

BBQ 2020

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 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. Atlantic Salmon Skewers

Ingredients: Unseasoned Skinless Boneless Atlantic Salmon Fillets

Nutrition Facts

Serving Size 100 g (2 skewers)

Amount Per Serving %Daily Value

Calories 208	
Total Fat 13g	
Saturated	
+ Trans 3.1g	
Cholesterol 55mg	
Sodium 59mg	
Carbohydrate 0g	
Fibre 0g	
Sugar 0g	
Protein 20g	
Potassium 9mg	
Calcium 9%	
Iron 0.3 %	

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

Nutrition Facts

Serving Size 1 breast (100g)

Amount Per Serving

	Calories from Fat 20
	%Daily Value*
Calories 80	
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. 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%	

10. 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.

May contain: milk, mustard powder, sulphites.

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%	

11. 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%	

12. 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%	

13. Cordon Swiss ‘Country Style’

Ingredients: chicken, water, soy protein, binder (yellow corn flour, salt, toasted wheat crumbs, flour, onion powder, spices), breading (flour, sugar, yellow corn flour, yeast, salt, oleoresin paprika, guar gum), oil, ham (pork, water, salt, modified cornstarch, dextrose, carrageenan, potato starch, sodium phosphate, sugar, smoke flavor, ascorbic acid, spice extractives, vegetable oil, sodium nitrate, polysorbate, sodium bicarbonate, glycerin, smoke), Swiss cheese (water, milk salt, microbial enzyme, bacterial culture). **CONTAINS: SOY, WHEAT, MILK**

Nutrition Facts

Serving Size 100g
Amount Per Serving
Calories 154
Total Fat 4g
Saturated 2g
+ Trans 0g
Cholesterol 45mg
Sodium 405mg
Carbohydrate 9g
Fibre 0g
Sugar 0g
Protein 19g
Vitamin A 32 RE
Vitamin C 1 mg
Calcium 71 mg
Iron 1mg

14. Chicken Parmesan, country style

Ingredients: chicken, water, soy flour, binder (yellow corn flour, salt, toasted wheat crumbs, wheat flour, spices), mozzarella cheese, tomato powder, cornstarch, parmesan cheese, salt, garlic, oregano, black pepper, basil, water, batter (wheat flour, modified cornstarch, salt, rice flour, spice, guar gum, breading (wheat flour, sugar, yellow corn, flour, yeast, salt, oleoresin paprika), canola oil.
Contains: soy, wheat, milk

Nutrition Facts

Serving Size 100 g
Amount Per Serving
Calories 201.26
Total Fat 7g
Saturated 3.5g
+ Trans 0.1g
Cholesterol 9.13mg
Sodium 700mg
Carbohydrate 32.6g
Fibre 16g
Sugar 3g
Protein 8.3g
Vitamin C 1.7 mg
Calcium 57.8 mg
Iron 15.81 mg

15. 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%

16. 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%

17. 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

18. 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%

19. 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%	

20. 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%	

21. 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%	

22. 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%	

23. Breaded Chicken Fillet Burgers

Ingredients: chicken breast meat, water, salt, sodium tripolyphosphate, in a batter and breading of water, wheat flour, toasted wheat crumbs, yellow corn flour, canola oil, corn starch, salt, spices, wheat gluten, sugar, dextrose, guar gum, yeast extract. May contain milk, eggs, soy and/or mustard. (code 4347101)

Nutrition Facts

Serving Size 1 burger (100g)

Amount Per Serving %Daily Value

Calories 270	
Total Fat 12g	18%
Saturated 1g	
+ Trans 0g	5%
Cholesterol 25mg	8%
Sodium 450mg	19%
Carbohydrate 22g	7%
Fibre 3g	11%
Sugar 6g	
Protein 19g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 2%	
Iron 10%	

24. 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.	

