



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

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





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

Grilled Chicken Skewers

Backyard grilling just got a whole lot easier and tastier! Marinated, then grilled and fully cooked. These skewers are the real deal and not just your summer essential.

Product Code: **77122** Price: **\$65.00** Packaged: 30 skewers per case

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







Grilled Chicken Breast Strips

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

Product Code: **77152** Price: **\$60.00** Packaged: 4 x 750 gr packages

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

Canadian AA Striploin Steak

This premium steak is a leaner version, but still delivers that big NY Style Striploin experience.

Product Code: 13792 Price: \$97.00

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





Bacon Wrapped Tenderloin Steak

Take the most tender, the most melt-in-your mouth of all steaks, the "filet mignon". Wrap it in sweet and smoky bacon for an additional flavour boost.

Product Code: 14962 Price: \$65.00

Packaged: 20 steaks x 4 oz

AA Ribeye Steak

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

Product Code: 12272 Price: \$100.00

Packaged: 8 steaks x 12 oz



For additional information please visit www.northcountrymeatandseafood.com





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: \$75.00

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: \$115.00

Packaged: 12 steaks x 10 oz



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 burgers x 6 oz

Slow Cooked Beef Pot Roast

This is our approach to cooking our slow braised Certified Angus Beef® Pot Roast. Slow cooked for hours on end, enjoyed fast!

Product Code: **92042** Price: **\$80.00**

Packaged: 5 x 31.75 oz Roasts



For additional information please visit www.northcountrymeatandseafood.com





Italian Style Cooked Meatballs

We have all had these at a party with great dipping sauce, or used them to make our kids favourite spaghetti and meatballs. One of our top sellers!

Product Code: 90072 Price: \$42.00

Packaged: 2 x 4.96 lb bags

"Just Chicken-Breast" - IVP (Individually Vacuum Packed)

No added water, no added salt. Just simple, raw, premium boneless & skinless chicken breasts, conveniently vacuum packaged so they won't dry out in the freezer.

Product Code: **77162** Price: **\$85.00** Packaged: 6-8 oz portions | 8.8 lb box





"Just Chicken-Thigh" - 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

Fully Cooked Grilled Chicken Wings

Out with the breaded and in with the grilled! Amazing on their own, or tossed in your favourite wing sauce-and hey, we've included a great BBQ Sauce of our own to try.

Product Code: 77142 Price: \$64.00

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

Butterfly Garlic Shrimp

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

Product Code: **81272** Price: **\$33.00** 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: **88661** Price: **\$96.00**

Packaged: 20 Portions x 5 oz



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: **\$71.00**

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



For additional information please visit www.northcountrymeatandseafood.com





Centre-Cut 3/4" Pork Chops

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

Product Code: **61992** Price: **\$55.00**

Packaged: approx 23 pieces x approx 7 oz each

Thick Cut Peameal Bacon

This Peameal Bacon is made from hand trimmed, fresh, never frozen Canadian pork loins. A Canadian-in fact-Toronto classic. Ours is thick cut and not full of water.

Product Code: 60062 Price: \$45.00

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





Fully Cooked Debrezini Sausage

In a pasta, or paella. With polenta, or on a pizza. With peppers or peas, parsley or parmesan, potatoes or prawns, our Debrezini Sausages are a year round crowd pleaser!

Product Code: 95812 Price: \$52.00

Packaged: 28 sausages x 5 oz

Smoked & Cooked Pork Back Ribs in BBQ Sauce

Real hardwood smoke and cooked slow & low for amazing fall-off the bone BBQ anytime the mood strikes you.

