

BBQ 2018

Nutritional Information & Ingredient List

All of our chicken is free run and hormone free

1. Honey Garlic Satays

Ingredients: Chicken breasts, water, sugar, salt, fructose, honey powder (Honey, wheat starch, soy flour), Glucose solids, sodium phosphate, soy sauce powder or soy sauce (Wheat, soybeans) maltodextrin, garlic powder, caramel, onion powder, spices, soybean oil (MFG aid), artificial flavour, calcium silicat (MFG aid).

Nutrition Facts

Serving Size approx. 100 g 2 satays

Amount Per Serving %Daily Value

Calories 110

Total Fat 1.1g

Cholesterol 50mg

Total Carbohydrate 1.3g

Protein 18g

Iron 2%

Vitamin A 2%

Not a significant source of *trans* fat, dietary fiber, sugars, vitamin C, calcium.

* Percent Daily Values are based on a 2,000 calorie diet.

2. Souvlaki Satays

Ingredients: chicken breasts, boneless skinless, water, salt, lemon juice powder (glucose solids) maltodextrin, spices, sodium phosphates, sugar, garlic powder, onion powder, hydrogenated, soybean oil (MFG AID) dehydrated parsley

Nutrition Facts

Serving Size approx. 100 g 2 satays

Amount Per Serving %Daily Value

Calories 1006

Total Fat 1.1g

Cholesterol 50mg

Total Carbohydrate 1.3g

Protein 18g

Iron 2%

Vitamin A 2%

Not a significant source of *trans* fat, dietary fiber, sugars, vitamin C, calcium.

* Percent Daily Values are based on a 2,000 calorie diet.

3. Peppered Steak Skewers

Ingredients: beef, water, steak spice (spices, herbs, salt, canola oil)

Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 1712

Total Fat 10.69g

Saturated 4.24g

+ Trans 0g

Cholesterol 57.63mg

Sodium 187.43mg

Carbohydrate 0g

Fibre .19g

Sugar .07g

Protein 17.24g

Vitamin A 22.62 RE

Vitamin C .11mg

Calcium 10.79mg

Iron 2.37mg

4. Shrimp Skewers

Ingredients: Shrimp, water, salt, sodium phosphate, sulphiting agents.

Nutrition Facts

Serving Size 91 g (2 skewers)

Amount Per Serving %Daily Value

Calories 90	
Total Fat 2g	3%
Saturated 0.3g	
+ Trans 0g	13%
Cholesterol 130mg	
Sodium 140mg	13%
Carbohydrate 1g	1%
Fibre 0g	0%
Sugar 0g	
Protein 17g	
Vitamin A 2%	
Vitamin C 2%	
Calcium 4%	
Iron 10%	

5. Sundried Tomato Basil Breasts

Ingredients:

Boneless Skinless chicken breast, salt, spices, dehydrated vegetables (onions, sundried tomato, red bell peppers), sugar, garlic powder, dehydrated parsley, hydrogenated soya bean oil.

Nutrition Facts

Serving Size 1 breast (100g)

Amount Per Serving

Calories 80	Calories from Fat 20
	%Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 45mg	15%
Sodium 280mg	12%
Total Carbohydrate 0g	0%
Protein 16g	
Iron 2%	

Vitamin A 2% Not a significant source of *trans* fat, dietary fiber, sugars, vitamin C, calcium.

* Percent Daily Values are based on a 2,000 calorie diet.

6. Chicken Breasts, Boneless Skinless

Ingredients:

Seasoned with soy protein, fillet removed.
Boneless Skinless chicken breast, water, isolated soy protein, salt, sodium tripolyphosphate

Nutrition Facts

Serving Size 1 breast (100g)

Amount Per Serving

Calories 80	Calories from Fat 20
	%Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 45mg	15%
Sodium 280mg	12%
Total Carbohydrate 0g	0%
Protein 16g	
Iron 2%	

Vitamin A 2%
Not a significant source of *trans* fat, dietary fiber, sugars, vitamin C, calcium.

* Percent Daily Values are based on a 2,000 calorie diet.

7. Heritage Breasts, Boneless Skinless (First Choice)

Ingredients: seasoned, fillet removed.

Boneless skinless chicken breasts, water, isolated soy protein, salt, sodium, tripoly phosphate
No medications (or antibiotics), no animal byproducts in the feed.

