

BBQ 2019

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, and 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 0.g	13%
Cholesterol 130 mg	
Sodium 140mg	13%
Carbohydrate 1g	1%
Fibre 0g	0%
Sugar 0g	
Protein 17g	
Vitamin A 2%	
Vitamin C 2%	
Calcium 4%	
Iron 10%	

5. 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	%Daily Value*
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. Heritage Breasts, Boneless Skinless (First Choice)

Ingredients: seasoned, fillet removed.

Boneless skinless chicken breasts, water, isolated soy protein, salt, sodium, tripolyphosphate

No medications (or antibiotics), no animal byproducts in the feed.

Nutrition Facts

Serving Size 1 breast (100g)	
Amount Per Serving	%Daily Value*
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. Thighs, boneless Skinless

Ingredients: chicken thighs

Nutrition Facts	
Serving Size 4 oz	
Amount Per Serving	%Daily Value
Calories 130g	
Total Fat 45g	
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	

8. Turkey Breast Fillets

Ingredients: Turkey breast fillets, water, salt, sodium phosphate, flavor (seaweed flour, natural smoke flavor)

Nutrition Facts	
Serving Size 1 pc (100g)	
Amount Per Serving	%Daily Value*
Calories 80	
Fat 1g	2%
Saturated Fat .3g	
+Trans 0g	5%
Cholesterol 35mg	
Sodium 500mg	21%
Fibre 0g	
Sugars 0g	
Protein 17g	
Vitamin A 2 %	
Vitamin C 0 %	
Iron 2 %	
Calcium 0 %	

9. Clucks Chicken Fingers

Ingredients: chicken fillets, water, wheat flour, toasted wheat crumbs, canola oil, modified corn starch, egg white powder, salt, sodium phosphate, onion powder, garlic powder, spice, vegetable oil, sodium aluminum phosphate, sodium bicarbonate, hydrolyzed plant protein (corn), wheat gluten, sugar. Browned in canola oil.

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	
Sugar 1g	
Protein 20g	
Vitamin A 0%	
Vitamin C 4%	
Calcium 4%	
Iron 12%	

10. Chicken Nuggets

Ingredients: chicken meat, water, soy protein, salt, white pepper, wheat crumbs, wheat flour, spices, durum flour, soybean shortening, baking powder, dextrose, yeast, yellow corn flour, guar gum, milk ingredients, whole egg powder, onion powder, dried egg white, hydrogenated soybean oil, garlic powder. Pre-browned in vegetable oil. May contain sulphites.

Nutrition Facts	
Serving Size 4 nuggets (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. GLUTEN FREE Chicken Strips

Ingredients: Chicken breast strips, water, rice flour, yellow corn flour, modified corn starch, raisin juice concentrate, honey, corn starch, salt, pea protein isolate, potassium chloride, sugar, baking powder, guar gum, modified cellulose, onion powder, garlic powder, spices, celery seed, flavours. Browned in canola oil.

Nutrition Facts	
Serving Size 2 strips (81g)	
Amount Per Serving	%Daily Value
Calories 180	
Total Fat 8g	12%
Saturated 1g	
+ Trans 0g	5%
Cholesterol 30mg	
Sodium 270mg	11%
Carbohydrate 17g	6%
Fiber 0g	0%
Sugar 1g	
Protein 10g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 0%	
Iron 2%	

12. 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 erythrobate, 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 156.55	
Total Fat 4.24g	
Saturated 1.67g	
+ Trans 0g	
Cholesterol 43.97mg	
Sodium 381.42mg	
Carbohydrate 9.28g	
Fibre 7.3g	
Sugar 6.9g	
Protein 18.84g	
Vitamin A 32.33 RE	
Vitamin C .77mg	
Calcium 75.09mg	
Iron 0.80mg	

13. Pulled Pork Chicken Cordon, country style

Ingredients: chicken, water, soy flour, yellow corn flour, salt, toasted wheat crumbs, wheat flour, spices, pulled pork (pork, water salt, vinegar, sugar, spice, yeast extract, chicken broth, onion powder, garlic powder, spice extractives), breading, batter, oil, water, barbecue sauce, bakon hfbn/yeast
Contains: soy, wheat, garlic & onion powder

Nutrition Facts

Serving Size 100g
Amount Per Serving
Calories 156
Total Fat 4.02g
Saturated 1.18g
+ Trans 0g
Cholesterol 43.65mg
Sodium 371.68g
Carbohydrate 10.24g
Fiber 0.37g
Sugar 2.07g
Protein 18.85g
Vitamin A 66.90 RE
Vitamin C 1.21 mg
Calcium 11.07 mg
Iron 0.86 mg

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, (wingettes, 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. 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%

19. 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 330	
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%	

20. Mini Angus Beef 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%	

21. 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%	

22. 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.