Product Code: 92862 Price: \$55.00

Packaged: 6 x 21 oz full racks



For additional information please visit www.northcountrymeatandseafood.com

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 Valeur nutritive

Per 1 meatball + 3 tablespoons sauce (113 g) pour 1 boulettes + 3 c. à soupe de sauce (113 g)

Calories 210

- * DV = Daily Value
- * VQ = valeur quotidienne

% 0	ov / % vQ*		% DV / % VQ*
Fat / Lipides 16 g	21 %	Protein / Protéines 13 g	
Saturated / saturés 7 g	40 %	Cholesterol / Cholestérol	40 mg
+ Trans / trans 1 g	40 %	Sodium 400 mg	17 %
Carbohydrate / Glucides 5 g		Potassium 400 mg	9 %
Fibre / Fibres 1 g	4 %	Calcium 40 mg	3 %
Sugars / Sucres 3 g	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

Pork Pot Roast in Gravy | Product Code #92022

Pork. <u>GRAVY:</u> 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. <u>Contains: Milk</u>

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	13 70	Sugars / Sucres 1 g	
Cholesterol / Cholestérol 75 m	g 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 %

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 Valeur nutritive

Per 1 skewer (76 g) par 1 brochette (76 g)

Calories 90

- * DV = Daily Value
- * VQ = valeur quotidienne

% DV / % VQ*			% DV / % VQ*
Fat / Lipides 1.5 g	2 %	Protein / Protéines 15 g	
Saturated / saturés 0.3 g	2 %	Cholesterol / Cholestérol	40 mg
+ Trans / trans 0 g	2 70	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 little	ot / 5% ou n	noins c'est peu, 15% ou plus c'est bea	ucoup

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 Valeur nutritive

Per 1 tbsp Dip (15 g) pour 1 c. à soupe Trempette (15 g)

Calories 25

- * DV = Daily Value
- * VQ = valeur quotidienne

% DV / % VQ*		% DV	/ % VQ*
1 g	1 %	Protein / Protéines 0.2 g	
turés 0 g	0.0/	Cholesterol / Cholestérol 0 mg	
0 g	0 %	Sodium 95 mg	4 %
Glucides 6 g		Potassium 0 mg	0 %
0 g	0 %	Calcium 0 mg	0 %
es 5 g	5 %	Iron / Fer 0 mg	0 %
	% DV 1 g turés 0 g s 0 g Glucides 6 g 0 g es 5 g	1 g 1 % turés 0 g 0 % Glucides 6 g 0 %	1 g 1 % Protein / Protéines 0.2 g turés 0 g 0 % Cholesterol / Cholestérol 0 mg Sodium 95 mg Potassium 0 mg Calcium 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

Fully Cooked Grilled Chicken Breast Strips | Product Code #77152

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

Nutrition Facts Valeur nutritive

Per 12 strips (100 g) par 12 lanières (100 g)

Calories 110

* DV = Daily Value * VQ = valeur quotidienne

% DV / % VQ*		% DV	//% VQ*
Fat / Lipides 1.5 g	2 %	Protein / Protéines 20 g	
Saturated / saturés 0.4 g	2 %	Cholesterol / Cholestérol 50 mg	9
+ Trans / trans 0 g	2 70	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 n	noins c'est neu 15% ou plus c'est beaucoun	

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 Benzonate. Contains: Mustard.

Nutrition Facts Valeur nutritive

Per 1 tbsp Dip (15 g) pour 1 c. à soupe Trempette (15 g)

Calories 35

- * DV = Daily Value
- * VQ = valeur quotidienne

% DV / % VQ*		/ % VQ*
1 %	Protein / Protéines 0.1 g	
0 %	Cholesterol / Cholestérol 0 mg	
	Sodium 75 mg	3 %
	Potassium 0 mg	0 %
0 %	Calcium 0 mg	0 %
7 %	Iron / Fer 0 mg	0 %
	1 % 0 %	1 % Protein / Protéines 0.1 g Cholesterol / Cholestérol 0 mg Sodium 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

Bacon Wrapped Tenderloin Steak | Product Code #14962

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

Nutrition Facts Valeur nutritive

Per portion (100 g) par portion (100 g)