25. 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%	

26. 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%	

27. 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	

28. 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 51.67mg

Sodium 698.4mg

Carbohydrate 1.16g

Fibre 0.05 g

Sugar 0.98g

Protein 15.91g

Vitamin A 36.54 RE

Vitamin C 0.74 mg

Calcium 23.87 mg

Iron 1.04 mg

29. 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 88mg

Sodium 350mg **15%**

Carbohydrate 3g **1%**

Fibre 0g **0%**

Sugar 2g

Protein 32g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

Iron 15%

30. 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

31. 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

32. 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 %

33. Italian Beef Meatballs

Ingredients: beef, water, parmesan cheese, breadcrumbs, textured soy protein, seasoning (Romano cheese powder [Romano cheese, whey powder, yeast extract, natural and artificial flavors], salt, spices, flavors, brown sugar, caramel, disodium inosinate and guanylate). **CONTAINS: MILK, WHEAT, SOY**

Nutrition Facts

Serving Size 4 meatballs (85g)

Amount Per Serving

Calories 150

Total Fat 13g 19%

Saturated 6g

+ Trans 0.5g 31%

Cholesterol 30mg

Sodium 350mg 15%

Carbohydrate 2g 1%

Fibre 0g 0%

Sugar 0g

Protein 10g

Vitamin A 0%

Vitamin C 4 %

Calcium 4 %

Iron 6 %

34. 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 360mg	15%
Carbohydrate 3g	1%
Fibre 0g	0%
Sugar 2g	
Protein 32g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 4%	
Iron 15%	

35. 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 1 g	
Polyunsaturated 3 g	
Monounsaturated 2g	
Trans 0g	
Cholesterol 54mg	
Sodium 43mg	
Protein 20g	
Vitamin A	1%
Calcium	1%
Iron	4%

36. Pub Style Battered Cod

Ingredients: Cod, vegetable oil (Canola, Cottonseed and/or soybean), water, wheat flour, enriched bleached white flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified cornstarch, contains 2% or less of: yellow corn flour, dextrose, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), spices, salt, whey, autolyzed yeast extract, dehydrated garlic, natural flavors, leavening (sodium acid pyrophosphate, sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), yellow 5, yellow 6. Contains: FISH (COD), WHEAT, MILK

Nutrition Facts	
Serving Size 1 fillet (approx)	
Calories 150	
Total Fat 7 g	9%
Saturated 0.5g	
+ Trans 0g	3%
Cholesterol 30mg	9%
Sodium 230mg	10%
Carbohydrate 10 g	3%
Fibre 0g	
Sugar 0g	
Protein 10g	
Vitamin D 0%	
Calcium 0%	
Potassium	
Iron 0%	

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, crystallized 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, toasted wheat crumbs, salt, dextrose, sugar, spices, sodium phosphate, spice extracts, flavor, soy flour. May contain Mustard.

Nutrition Facts

Per 100 g

Amount Per Serving %Daily Value

Calories	310	
Total Fat	2.7g	
Saturated	10g	
+ Trans	0.2g	51%
Cholesterol	55mg	
Sodium	800 mg	
Carbohydrate	4g	
Fiber	0g	
Sugar	2g	
Protein	13g	
Iron	4%	
Vitamin A		0%
Calcium		2%
Iron		4%

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 80mg

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 15g 23%

Saturated 7g

+ Trans 0.3g 37%

Cholesterol 65mg

Sodium 700mg 29%

Carbohydrate 44g 15%

Fibre 5g 20%

Sugar 8g

Protein 27g

Vitamin A 10%

Vitamin C 40%

Calcium 30%

Iron 30%

46. Savory Salmon Hand Pie

Ingredients: Puff Pastry (Enriched wheat flour, Vegetable shortening, Water, Salt, Soya Lecithin, Sodium Propionate, Potassium Sorbate, Artificial Flavor, Lemon Juice Powder, Artificial Color), Sockeye Salmon, Spinach Artichoke Dip (Artichokes, Spinach, Water, Cream Cheese (Milk), Cream Whipped (Milk), Cheese Parmesan (Milk), Onion, Sour Cream (Milk), Canola Oil, Wheat Flour (Wheat), Cream (Milk), Nacho Cheese (Milk), Sea Salt, Crushed Garlic, Modified Corn Starch, Chili Flakes. **CONTAINS:** fish, wheat, milk

Nutrition Facts

Serving Size 100g (1 pie)

Amount Per Serving	%Daily Value
Calories 282	
Total Fat 18g	24%
Saturated 7g	
+ Trans 0.1g	36%
Cholesterol 24mg	8%
Sodium 259mg	11%
Carbohydrate 19g	6%
Fibre 1g	1%
Sugar 1g	
Protein 10g	
Potassium 126 mg	3%
Calcium 0 %	
Iron 4%	