

**FEATURES**

**FALL-WINTER 2021-22**



**macgregors**  
meat & seafood ltd.



### 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: **\$45.00**  
PACKAGED: **8-9 PCS | 6-7OZ EA | 3.33 LBS**

**NEW**



### 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**  
PACKAGED: **2 X 4.96 LB BAGS**

PRICE: **\$42.00**

**FEATURE  
PRICE**



### CERTIFIED ANGUS BEEF® TOP SIRLOIN ROAST

Tender and oh soooo flavourful! Roast ready, restaurant quality and perfect for your favourite recipes. This versatile roast is cut from the top sirloin.

Can you say...delicious!! Certified Angus Beef®. Just add your own spice and enjoy!

PRODUCT CODE: **14222**      PRICE: **\$64.00**  
PACKAGED: **2 ROASTS PER CASE-907GR (2LBS) 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**  
PACKAGED: **6 FULL RIBS X 21 OZ EACH**

PRICE: **\$57.00**



### **CERTIFIED ANGUS BEEF® CHUCK PATTY**

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: \$66.00**

**PACKAGED: 20 PATTIES X 7OZ**



### **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: \$92.00**

**PACKAGED: 2 STEAKS 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: 14382**

**PRICE: \$129.00**

**PACKAGED: 2 STEAKS PER PACK | 10 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: \$81.00**

**PACKAGED: 2 STEAKS PER PACK | 20 STEAKS X 4 OZ EA**



### 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: 46132

PRICE: \$51.00

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 Certified Angus Beef® Chuck Roast and then cook for a long, long, long time for the perfect comfort meal.

PRODUCT CODE: 92042

PRICE: \$96.00

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.

#### 2 SIZES AVAILABLE

PRODUCT CODE: 40002

PRICE: \$48.00

PACKAGED: 24 BURGERS X 6OZ

PRODUCT CODE: 46342

PRICE \$52.00

PACKAGED: 40 BURGERS X 4OZ



### 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: \$37.00

PACKAGED: 30 HOT DOGS X 3.5 OZ





### 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**

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### "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: **\$78.00**  
PACKAGED: **6-8 OZ PORTIONS | 8.81 LB BOX**

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### 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**

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### 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: **\$24.00**  
PACKAGED: **15 SKEWERS X 65 GR (2.3 OZ) EACH**



### 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**

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### 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: **\$93.00**

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### 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**



### OLD FASHIONED HARDWOOD "SMOKIES"

These traditional naturally hardwood smoked and fully cooked sausages are sure to be the star of your next get together. Simply grill them on your BBQ or use them in your favorite sausage and peppers recipe for a delicious meal the whole family will love. Fully cooked and ready to warm and serve for a great afternoon snack.

PRODUCT CODE: **96012**  
PACKAGED: **28 SAUSAGES X 5 OZ**

PRICE: **\$52.00**



### NIMAN RANCH® PORK RIB CHOP

Niman Ranch® 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**  
PACKAGED: **INDIVIDUALLY PACKED | 10 PORK CHOPS X 8 OZ**

PRICE: **\$66.00**



### 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**  
PACKAGED: **6 PACKS X 500 GR**

PRICE: **\$48.00**



### 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**  
PACKAGED: **6 PACKS X 500 GR**

PRICE: **\$56.00**





## RAINBOW TROUT FILLETS SKIN ON/BNLS | PRODUCT CODE #87212

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 (100 g) pour (100 g)	<b>Fat / Lipides</b> 6 g		8 %	<b>Protein / Protéines</b> 20 g	
	Saturated / saturés 1.5 g		8 %	<b>Cholesterol / Cholestérol</b> 60 mg	
	+ Trans / trans 0 g			<b>Sodium</b> 50 mg	2 %
<b>Calories 140</b>	<b>Carbohydrate / Glucides</b> 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 %
* 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 #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)	<b>Fat / Lipides</b> 19 g		25 %	<b>Protein / Protéines</b> 16 g	
	Saturated / saturés 9 g		50 %	<b>Cholesterol / Cholestérol</b> 45 mg	15 %
	+ Trans / trans 1 g			<b>Sodium</b> 450 mg	20 %
<b>Calories 250</b>	<b>Carbohydrate / Glucides</b> 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					