Calories 100

- * DV = Daily Value
- * VQ = valeur quotidienne

% DV / % VQ*		% DV	/ % VQ*
Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 g	
Saturated / saturés 0.4 g	2 %	Cholesterol / Cholestérol 5 mg	
+ Trans / trans 0 g	2 70	Sodium 650 mg	28 %
Carbohydrate / Glucides 4 g		Potassium 400 mg	9 %
Fibre / Fibres 0 g	0 %	Calcium 20 mg	2 %
Sugars / Sucres 2 g	2 %	Iron / Fer 0.75 mg	4 %
* 5% or less is a little, 15% or more is a lo	t / 5% ou n	noins 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 Valeur nutritive

Per 1 burger (170 g) pour 1 burger (170 g)

Calories 430

- * DV = Daily Value
- * VQ = valeur quotidienne

% D	V / % VQ*		% DV / % VQ*
Fat / Lipides 33 g	44 %	Protein / Protéines 26 g	
Saturated / saturés 14 g	70 %	Cholesterol / Cholestéro	I 120 mg
+ Trans / trans 0.4 g	70 70	Sodium 540 mg	23 %
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 %

* 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 #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 Valeur nutritive

Per 1/6 roast (150 g) pour 1/6 de rôti (150 g)

Calories 260

- * DV = Daily Value
- * VQ = valeur quotidienne

% DV / % VQ*		% DV /	% VQ*
Fat / Lipides 16 g	21 %	Protein / Protéines 26 g	
Saturated / saturés 7 g	40 %	Cholesterol / Cholestérol 70 mg	
+ Trans / trans 0.5 g	40 %	Sodium 530 mg	23 %
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 %
* 5% or less is a little 15% or more is a lo	t / 5% ou n	noins c'est neu 15% ou plus c'est beaucoun	

Italian Style Cooked Meatballs | Product Code #90052

Beef, Water, Toasted Wheat Crumbs, Soy Protein, Salt, Sugar, Spices, Onion Powder, Garlic Powder. <u>Contains: Wheat, Soy</u>

Nutrition Facts Valeur nutritive

Per 7 meatballs (100 g) par 7 boulettes de viande (100 g)

Calories 250

- * DV = Daily Value
- * VQ = valeur quotidienne

% DV / % VQ*		* % DV / % VQ*		
Fat / Lipides 19 g	25 %	Protein / Protéines 16 g		
Saturated / saturés 9 g	50 %	Cholesterol / Cholestérol 45 mg	15 %	
+ Trans / trans 1 g	30 %	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 %	

^{* 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 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 Valeur nutritive

Per 4 wings (100 g) par 4 ailes (100 g)

Calories 200

- * DV = Daily Value
- * VQ = valeur quotidienne

	% DV / % VQ*		% DV / % VQ*
Fat / Lipides 13 g	17 %	Protein / Protéines 18 g	
Saturated / saturés 3.5 g	18 %	Cholesterol / Cholestéro	l 65 mg
+ Trans / trans 0 g	10 /0	Sodium 540 mg	23 %
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 %

^{* 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, Mustard, Blackstrap Molasses, Salt, Modified Corn Starch, Honey, Spices, Disodium Inosinates & Guanylate, Caramel Colour, Sodium Benzoate. *Contains: Mustard*

Nutrition Facts Valeur nutritive

Per 1 tbsp Dip (15 g) pour 1 c. à soupe Trempette (15 g)

Calories 25

- * DV = Daily Value
- * VQ = valeur quotidienne

% DV / % VQ*		% DV /	% VQ*
Fat / Lipides 0.1 g	1 %	Protein / Protéines 0.2 g	
Saturated / saturés 0 g	0 %	Cholesterol / Cholestérol 0 mg	
+ 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 %
Sugars / Sucres 5 g	5 %	Iron / Fer 0 mg	0 %
* 5% or less is a little 15% or more is a let	/ 5% OU 0	noine cleet neur 15% ou nive cleet beauteaun	

^{5%} or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Breaded Chicken Fingers | Product Code #71025 *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 Valeur nutritive

Per 3 pieces (100 g) pour 3 morceaux (100 g)

