

# BBQ 2021

## 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 silicate (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), onion powder.

#### 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. 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.		

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	
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 1 g	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.  
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%	

## 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*
<b>Calories</b> 200	
<b>Fat</b> 10g	<b>16%</b>
<b>Saturated Fat</b> 1g	
<b>+Trans</b> 0g	<b>5%</b>
<b>Cholesterol</b> 15g	<b>5%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Carbohydrate</b> 16g	<b>5%</b>
<b>Fibre</b> 3g	<b>12%</b>
<b>Sugars</b> 3g	
<b>Protein</b> 12g	
<b>Vitamin A</b> 0%	
<b>Vitamin C</b> 0%	
<b>Iron</b> 10%	
<b>Calcium</b> 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
<b>Calories</b> 180	
<b>Total Fat</b> 8g	<b>12%</b>
<b>Saturated</b> 1g	
<b>+ Trans</b> 0g	<b>5%</b>
<b>Cholesterol</b> 30mg	
<b>Sodium</b> 270mg	<b>11%</b>
<b>Carbohydrate</b> 17g	<b>6%</b>
<b>Fiber</b> 0g	<b>0%</b>
<b>Sugar</b> 1g	
<b>Protein</b> 10g	
<b>Vitamin A</b> 0%	
<b>Vitamin C</b> 0%	
<b>Calcium</b> 0%	
<b>Iron</b> 2%	

## 12. 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

<b>Calories</b> 154
<b>Total Fat</b> 4g
<b>Saturated</b> 2g
<b>+ Trans</b> 0g
<b>Cholesterol</b> 45mg
<b>Sodium</b> 405mg
<b>Carbohydrate</b> 9g
<b>Fibre</b> 0g
<b>Sugar</b> 0g
<b>Protein</b> 19g
<b>Vitamin A</b> 32 RE
<b>Vitamin C</b> 1 mg
<b>Calcium</b> 71 mg
<b>Iron</b> 1mg

## 13. 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

## 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. Turkey Breakfast Sausage \*NEW\*

**Ingredients:** turkey (Meadow Valley Meats), water, Meadow Valley Meats poultry sausage seasoning & binder (toasted wheat crumbs, salt, potato starch, modified milk solids, spices, mustard, sodium erythrobate, dried vinegar). **Bovine/Beef Casing: Beef/Bovine Collagen**

Nutrition Facts	
Serving Size 100g	
Amount Per Serving	%Daily Value
<b>Calories</b> 190	
<b>Total Fat</b> 14g	<b>18%</b>
<b>Saturated</b> 4.5g	
<b>+ Trans</b> 0g	<b>22%</b>
<b>Carbohydrate</b> 5g	
<b>Fibre</b> 0g	
<b>Sugar</b> 1g	<b>1%</b>
<b>Protein</b> 12g	
<b>Cholesterol</b> 80mg	
<b>Sodium</b> 640mg	<b>28%</b>
<b>Potassium</b> 150mg	<b>3%</b>
<b>Calcium</b> 125 mg	<b>10%</b>
<b>Iron</b> 1.75 mg	<b>9%</b>

## 17. Ground Turkey, lean

**Ingredients:** fine ground turkey

Nutrition Facts	
Serving Size ½ cup (100g)	
Amount Per Serving	%Daily Value*
<b>Calories</b> 170	
<b>Fat</b> 12g	<b>18%</b>
<b>Saturated Fat</b> 3g	
<b>+Trans</b> 0.1 g	
<b>Cholesterol</b> 90mg	
<b>Sodium</b> 75mg	<b>3%</b>
<b>Carbohydrate</b> 0g	
<b>Fibre</b> 0g	
<b>Sugars</b> 0g	
<b>Protein</b> 17g	
<b>Vitamin A</b> 2%	
<b>Vitamin C</b> 2%	
<b>Iron</b> 15%	
<b>Calcium</b> 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
<b>Calories</b> 390	
<b>Total Fat</b> 21g	<b>32%</b>
<b>Saturated</b> 8g	
<b>+ Trans</b> .3g	<b>42%</b>
<b>Cholesterol</b> 30mg	
<b>Sodium</b> 910mg	<b>38%</b>
<b>Carbohydrate</b> 36g	<b>12%</b>
<b>Fibre</b> 1g	<b>4%</b>
<b>Sugar</b> 3g	
<b>Protein</b> 12g	
<b>Vitamin A</b> 4%	
<b>Vitamin C</b> 25%	
<b>Calcium</b> 2%	
<b>Iron</b> 10%	