Nutrition Facts

Serving Size 1 breast (100g)

Amount Per Serving

	Amount Per Serving	%Daily Value*
Calories	80	Calories from Fat 20
Total Fat	2g	3%
Saturated Fat	0.5g	3%
Cholesterol	45mg	15%
Sodium	280mg	12%
Total Carbohydrate	0g	0%
Protein	16g	
Iron	2%	

Vitamin A 2%

Not a significant source of *trans* fat, dietary fiber, sugars, vitamin C, calcium.

* Percent Daily Values are based on a 2,000 calorie diet.

8. Thighs, boneless Skinless

Ingredients: chicken thighs

Nutrition Facts

Serving Size 4 oz

Amount Per Serving %Daily Value

Calories	130g	
Total Fat	4.5g	
Saturated	1g	
Cholesterol	95mg	
Sodium	100mg	
Carbohydrate	0g	
Sugar	0g	
Protein	22g	
Vitamin A	18 ug	2%
Vitamin C	0 mg	
Calcium	20 mg	3%
Iron	0.5 mg	

9. Tasty Tenders

Ingredients: chicken fillets, water, soy protein isolate, salt, hydrolyzed plant protein (corn), sugar, onion powder, garlic powder, spices. **Breading:** wheat flour, toasted wheat crumbs, canola oil, salt, leavening (sodium bicarbonate, sodium aluminum phosphate, and aluminum sulphate), wheat gluten, spice, hydrolyzed soy and corn protein, guar gum, onion powder, potato starch, vegetable oil, methylcellulose, garlic powder. **Batter:** water, wheat flour, modified corn starch, spices, guar gum.
May contain: wheat, soy, egg, milk, mustard and sulphate.

Nutrition Facts

Serving Size 2 strips

Amount Per Serving %Daily Value

Calories	210	
Total Fat	7g	11%
Saturated	1g	
+ Trans	1.5g	13%
Cholesterol	40mg	
Sodium	550mg	23%
Carbohydrate	20g	7%
Fibre	1g	4%
Sugar	1g	
Protein	20g	
Vitamin A	0%	
Vitamin C	4%	
Calcium	4%	
Iron	12%	

10. Chicken Breast Bites

Ingredients: chicken breast pieces, water, salt, modified corn starch, soy protein isolate, monosodium glutamate, sodium phosphate, garlic powder, onion powder, wheat flour, wheat gluten, soy flour, baking powder, powdered egg, albumin (yeast), sodium pyrophosphate, sodium bicarbonate, dextrose, soy sauce powder, hydrogenated soybean and cottonseed oil. **Browned in Canola Oil.**

Contains: wheat, soy, egg, may contain traces of mustard and sulphites.

Nutrition Facts

Serving Size 3 bites (88g)

Amount Per Serving

%Daily Value*

Calories 200	
Fat 10g	16%
Saturated Fat 1g	
+Trans 0g	5%
Cholesterol 15g	5%
Sodium 530mg	22%
Carbohydrate 16g	5%
Fibre 3g	12%
Sugars 3g	
Protein 12g	
Vitamin A 0%	
Vitamin C 0%	
Iron 10%	
Calcium 2%	

11. Cordon Swiss 'Country Style'

Ingredients: chicken, water, swiss cheese, chopped smoked boneless ham (pork, water, salt, glucose solids and/or sugar and/or dextrose, flavour (soy), sodium phosphate, sodium erythorbate, sodium bicarbonate, sodium nitrate, spices, potassium chloride, carrageenan, honey, smoke flavour, smoke) bread crumbs, batter (wheat flour, corn starch, potato flour, salt, rice flour, spices, guar gum) soy flour, binder (yellow corn flour, salt, toasted wheat crumbs, wheat flour, spices), canola oil

Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 156.56
Total Fat 4.24g
Saturated 1.67g
+ Trans 0g
Cholesterol 43.97mg
Sodium 381.42mg
Carbohydrate 9.23g
Fibre 7.3g
Sugar 6.9g
Protein 18.84g
Vitamin A 32.33 RE
Vitamin C .77mg
Calcium 75.09mg
Iron 0.80mg

12. Chicken Canadiana, country style

Ingredients: chicken, wheat crumbs, flour, salt, baking powder, sugar, vegetable oil, shortening, dextrose, water, cheddar cheese, broccoli, modified cornstarch, potato flour, rice flour, guar gum, corn flour, onion powder, soy flour. **Blanched in canola oil.**

Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 153.41
Total Fat 4.34g
Saturated 2.1g
+ Trans 0g
Cholesterol 42.51 mg
Sodium 310.61g
Carbohydrate 9.42g
Fibre 8.8g
Sugar 6.8g
Protein 18.25 g
Vitamin A 908.06 RE
Vitamin C 3.71 mg
Calcium 111.44 mg
Iron 0.76mg

13. Chicken Pot Pies

Ingredients: enriched wheat flour, hydrogenated vegetable oil, water, corn starch, corn flour, dextrose, salt, soya lecithin, sodium propionate. **Filling:** chicken, water, potatoes, mushrooms, red pepper, green pepper, modified corn starch, chicken base (glucose solids, salt, chicken fat, soybean & canola oil, yeast extract, onion powder, garlic powder, caramel color, **Contains:** dairy, soy, wheat, sulphites, egg & corn.