## 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					
Per 1/3 rack (140g edible portion) pour 1/3 carré (partie comestible de 140 g)	<b>Fat / Lipides</b> 18 g		24 %	<b>Protein / Protéines</b> 21 g	
	Saturated / saturés 7 g		35 %	<b>Cholesterol / Cholestérol</b> 70 mg	23 %
	+ Trans / trans 0.1 g			<b>Sodium</b> 340 mg	15 %
<b>Calories 320</b>	<b>Carbohydrate / Glucides</b> 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					



## 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*	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		<b>Cholesterol / Cholestérol</b> 20 mg		
	+ Trans / trans 0 g	8 %	<b>Sodium</b> 540 mg		23 %
<b>Calories 200</b>	<b>Carbohydrate / Glucides</b> 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					

## 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*	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		<b>Cholesterol / Cholestérol</b> 25 mg		
	+ Trans / trans 0 g	3 %	<b>Sodium</b> 270 mg		12 %
<b>Calories 100</b>	<b>Carbohydrate / Glucides</b> 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 %
* 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 CHICKEN WINGS | Product Code #92872

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

Nutrition Facts		% DV* / % VQ*	Nutrition Facts		% DV* / % VQ*
Valeur nutritive			Valeur nutritive		
Per about 4 wings (100 g edible portion) pour environ 4 ailes (100 g de portion comestible)	<b>Fat / Lipides</b> 21 g	28 %	<b>Protein / Protéines</b> 28 g		
	Saturated / saturés 6 g		<b>Cholesterol / Cholestérol</b> 180 mg		
	+ Trans / trans 0.1 g	31 %	<b>Sodium</b> 510 mg		22 %
<b>Calories 310</b>	<b>Carbohydrate / Glucides</b> 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 %
* 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 #40002/46342

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)	<b>Fat / Lipides</b> 33 g	44 %	<b>Protein / Protéines</b> 26 g		
	Saturated / saturés 14 g		<b>Cholesterol / Cholestérol</b> 120 mg		
	+ Trans / trans 0.4 g	70 %	<b>Sodium</b> 540 mg		23 %
<b>Calories</b> 430	<b>Carbohydrate / Glucides</b> 5 g		<b>Potassium</b> 400 mg		9 %
	Fibre / Fibres 0 g	0 %	<b>Calcium</b> 30 mg		2 %
	<b>Sugars / Sucres</b> 1 g	1 %	<b>Iron / Fer</b> 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					

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

Beef, Water, Salt.

Nutrition Facts		Amount / Teneur	% DV / % VQ	Nutrition Facts		Amount / Teneur	% DV / % VQ
Valeur nutritive				Valeur nutritive			
Serving Size 1 burger (200 g) Portion 1 burger (200 g)	<b>Fat / Lipides</b> 33 g		51 %	<b>Carbohydrate / Glucides</b> 0 g			0 %
	Saturated / saturés 14 g			Fibre / Fibres 0 g			0 %
	+ Trans / trans 0.5 g		73 %	<b>Sugars / Sucres</b> 0 g			
<b>Calories / Calories</b> 450	<b>Cholesterol / Cholestérol</b> 130 mg			<b>Protein / Protéines</b> 35 g			
	<b>Sodium / Sodium</b> 330 mg		14 %				
	Vitamin A / Vitamine A		0 %	Vitamin C / Vitamine C			0 %
	Calcium / Calcium		2 %	<b>Iron / Fer</b>			25 %
* DV = Daily Value / 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)	<b>Fat / Lipides</b> 1.5 g	2 %	<b>Protein / Protéines</b> 18 g		
	Saturated / saturés 0.4 g		<b>Cholesterol / Cholestérol</b> 5 mg		
	+ Trans / trans 0 g	2 %	<b>Sodium</b> 650 mg		28 %
<b>Calories</b> 100	<b>Carbohydrate / Glucides</b> 4 g		<b>Potassium</b> 400 mg		9 %
	Fibre / Fibres 0 g	0 %	<b>Calcium</b> 20 mg		2 %
	<b>Sugars / Sucres</b> 2 g	2 %	<b>Iron / Fer</b> 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 #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)	<b>Fat / Lipides</b> 16 g	21 %	<b>Protein / Protéines</b> 26 g		
	Saturated / saturés 7 g		<b>Cholesterol / Cholestérol</b> 70 mg		
	+ Trans / trans 0.5 g	40 %	<b>Sodium</b> 530 mg		23 %
<b>Calories</b> 260	<b>Carbohydrate / Glucides</b> 1 g		<b>Potassium</b> 350 mg		7 %
	Fibre / Fibres 0 g	0 %	<b>Calcium</b> 10 mg		1 %
	<b>Sugars / Sucres</b> 1 g	1 %	<b>Iron / Fer</b> 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					



