5 g		8 %	Cholesterol / Cholestérol 40 mg	
	+ Trans / trans 0 g			Sodium 1470 mg	64 %
Per (150 g) pour (150 g)	Carbohydrate / Glucides 60 g			Potassium 200 mg	4 %
Calories 410	Fibre / Fibres 2 g		7 %	Calcium 50 mg	4 %
	Sugars / Sucres 2 g		2 %	Iron / Fer 2.25 mg	13 %
* 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					

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

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

Nutrition Facts		% DV* / % VQ*		% DV* / % VQ*	
Valeur nutritive	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 %
Per 1/3 rack (140g edible portion) pour 1/3 carré (partie comestible de 140 g)	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 %
* 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					



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) 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 %	
Calories 100	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 %	
* 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					

SLOW COOKED BEEF POT ROAST | PRODUCT CODE #92572

Boneless Beef Blade Roast, Water, Beef Juices, Dextrose, Salt, Modified Corn Starch, Hyrdolyzed Corn, Soy and Wheat Proteins, Spices and Spice Extracts, Caramel Colour, Beef Flavour, (hydrolyzed whey and wheat protein), Hydrogenated Soybean and Canola Oils, Onion, Garlic, Sugar, Parsley, Modified Milk Ingredients, Xanthan Gum, Silicon Dioxide. **CONTAINS: MILK, SOY, WHEAT**

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1/6 roast (150 g) pour 1/6 de rôti (150 g)	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	23 %	
Calories 260	Carbohydrate / Glucides 1 g		Potassium 350 mg	7 %	
	Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %	
	Sugars / Sucres 1 g	1 %	Iron / Fer 2.5 mg	14 %	
* 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					

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)	Fat / Lipides 33 g	44 %	Protein / Protéines 26 g		
	Saturated / saturés 14 g	70 %	Cholesterol / Cholestérol 120 mg		
	+ Trans / trans 0.4 g		Sodium 540 mg	23 %	
Calories 430	Carbohydrate / Glucides 5 g		Potassium 400 mg	9 %	
	Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %	
	Sugars / Sucres 1 g	1 %	Iron / Fer 3.5 mg	19 %	
* DV = Daily Value			* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		
* VQ = valeur quotidienne					

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

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 frankfurter (100 g) pour 1 saucisse fumée (100 g)	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	33 %	
Calories 150	Carbohydrate / Glucides 2 g		Potassium 175 mg	4 %	
	Fibre / Fibres 1 g	4 %	Calcium 40 mg	3 %	
	Sugars / Sucres 1 g	1 %	Iron / Fer 1.5 mg	8 %	
* 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 - FALL/WINTER 2022



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meat & seafood ltd.

ITALIAN STYLE COOKED MEATBALLS | PRODUCT CODE #90052

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

CONTAINS: WHEAT, SOY

Nutrition Facts		% DV / % VQ*		% DV / % VQ*	
Valeur nutritive					
Per 7 meatballs (100 g) par 7 boulettes de viande (100 g)	Fat / Lipides 19 g		25 %	Protein / Protéines 16 g	
	Saturated / saturés 9 g			Cholesterol / Cholestérol 45 mg	15 %
	+ Trans / trans 1 g		50 %	Sodium 450 mg	20 %
	Carbohydrate / Glucides 3 g			Potassium 250 mg	5 %
	Fibre / Fibres 2 g		7 %	Calcium 30 mg	2 %
	Sugars / Sucres 0 g		0 %	Iron / Fer 2.25 mg	13 %
Calories 250	* 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					

FULLY COOKED CHICKEN WINGS | PRODUCT CODE #92872

Chicken, Water, Salt, Spices, Onion Powder, Chicken Broth, Garlic Powder, Flavour, Canola Oil.

Nutrition Facts		% DV* / % VQ*		% DV* / % VQ*	
Valeur nutritive					
Per about 4 wings (100 g edible portion) pour environ 4 ailes (100 g de portion comestible)	Fat / Lipides 21 g		28 %	Protein / Protéines 28 g	
	Saturated / saturés 6 g			Cholesterol / Cholestérol 180 mg	
	+ Trans / trans 0.1 g		31 %	Sodium 510 mg	22 %
	Carbohydrate / Glucides 1 g			Potassium 300 mg	6 %
	Fibre / Fibres 0 g		0 %	Calcium 20 mg	2 %
	Sugars / Sucres 0 g		0 %	Iron / Fer 0.75 mg	4 %
Calories 310	* 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					

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			Cholesterol / Cholestérol 20 mg	
	+ Trans / trans 0 g		8 %	Sodium 540 mg	23 %
	Carbohydrate / Glucides 21 g			Potassium 350 mg	7 %
	Fibre / Fibres 1 g		4 %	Calcium 30 mg	2 %
	Sugars / Sucres 2 g		2 %	Iron / Fer 1.5 mg	8 %
Calories 200	* 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					

CHICKEN SOUVLAKI | Product Code #65632

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

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



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

Nutrition Facts		% DV* / % VQ*		% DV* / % VQ*	
Valeur nutritive					
Per (100 g) pour (100 g)	Fat / Lipides 6 g		8 %	Protein / Protéines 20 g	
	Saturated / saturés 1.5 g		8 %	Cholesterol / Cholestérol 60 mg	
	+ Trans / trans 0 g			Sodium 50 mg	2 %
Calories 140	Carbohydrate / Glucides 0 g			Potassium 400 mg	9 %
	Fibre / Fibres 0 g		0 %	Calcium 30 mg	2 %
	Sugars / Sucres 0 g		0 %	Iron / Fer 0.3 mg	2 %
* 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				

CONTAINS: FISH

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

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		1 %	Cholesterol / Cholestérol 145 mg	
	+ Trans / trans 0 g			Sodium 490 mg	21 %
Calories 80	Carbohydrate / Glucides 2 g			Potassium 125 mg	3 %
	Fibre / Fibres 1 g		4 %	Calcium 200 mg	15 %
	Sugars / Sucres 0 g		0 %	Iron / Fer 0 mg	0 %
* 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				



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*	Nutrition Facts		% DV* / % VQ*
Valeur nutritive			Valeur nutritive		
Per (70 g) pour (70 g)	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 %	
Calories 240	Carbohydrate / Glucides 0 g		Potassium -- mg	-- %	
	Fibre / Fibres 0 g	0 %	Calcium -- mg	-- %	
	Sugars / Sucres -- g	-- %	Iron / Fer -- 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					

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*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per portion (100 g) par portion (100 g)	Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 g		
	Saturated / saturés 0.4 g		Cholesterol / Cholestérol 5 mg		
	+ Trans / trans 0 g	2 %	Sodium 650 mg	28 %	
Calories 100	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 %	
* 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.

Nutrition Facts	Amount / Teneur	% DV / % VQ	Amount / Teneur	% DV / % VQ
	Valeur nutritive		Valeur nutritive	
Per 2 slices (56 g) par 2 tranches (56 g)	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	
Calories / Calories 190	Cholesterol / Cholestérol 30 mg		Protein / Protéines 8 g	
	Sodium / Sodium 470 mg	20 %		
* DV = Daily Value / VQ = valeur quotidienne	Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C	0 %
	Calcium / Calcium	0 %	Iron / Fer	4 %