Nutrition Facts

Serving Size 165g	
Amount Per Serving	%Daily Value
Calories 390	
Total Fat 21g	32%
Saturated 8g	
+ Trans .3g	42%
Cholesterol 30mg	
Sodium 910mg	38%
Carbohydrate 36g	12%
Fibre 1g	4%
Sugar 3g	
Protein 12g	
Vitamin A 4%	
Vitamin C 25%	
Calcium 2%	
Iron 10%	

14. Honey Garlic Wings

Ingredients: chicken wings, water, soy protein, modified corn starch, brown sugar, carrageenan, caramel powder, lemon juice, sugar, salt, garlic powder, soy sauce powder (soy sauce {wheat, soybeans}, maltodextrin), sodium phosphate, honey powder {honey, wheat starch, soy flour}, sodium acetate, artificial flavour, acetic acid, caramel, malic acid, hydrogenated soybean oil {mfg aid}, silicon dioxide {mfg aid}. **Deep fried in canola oil.** **Allergens:** Contains soy. May contain traces of wheat, sesame, milk and egg.

Cooking Instructions: conventional oven, preheat oven to 400°F. Place in a single layer on a foil lined baking sheet and bake on the middle rack of the oven for about 15-20 minutes. Turn wings over and bake an additional 15 or until desired crispness.

Nutrition Facts

Per about 3 wings (100g)	
Amount Per Serving	
Calories 230	
Total Fat 14g	
Saturated 3.5g	
+ Trans 0.5g	
Cholesterol 95 mg	
Sodium 640 mg	
Carbohydrate 6g	
Fibre 1g	
Sugar 5g	
Protein 19g	
Vitamin A 2%	
Vitamin C 2%	
Calcium 2%	
Iron 4%	

15. Sea Salt & Cracked Pepper Wings

Ingredients: chicken wings, (winglets, drumettes), water, modified corn starch, soy protein, sea salt, salt, flavor (soy protein isolate), sodium phosphate, spices, dextrose, potato starch, guar gum, silicon dioxide (MFG aid), carrageenan. **Allergens:** Contains soy. May contain traces of wheat, sesame, milk and egg.

Cooking Instructions: conventional oven, preheat oven to 400°F. Place in a single layer on a foil lined baking sheet and bake on the middle rack of the oven for about 15-20 minutes. Turn wings over and bake an additional 15 or until desired crispness.

Nutrition Facts

Serving Size 100g	
Amount Per Serving	%Daily Value
Calories 180	
Total Fat 12g	18%
Saturated 3g	
+ Trans 2g	16%
Cholesterol 75mg	25%
Sodium 770mg	32%
Carbohydrate 5g	2%
Fibre 1g	4%
Sugar 0g	
Protein 13g	
Vitamin A 2%	
Vitamin C 2%	
Calcium 2%	
Iron 4%	

16. Chicken & Turkey Breakfast Sausage

Ingredients: turkey, chicken, water, toasted wheat crumbs, salt, potato starch, skim milk powder, spice, sodium erythrobate, lemon juice solids. Casing made from beef collagen.

Nutrition Facts

Serving Size 100g

Amount Per Serving

Energy 178cal / 750kj

Protein 15g

Total Fat 11.0g

Carbohydrate 4.8g

17. Ground Turkey, lean

Ingredients: fine ground turkey

Nutrition Facts

Serving Size ½ cup (100g)

Amount Per Serving

%Daily Value*

Calories 170

Fat 12g **18%**

Saturated Fat 3g

+Trans 0.1g

Cholesterol 90mg

Sodium 75mg **3%**

Carbohydrate 0g

Fibre 0g

Sugars 0g

Protein 17g

Vitamin A 2%

Vitamin C 2%

Iron 15%

Calcium 15%

18. Sirloin Beef Burgers

Ingredients: beef, water, skim milk powder, garlic powder, spice. Contains milk.