Calories 200

- * DV = Daily Value
- * VQ = valeur quotidienne

% DV / % VQ*		% DV / % VQ*		
Fat / Lipides 9 g	12 %	Protein / Protéines 11 g		
Saturated / saturés 1.5 g		Cholesterol / Cholestérol 2	rol 20 mg	
+ Trans / trans 0 g	0 70	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 %	

^{* 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

Shrimp, Water, Garlic, Maltodextrin, Modified Corn Starch, Natural Lemon Flavor, Salt, Sugar, Spices, Xanthan Gum, Corn Syrup, Yeast Extract, Silicon Dioxide, Citric Acid, Sodium Tripolyphosate (for moisture retention).

Nutrition Facts Valeur nutritive

Per 4 shrimp (125 g) pour 4 crevette (125 g)

Calories 80

- * DV = Daily Value
- * VQ = valeur quotidienne

	* % DV / % VQ			
1 %	Protein / Protéines 18 g			
1 %	ated / saturés 0.2 g Cholesterol / Ch		stérol 145 mg	
	Sodium 490 mg	21 %		
	Potassium 125 mg	3 %		
4 %	Calcium 200 mg	15 %		
0 %	Iron / Fer 0 mg	0 %		
	1 %	Sodium 490 mg		

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

Per 1 piece (100 g) pour 1 morceaux (100 g)

Calories 210

- * DV = Daily Value
- * VQ = valeur quotidienne

% DV / % VQ*		% DV / % VQ*		
Fat / Lipides 4 g 5 %		Protein / Protéines 12 g		
Saturated / saturés 0.5 g	3 %	Cholesterol / Cholestérol 20 mg	9	
+ Trans / trans 0 g		Sodium 400 mg	17 %	
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				

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 Valeur nutritive

Per portion (100 g) par portion (100 g)

Calories 100

- * DV = Daily Value
- * VQ = valeur quotidienne

% DV / % VQ*		/ % VQ*
2 %	2 % Protein / Protéines 18 g Cholesterol / Cholestérol 5 mg	
2 %		
	Sodium 650 mg	28 %
	Potassium 400 mg	9 %
0 %	Calcium 20 mg	2 %
2 %	Iron / Fer 0.75 mg	4 %
	2 % 2 % 0 %	2 % Protein / Protéines 18 g 2 % Cholesterol / Cholestérol 5 mg Sodium 650 mg

Vendor Sausage | Product Code #95812

Pork, Water, Salt, Garlic, Sodium Phosphate, Spice, Onion, Sodium Eryothorbate, Sodium Nitrite, Smoke.

Nutrition Facts Valeur nutritive

Per 1 debreziner (160 g) pour 1 debreziner (160 g)

Calories 300

		Cany	A CITY	30	
* VC) =	valeu	r au	otidi	enne

% DV / % VQ*		% DV / % VQ*		
Fat / Lipides 20 g	27 %	Protein / Protéines 26 g		
Saturated / saturés 9 g		Cholesterol / Cholestérol	esterol / Cholestérol 45 mg	
+ Trans / trans 0 g	45 70	Sodium 940 mg	41 %	
Carbohydrate / Glucides 4 g		Potassium 14850 mg	316 %	
Fibre / Fibres 0 g	0 %	Calcium 40 mg	3 %	
Sugars / Sucres 0 g	0 %	Iron / Fer 1.5 mg	8 %	

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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 Valeur nutritive

Calories 320

* DV = Daily Value * VQ = valeur quotidienne

Per 1/3 rack (140g edible
portion)
pour 1/3 carré (partie
comestible de 140 g)

% DV / % VQ*		* % DV / % VQ*		
Fat / Lipides 18 g	24 %	Protein / Protéines 21 g		
Saturated / saturés 7 g + Trans / trans 0.1 g	35 %	Cholesterol / Cholestérol 70 mg	23 %	
	35 %	Sodium 340 mg	15 %	
Carbohydrate / Glucides 18 g		Potassium 350 mg	7 %	
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