**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

<b>Nutrition Facts</b>		% DV / % VQ*			% DV / % VQ*
<b>Valeur nutritive</b>					
Per 1 frankfurter (100 g) pour 1 saucisse fumée (100 g)					
<b>Calories 150</b>					
		<b>Fat / Lipides 11 g</b>	15 %	<b>Protein / Protéines 10 g</b>	
		Saturated / saturés 3 g		<b>Cholesterol / Cholestérol 30 mg</b>	
		+ Trans / trans 0.1 g	15 %	<b>Sodium 760 mg</b>	
		<b>Carbohydrate / Glucides 2 g</b>		Potassium 175 mg	
		Fibre / Fibres 1 g	4 %	Calcium 40 mg	
		Sugars / Sucres 1 g	1 %	Iron / Fer 1.5 mg	

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

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

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**OLD FASHION HARDWOOD SMOKIE SAUSAGE | Product Code #96012**

Pork, Water, Salt, Potato Starch, Vinegar, Spices, Sodium Phosphate, Sugars, Sodium Erythorbate, Sodium Nitrite, Natural Smoke.

<b>Nutrition Facts</b>		<b>% DV* / % VQ*</b>	<b>Nutrition Facts</b>		<b>% DV* / % VQ*</b>	
<b>Valeur nutritive</b>			<b>Valeur nutritive</b>			
Per 1 portion (160 g) pour 1 portion (160 g)			Protein / Protéines 25 g			
<b>Calories 300</b>			Cholesterol / Cholestérol 45 mg			
		<b>Fat / Lipides 20 g</b>	27 %	<b>Sodium 940 mg</b>		41 %
		Saturated / saturés 9 g	45 %	Potassium 600 mg		13 %
		+ Trans / trans 0 g		Calcium 30 mg		2 %
		<b>Carbohydrate / Glucides 4 g</b>		Iron / Fer 1 mg		6 %
		Fibre / Fibres 0 g	0 %			
		Sugars / Sucres 1 g	1 %			
		<b>* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup</b>				

**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**

<b>Nutrition Facts</b>		<b>% DV / % VQ*</b>	<b>Nutrition Facts</b>		<b>% DV / % VQ*</b>	
<b>Valeur nutritive</b>			<b>Valeur nutritive</b>			
Per portion (100 g) par portion (100 g)			Protein / Protéines 18 g			
<b>Calories 100</b>			Cholesterol / Cholestérol 5 mg			
		<b>Fat / Lipides 1.5 g</b>	2 %	<b>Sodium 650 mg</b>		28 %
		Saturated / saturés 0.4 g	2 %	Potassium 400 mg		9 %
		+ Trans / trans 0 g		Calcium 20 mg		2 %
		<b>Carbohydrate / Glucides 4 g</b>		Iron / Fer 0.75 mg		4 %
		Fibre / Fibres 0 g	0 %			
		Sugars / Sucres 2 g	2 %			
		<b>* 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup</b>				

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

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

<b>Nutrition Facts</b>		<b>Amount / Teneur</b>	<b>% DV / % VQ</b>	<b>Nutrition Facts</b>		<b>Amount / Teneur</b>	<b>% DV / % VQ</b>
<b>Valeur nutritive</b>				<b>Valeur nutritive</b>			
Per 2 slices (56 g) par 2 tranches (56 g)		<b>Fat / Lipides 8 g</b>	12 %	<b>Carbohydrate / Glucides 0 g</b>			0 %
<b>Calories / Calories 190</b>		Saturated / saturés 7 g	36 %	Fibre / Fibres 0 g			0 %
		+ Trans / trans 0.1 g		Sugars / Sucres 0 g			
		<b>Cholesterol / Cholestérol 30 mg</b>		<b>Protein / Protéines 8 g</b>			
		<b>Sodium / Sodium 470 mg</b>	20 %				
		Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C			0 %
		Calcium / Calcium	0 %	Iron / Fer			4 %
		<b>* DV = Daily Value / VQ = valeur quotidienne</b>					