Nutrition Facts

Serving Size 1 burger

Amount Per Serving

%Daily Value

Calories 300

Total Fat 25g **38%**

Saturated 10g **55%**

+ Trans 1g **28%**

Cholesterol 75mg

Sodium 370mg **15%**

Carbohydrate 2g **1%**

Fibre 0g

Sugar 0g

Protein 23g

Vitamin A 0%

Vitamin C 2%

Calcium 4%

Iron 15%

19. Angus Beef Mini Burgers

Ingredients: beef, water, salt Dextrose, flavor, spice, silicon dioxide (mfg aid)

Nutrition Facts

Serving Size 1 burger

Amount Per Serving %Daily Value

Calories 150	
Total Fat 11g	17%
Saturated 5g	
+ Trans 0.5g	28%
Cholesterol 35mg	
Sodium 140mg	6%
Carbohydrate 3g	1%
Fibre 0g	
Sugar 0g	
Protein 10g	
Vitamin A 2%	
Vitamin C 0%	
Calcium 0%	
Iron 10%	

20. Chicken Breast Burgers, unbreaded

Ingredients: boneless chicken breast meat, water, isolated soy protein, salt, garlic powder, onion powder

Nutrition Facts

Serving Size 1 burger (100g)

Amount Per Serving %Daily Value

Calories 160	
Total Fat 10g	16%
Saturated 2.5g	
+ Trans 0.2g	13%
Cholesterol 55mg	15%
Sodium 70mg	3%
Carbohydrate 0g	0%
Fibre 0g	10%
Sugar 0g	
Protein 17g	
Vitamin A 2%	
Vitamin C 0%	
Calcium 15%	
Iron 0%	

21. Sante Fe Turkey Burgers

Ingredients: turkey, sante fe marinade (sugar, salt, tomato powder, spice, soy sauce (soy beans, wheat, maltodextrin), maltodextrin, powdered vinegar, xanthan gum, silicon dioxide, flavour, canola oil (MFG AID), garlic, black pepper, salt, sage)

Nutrition Facts

Serving Size 1 burger (115g)

Amount Per Serving

Calories 200	
Total Fat 11g	
Saturated 3g	
+ Trans 0g	
Cholesterol 0mg	
Sodium 363.36mg	
Carbohydrate 9g	
Fiber 6g	
Sugar 0g	
Protein 18g	
Sodium 440 mg.	
Potassium 600 mg.	

22. Gourmet Halibut Burgers

Ingredients: Wild caught Halibut, wheat flour, modified corn starch, salt, sugar, egg, soy flour, leavening (disodium dihydrogen pyrophosphate, sodium aluminum phosphate, sodium bicarbonate) dextrose, corn flour, rice flour, yeast, onion powder, garlic powder, par fried in canola oil. Contains: fish, wheat, egg, soy.

Nutrition Facts

Serving Size 3.5oz (100g)	
Amount Per Serving	%Daily Value
Calories 220	
Total Fat 11g	17%
Saturated 1g	
+ Trans 0g	47%
Cholesterol 20mg	
Sodium 310mg	13%
Carbohydrate 19g	6%
Fibre 2g	8%
Sugar 2g	
Protein 11g	22%
Vitamin A 0%	
Vitamin C 0%	
Calcium 0%	
Iron 4%	

23. Veggie Burger

Ingredients: Water, Soy protein, modified cellulose, natural flavor, salt, hydrolyzed corn gluten, malt extract, onion, garlic, spices, beet powder, autolyzed yeast extract, parsley, mixed vegetables (peas, carrots, corn, green beans), fat flakes (palm kernel oil, soya lecithin), red peppers, seasoning (salt, spices).

Contains: soy, gluten, sesame.

May contain egg, milk, wheat

Nutrition Facts

Serving Size 1 burger (100g)	
Amount Per Serving	%Daily Value
Calories 165	
Total Fat 7.5g	
Saturated 7.4g	
+ Trans 0g	
Cholesterol 0mg	
Sodium 532.86mg	
Carbohydrate 9.17g	
Fibre 4.7g	
Sugar 1.1g	
Protein 14.4g	
Vitamin A 293.22mg	
Vitamin C 3.08mg	
Calcium 91.21mg	
Iron 1.88mg	

24. a) Sizzlin Smokies ORIGINAL

INGREDIENTS:

PORK AND BEEF, WATER, SALT, MUSTARD, SPICES, SODIUM PHOSPHATE, GARLIC POWDER, SODIUM ERYTHORBATE, SPICE EXTRACT, SODIUM NITRITE, SMOKE.