23. 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%

24. Wild Salmon Burgers

Ingredients: Wild Pacific Pink and/or Keta Salmon, water, canola oil, onion powder, salt, potato extract garlic powder, white pepper, natural smoke flavor, rosemary extract, red cabbage extract, cochineal, annatto, lemon juice from concentrate, par fried in canola and/or soybean oil.
 Contains: fish

Nutrition Facts

Serving Size 1 burger

Amount Per Serving %Daily Value

Calories 180
Total Fat 9g **14%**
Saturated 1g **5%**
+ Trans 0g
Cholesterol 60mg **20%**
Sodium 330mg **14%**
Carbohydrate 2g **1%**
Fibre 0g **0%**
Sugar 0g
Protein 20g **40%**
Vitamin A 2%
Vitamin C 0%
Calcium 2%
Iron 4%

25. 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	

26. 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 % Daily Value
Teneur % 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 %

26. 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 % Daily Value
Teneur % 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 %

27. 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 21721	
Total Fat 16.03g	
Saturated 5.54g	
+ Trans 0g	
Cholesterol 51.67mg	
Sodium 698.4mg	
Carbohydrate 1.16g	
Fibre 0.05g	
Sugar 0.98g	
Protein 15.91g	
Vitamin A 36.54 RE	
Vitamin C 0.74mg	
Calcium 23.87mg	
Iron 1.04mg	

28. 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	%Daily Value
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%	

29. Bacon Wrapped Tenderloin

Ingredients: beef, bacon (pork, water, salt, sodium phosphate, sugar, sodium erythrobate, 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	

30. Shaved Prime Rib

Ingredients:

Grade AA-AAA prime rib (beef)

Nutrition Facts	
Serving Size 5oz	
Amount Per Serving	
Calories	281.5
Total Fat	24g
Saturated	0g
+ Trans	0g
Cholesterol	0.28g
Sodium	18.3g
Carbohydrate	0g
Fibre	0g
Sugar	0g
Protein	6.4g
Vitamin A	0 RE
Vitamin C	0 mg
Calcium	0 mg
Iron	0.96 mg

31. 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 %

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. 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%	

34. 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%

35. 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 125g	
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%

36. Cheddar & Chive Cod

Ingredients: Cod, bleached wheat flour, vegetable oil, water, dehydrated potatoes, wheat gluten, salt, modified corn starch, potato sticks (dehydrated potatoes, canola oil, salt), cheddar cheese (milk, cultures, salt, enzymes), leavening, sodium acid pyrophosphate, baking soda), yellow corn flour, dextrose, natural flavours, sugar, maltodextrin, dehydrated chives, yeast, onion powder, lactic acid, unsalted butter (pasteurized cream, natural flavors), extract of paprika, turmeric and annatto, garlic powder, enzyme modified butter, citric acid, gum Arabic, vinegar solids. Contains: Fish, wheat, milk

Nutrition Facts

Serving Size 167 g (1 fillet)

Amount Per Serving

Calories	330	
Total Fat	14g	18%
Saturated	1.5g	8%
+ Trans	0g	
Cholesterol	50mg	17%
Sodium	690g	30%
Total Carbohydrate	26g	11%
Fiber	1g	4%
Sugar	1g	
Protein	23g	
Calcium	41 mg	4 %
Iron	2 mg	8 %
Potassium	415 mg	8 %

37. 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 %

38. Bacon, fully cooked

Ingredients: pork (cured with water, salt, sugar, smoke flavor, sodium phosphate, sodium erythrobate, 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	

39. 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 100 g	
Amount Per Serving	%Daily Value
Calories 139	
Total Fat 25g	
Saturated 1g	
+ Trans 0g	5%
Cholesterol 451 mg	
Sodium 451 mg	
Carbohydrate 58g	
Fiber 1g	
Sugar 7g	
Protein 4.5g	
Iron 6%	
Vitamin A	2.5%
Calcium	1.5%
Iron	12.5%

40. 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 80 mg	
Sodium 330mg	13%
Fibre 0g	
Sugar 0g	
Protein 18g	36%

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 1.5g	
+ 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, Monterey 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, Monterey 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, Monterey 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. Pepperoni & Sausage Calzone

Ingredients: **Dough:** enriched unbleached flour, whole wheat flour, salt, sugar, granulated garlic, soup base seasoning, pepper, compressed yeast, canola oil, water, calcium propionate. **Sauce:** water, tomatoes, salt, soy oil, olive oil, spices, flavors. **Fill:** mozzarella, Monterey jack, parmesan cheese; pasteurized milk, bacterial culture, salt, modified milk ingredients, lipase, calcium chloride, microbial enzyme, cellulose, sorbic acid. **Italian sausage:** pork, spices, water, salt, corn syrup solids, flavors, sugar. **Pepperoni:** pork &/or beef, water, salt, mustard, spices, dextrose, sodium erythrobate, smoke flavor, garlic powder, bacterial culture, sodium nitrate.

Nutrition Facts

Serving Size 1 calzone (180 gr)

Amount Per Serving	%Daily Value
Calories 360	
Total Fat 12g	18%
Saturated 6g	
+ Trans 0.1g	31%
Cholesterol 25mg	
Sodium 870mg	36%
Carbohydrate 47g	16%
Fibre 3g	12%
Sugar 11g	
Protein 22g	
Vitamin A 10%	
Vitamin C 8%	
Calcium 35%	
Iron 35%	

45. 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%

46. Beef Teriyaki Bowls

Ingredients: Cooked rice, water, broccoli, beef, soy sauce (water, wheat, soybeans, salt, sodium benzoate), carrot, canola oil, bell peppers, sugar, green onion, ginger puree (ginger, water), modified corn starch, garlic, salt, sesame flavor (maltodextrin, natural flavor), herbs and spices, xanthan gum. **Contains: wheat and soy.**

Nutrition Facts

Serving Size 1 bowl (225 gr.)

Amount Per Serving	%Daily Value
Calories 300	
Total Fat 10 g	13%
Saturated 1.5 g	
+ Trans 0 g	8%
Cholesterol 15 g	
Sodium 1070 mg	47%
Carbohydrate 40 g	
Fibre 2 g	7%
Sugar 5 g	5%
Protein 11 g	
Potassium 75 mg	2%
Cholesterol 15 mg	
Calcium 30 mg	2%
Iron 1 mg	6%