Nutrition Facts

Valeur nutritive	
Per sausage (60 g) / Par saucisse (60 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 140	
Fat / Lipides 13 g	20 %
Saturated / saturés 4 g	
+ Trans / trans 0 g	21 %
Cholesterol / Cholestérol 30 mg	
Sodium / Sodium 530 mg	22 %
Carbohydrate / Glucides 1 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 8 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

24. b) Sizzlin Smokies CHEDDAR

INGREDIENTS:

PORK AND BEEF, WATER, PROCESSED CHEDDAR CHEESE FOOD (MILK), SALT, MUSTARD SPICE, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, ONION POWDER, SPICE EXTRACT, SODIUM NITRITE, SMOKE.

Nutrition Facts Valeur nutritive	
Per sausage (60 g) / Par saucisse (60 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 13 g	20 %
Saturated / saturés 6 g + Trans / trans 0.1 g	28 %
Cholesterol / Cholestérol 40 mg	
Sodium / Sodium 530 mg	22 %
Carbohydrate / Glucides 1 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 9 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	6 %

25. Farmer Sausage

Ingredients: pork, salt, spices, sodium nitrate, sodium bicarbonate

Nutrition Facts	
Per 100 g	
Amount Per Serving	%Daily Value
Calories 104	
Total Fat 45g	65%
Saturated 1.5g	
+ Trans 0.1g	75%
Cholesterol 44mg	145%
Sodium 1027mg	49%
Carbohydrate 0g	0%
Fiber 0g	05%
Sugar	0.5g
Protein	16g
Vitamin A	1%
Vitamin C	3%
Calcium	1%
Iron	2%

26. Bavarian Bratwurst

Ingredients: pork, water, spices, natural pork casing May contain: soy, wheat, milk egg

Nutrition Facts	
Serving Size 100g	
Amount Per Serving	%Daily Value
Calories 217.21	
Total Fat 16.03g	
Saturated 5.54g	
+ Trans 0g	
Cholesterol 51.67 mg	
Sodium 698.4 mg	
Carbohydrate 1.16g	
Fibre 0.05 g	
Sugar 0.98g	
Protein 15.91 g	
Vitamin A 36.54 RE	
Vitamin C 0.74 mg	
Calcium 23.87 mg	
Iron 1.04 mg	

27. N.Y. Striploin Steaks

Free range, hormone free, and grass fed (grain finished)

Ingredients: AA-AAA Aged Canadian Beef

Nutrition Facts

Serving Size 170g	
Amount Per Serving	
Calories 360	
Total Fat 23g	35%
Saturated 9g	
+ Trans 0g	47%
Cholesterol 85mg	
Sodium 360mg	15%
Carbohydrate 3g	1%
Fibre 0g	0%
Sugar 2g	
Protein 32g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 4%	
Iron 15%	

28. Bacon Wrapped Tenderloin

Ingredients: beef, bacon (pork, water, salt, sodium phosphate, sugar, sodium erythorbate, sodium nitrate, spices, smoke)

Nutrition Facts

Serving Size 100g	
Amount Per Serving	
Calories 299.47	
Total Fat 25.27g	
Saturated 11.58g	
+ Trans 0g	
Cholesterol 69.47mg	
Sodium 150.29mg	
Carbohydrate 0g	
Fibre 0g	
Sugar 0g	
Protein 16.69g	
Vitamin A 00.00 RE	
Vitamin C .00mg	
Calcium 6.29mg	
Iron 2.02mg	

29. Peppered Steak Bites

Ingredients:
beef, water, seasoning (salt, spice, garlic, onion)

Nutrition Facts

Serving Size 100g	
Amount Per Serving	
Calories 167.13	
Total Fat 10.29g	
Saturated 4.08g	
+ Trans 0g	
Cholesterol 55.46mg	
Sodium 711.74mg	
Carbohydrate 1.18g	
Fibre .15g	
Sugar .36g	
Protein 16.66g	
Vitamin A 0 RE	
Vitamin C .25mg	
Calcium 12.29mg	
Iron 2.32mg	

30. Lean Ground Beef

Ingredients: beef, water, soya flour

Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 230

Total Fat 13g 20%

Saturated 5g

+ **Trans** 0g 25%

Cholesterol 75mg 25%

Sodium 65mg 2.71%

Carbohydrate 14g 4.67%

Fibre 1g

Sugar 2g

Protein 18g

Vitamin A 0 RE

Vitamin C 2 %

Calcium 6 %

Iron 30 %

31. Maui Beef Ribs

Ingredients: beef, water, marinade mix (sugar, salt, honey powder (honey, wheat starch, soy flour), soy sauce powder (soy sauce (wheat, soybeans), maltodextrin), caramel, modified corn starch, garlic powder, spices, onion powder, modified cellulose, partially hydrogenated soybean oil (mfg aid), citric acid, calcium silicate (mfg aid) and papain.

Nutrition Facts

Serving Size 170g

Amount Per Serving %Daily Value

Calories 360

Total Fat 23g 35%

Saturated 9g

+ **Trans** 0g 47%

Cholesterol 85mg

Sodium 350mg 15%

Carbohydrate 3g 1%

Fibre 0g 0%

Sugar 2g

Protein 32g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

Iron 15%

32. Seasoned Beef Meatballs

Ingredients: beef, water, textured soy protein, wheat breadcrumbs, seasoning (salt, sugar, dehydrated onion, spices, garlic powder, parsley flakes, autolyzed yeast, vegetable oil), soy protein concentrate, seasoning (sodium phosphates, dextrose, salt, beef stock, spice extracts.

Nutrition Facts

Serving Size 6 meatballs (85g)

Amount Per Serving

Calories 230

Total Fat 16g 25%

Saturated 7g

+ **Trans** 0g 40%

Cholesterol 40mg

Sodium 600mg 25%

Carbohydrate 6g 2%

Fibre 1g 4%

Sugar 2g

Protein 13g

Vitamin A 0%

Vitamin C 0 %

Calcium 2 %

Iron 10 %

33. Maple Pork Breakfast Sausage

Ingredients: pork, water, soya flour, toasted wheat crumbs, salt, dextrose, sugar, spices, sodium phosphate, canola oil, maple flavour

Nutrition Facts	
Per 100g	
Amount Per Serving	%Daily Value
Calories 139	
Total Fat 25g	
Saturated 1g	
+ Trans 0g	5%
Cholesterol 451mg	
Sodium 451mg	
Carbohydrate 58g	
Fiber 1g	
Sugar 7g	
Protein 4.5g	
Iron 6%	
Vitamin A	2.5%
Calcium	1.5%
Iron	12.5%

34. Bacon, fully cooked

Ingredients: pork (cured with water, salt, sugar, smoke flavor, sodium phosphate, sodium erythorbate, sodium nitrate)

Nutrition Facts	
Serving Size 100g	
Amount Per Serving	
Calories 538g	
Total Fat 46.2g	
Saturated 19.2g	
+ Trans 0g	
Cholesterol 76.9mg	
Sodium 1846.2mg	
Carbohydrate 7.70g	
Fibre 0g	
Sugar 2.81g	
Protein 30.8g	
Vitamin A 79.87 RE	
Vitamin C 0 mg	
Calcium 12.40 mg	
Iron .72 mg	

35. Baby Back Ribs

Ingredients: pork back ribs

Nutrition Facts	
Serving Size 4oz (approx 2 ribs)	
Amount Per Serving	%Daily Value
Calories 234	
Total Fat 18g	27%
Saturated 7g	
+ Trans 0g	35%
Cholesterol 80mg	
Sodium 330mg	13%
Fibre 0g	
Sugar 0g	
Protein 18g	36%

36. Wild Sockeye Salmon Fillets

Ingredients: wild sockeye salmon, skin on

Nutrition Facts	
Serving Size 100g	
Amount Per Serving	%Daily Value
Calories 140	
Total Fat 6g	
Saturated 1g	
Polyunsaturated 3g	
Monounsaturated 2g	
Trans 0g	
Cholesterol 54mg	
Sodium 43mg	
Protein 20g	
Vitamin A	1%
Calcium	1%
Iron	4%

37. Butterflied Jumbo Shrimp

Ingredients: shrimp, water, garlic powder, maltodextrin, sugar, modified tapioca starch, salt, lime juice powder, spices, dextrose, xanthan gum, yeast extract, silicon dioxide, natural lemon flavor, citric acid, sodium tripolyphosphate (for moisture retention)

Nutrition Facts	
Serving Size 125 g	
Amount Per Serving	
Calories 60	
Total Fat 0.5g	1%
Saturated 0.1g	
+ Trans 0g	1%
Cholesterol 115mg	
Sodium 710mg	30%
Carbohydrate 2g	1%
Fibre 0g	
Sugar 0g	
Protein 12g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%

38. Beer Battered Cod Strips

Ingredients: pacific cod, wheat flour, vegetable oil (soybean and/or canola), modified cornstarch, water, white corn flour, beer (water, malted barley, yeast, hops), Contains 2% or less of: palm oil, salt, cornstarch, rice flour, sugar, natural flavor, leavening (sodium aluminum phosphate, baking soda), spices, yellow corn flour, extractives of carrot, extractives of turmeric, maltodextrin, garlic, guar gum. Contains: fish (pacific cod) and wheat.

Nutrition Facts	
Serving Size 1 piece (2oz)	
Amount Per Serving	
Calories 110	
Total Fat 5g	7%
Saturated 1.5g	
+ Trans 0g	15%
Cholesterol 15mg	5%
Sodium 340mg	14%
Carbohydrate 10g	4%
Fibre 1g	2%
Sugar 1g	
Protein 6g	
Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	7%

39. Lobster Cakes

Ingredients: Lobster, Alaska Pollock and/or Pacific Whiting, Mayonnaise (soybean oil, corn syrup water, egg, vinegar, salt, spice, lemon juice concentrate), water bleached wheat flour, wheat starch. Contains less than 2% of the following: natural & artificial flavors, sugar, modified corn starch, salt, sorbitol (0.8g per 85g serving), fresh egg white, mirin (rice extract, alcohol, salt, dextrose, corn syrup solids), Worcestershire sauce, potato starch, potassium chloride, calcium carbonate, corn starch, crystalized lemon, modified cellulose/locust bean/xanthan gum, carrageenan, hydrolyzed corn/soy/wheat/whey protein, autolyzed yeast extract, dextrose, parsley, dill, disodium Inosinate, disodium guanylate, sodium tripolyphosphate, yeast, color.

Nutrition Facts

Serving Size 1 piece 85g	
Amount Per Serving	
Calories 180 Cal	
Total Fat 12g	18%
Saturated 2g	20%
%+ Trans 0g	
Cholesterol 20mg	
Sodium 710mg	30%
Carbohydrate 12g	4%
Sugar 2g	
Protein 6g	
Vitamin A	4%
Vitamin C	8%
Calcium	10%
Iron	2%

40. Alaskan Pollock Redi-Cuts, wild

Ingredients: Wild Alaskan Pollock

Nutrition Facts

Serving Size 4oz approx. 11 pcs	
Amount Per Serving	
Calories 80	
Total Fat 0g	0%
Saturated 0g	
Cholesterol 70mg	23%
Sodium 180mg	8%
Carbohydrate 0g	
Fibre 0g	
Sugar 0g	
Protein 19g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 2%	
Iron 2%	

41. Helmi's Premium Homemade Perogies

Ingredients:

Potato Bacon & Onion: enriched wheat flour, fresh whole potatoes, water, seasoned bacon, whole eggs, fresh onions, vegetable oil, salt, baking powder, spices.

Potato Cheddar & Onion: enriched wheat flour, fresh whole potatoes, water, aged cheddar cheese, whole eggs, fresh onions, vegetable oil, salt, baking powder, spices.

Nutrition Facts

Serving Size 100g (approx 3 perogies)	
Amount Per Serving	%Daily Value
Calories 220	
Total Fat 6g	10%
Saturated 15g	
+ Trans 0g	9%
Cholesterol 20mg	
Sodium 520mg	21%
Carbohydrate 32g	11%
Fibre 2g	6%
Sugar 0g	
Protein 8g	
Vitamin A	0%
Vitamin C	4%
Calcium	2%
Iron	15%

42. Breakfast Burrito

Ingredients: ham, bacon, red & green pepper, cheddar cheese. **Tortilla:** wheat flour, water, vegetable oil, salt, baking powder, mono & diglycerides, fumaric acid, sodium propionate, cellulose gum, potassium sorbate, guar gum, xanthan gum, L-cysteine. **Cooked scrambled eggs:** whole eggs, skim milk, soybean oil, modified cornstarch, xanthan gum, liquid pepper extract, citric acid, natural & artificial butter flavor. **Hollandaise sauce:** soy oil, canola oil, water, salted egg yolk, frozen modified egg yolk, natural butter, lemon, Worcestershire flavor, natural and artificial tobasco flavor, acetic acid, natural color.

Nutrition Facts	
Serving Size 1 Burrito (135 g)	
Amount Per Serving	%Daily Value
Calories 350	
Total Fat 21g	32%
Saturated 5g	
+ Trans 0.1g	26%
Cholesterol 170mg	
Sodium 1070mg	45%
Carbohydrate 29g	10%
Fiber 1g	4%
Sugar 2g	
Protein 13g	
Vitamin A 10%	
Vitamin C 25%	
Calcium 10%	
Iron 20%	

43. Pizza Variety Pack

Ingredients:

pepperoni pizza: flour, water, canola oil, yeast, sugar, salt, seasoning, tomatoes, olive oil, sunflower oil, salt, oregano, seasoning, garlic, citric acid, milk, bacterial culture, calcium chloride, pepperoni, monteray jack cheese, parmesan cheese

ham & pineapple pizza: flour, water, canola oil, yeast, sugar, salt, seasoning, tomatoes, olive oil, sunflower oil, salt, oregano, seasoning, garlic, citric acid, milk, bacterial culture, calcium chloride, pineapple, smoked ham, monteray jack cheese, parmesan cheese

cheese pizza: flour, water, canola oil, yeast, sugar, salt, seasoning, tomatoes, olive oil, sunflower oil, salt, oregano, seasoning, garlic, citric acid, milk, bacterial culture, calcium chloride, cheddar cheese, monteray jack cheese, shredded parmesan cheese

Nutrition Facts	
Serving Size 115g (1/6 pizza)	
Amount Per Serving	%Daily Value
Calories 300	
Total Fat 12g	18%
Saturated 6g	
+ Trans 0.2g	31%
Cholesterol 25mg	
Sodium 580mg	28%
Carbohydrate 31g	10%
Fibre 3g	12%
Sugar 6g	
Protein 17g	
Vitamin A	6%
Vitamin C	8%
Calcium	25%
Iron	25%

44. BBQ Chicken & Bacon Calzones

Ingredients: **Dough:** Enriched Wheat Flour, Flavor (rye sour dough, lactic acid, soya lecithin, bacterial culture), Water, Yeast, Salt, Rye Flour, Extra Virgin Olive Oil, Vegetable Oil, Romano and Parmesan Cheese, Dried Minced Garlic, Basil, Parsley, Calcium Propionate. **Pizza Mozzarella, Monterey Jack, Parmesan Cheeses:** Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, May Contain Color and/or Rennet. **Sauce:** Crushed Tomatoes, Soybean Oil, Salt, Olive Oil, Dehydrated Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes and Calcium Chloride), Spices and Garlic Powder, Hone Garlic BBQ Sauce. **Chicken Meat White & Dark, Banana Peppers, Bacon Topping, Red Onion.**

Nutrition Facts	
Serving Size 265g (1 calzone)	
Amount Per Serving	%Daily Value
Calories 660	
Total Fat 22g	34%
Saturated 10g	
+ Trans 0.2g	51%
Cholesterol 45mg	
Sodium 1170mg	49%
Carbohydrate 79g	26%
Fibre 6g	24%
Sugar 10g	
Protein 30g	
Vitamin A 10%	
Vitamin C 20%	
Calcium 50%	
Iron 60%	

45. Traditional Shepherd's Pie

Ingredients: Filling (beef, vegetables, spices, topping (potato, milk, butter, cheddar cheese), gravy (beef stock, salt, hydrolyzed corn, soya and wheat proteins, corn oil, autolyzed yeast extract, maltodextrine, sugar, clour, potato starch, modified corn starch, dextrose, hydrogenated cottoneed and soya oils).

Nutrition Facts	
Serving Size 285g	
Amount Per Serving	%Daily Value
Calories 280	
Total Fat 11g	17%
Saturated 5g	
+ Trans 0g	25%
Cholesterol 65mg	
Sodium 1150mg	45%
Carbohydrate 29g	10%
Fibre 4g	16%
Sugar 2g	
Protein 17g	
Vitamin A 2%	
Vitamin C 0%	
Calcium 4%	
Iron 20%	

46. Meat Lasagna with 4 Cheese

Ingredients: Tomatoes, fresh lasagna noodles (durum semolina, water, wheat flour), ground beef, water, mozzarella cheese (part skim milk, bacterial culture, salt, calcium chloride, microbial enzyme), ricotta cheese (whey, milk, bacterial culture, salt, citric acid), milk, onions, modified cornstarch, parmesan and romano cheese (pasteurized milk, salt, bacterial culture, microbial enzyme, lipase), wheat flour, salt, sugar, canola oil, garlic, herbs, spices, onion powder.

Nutrition Facts	
Serving Size 1 tray	
Amount Per Serving	%Daily Value
Calories 440	
Total Fat 15 g	23%
Saturated 7 g	
+ Trans 0.3 g	37%
Cholesterol 65 mg	
Sodium 700mg	29%
Carbohydrate 44g	15%
Fibre 5g	20%
Sugar 8g	
Protein 27 g	
Vitamin A	10%
Vitamin C	40%
Calcium	30%
Iron	30%