## 19. Chopped Steak Burgers

**Ingredients:** beef, water, soy protein isolate and soy lecithin, salt, seasoning (salt, spices, sugar, dehydrated onion, dehydrated garlic, cornstarch, vegetable oil, citric acid, silicon acid dioxide (mfg aid))

**Contains:** soy

**May contain:** wheat, egg, mustard, milk

Nutrition Facts	
Serving Size 100 gr	
Amount Per Serving	%Daily Value
Calories 254	
Total Fat 20g	
Saturated 8g	
+ Trans 0g	
Cholesterol 86mg	
Sodium 317mg	
Carbohydrate 0g	
Fibre 0g	
Sugar 0g	
Protein 17g	
Vitamin A 7 RE	
Vitamin C 2 mg	
Calcium 15 mg	
Iron 3 mg	

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

## 23. 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	
<b>Calories</b> 200	
<b>Total Fat</b> 11g	
<b>Saturated</b> 3g	
<b>+ Trans</b> 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 363.36mg	
<b>Carbohydrate</b> 9g.	
<b>Fiber</b> 6g.	
<b>Sugar</b> 0g.	
<b>Protein</b> 18g.	
<b>Sodium</b> 440 mg.	
<b>Potassium</b> 600 mg.	

## 24. 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
<b>Calories</b> 220	
<b>Total Fat</b> 11g	<b>17%</b>
<b>Saturated</b> 1g	
<b>+ Trans</b> 0g	<b>47%</b>
<b>Cholesterol</b> 20mg	
<b>Sodium</b> 310mg	<b>13%</b>
<b>Carbohydrate</b> 19g	<b>6%</b>
<b>Fibre</b> 2g	<b>8%</b>
<b>Sugar</b> 2g	
<b>Protein</b> 11g	<b>22%</b>
<b>Vitamin A</b> 0%	
<b>Vitamin C</b> 0%	
<b>Calcium</b> 0%	
<b>Iron</b> 4%	



25. 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 60mgg	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%	

26. 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	

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 217.21	
Total Fat 16.03g	
Saturated 5.54g	
+ Trans 0g	
Cholesterol 51.67 mg	
Sodium 698.4mg	
Carbohydrate 1.16g	
Fibre 0.05 g	
Sugar 0.98 g	
Protein 15.91 g	
Vitamin A 36.54 RE	
Vitamin C 0.74 mg	
Calcium 23.87 mg	
Iron 1.04 mg	

## 28. Top Sirloin Steaks

**Ingredients:** AA-AAA beef

Nutrition Facts	
Serving Size 1 steak (6 oz)	
Amount Per Serving	%Daily Value
Calories 315	
Total Fat 22g	
Saturated 0g + Trans 0g	
Polyunsaturated 0g	
Monounsaturated 0g	
Cholesterol 120mg	
Sodium 90mg	
Potassium 509mg	
Carbohydrate 0g	
Fibre 0g	
Sugar 0g	
Protein 35g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 0%	
Iron 15%	

## 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 85mg	
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, soy 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. Seasoned Beef Meatballs

Ingredients: beef, water, textured soy protein, 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).

Contains: soy, milk, wheat, sesame seeds

Nutrition Facts	
Serving Size 6 meatballs (85g)	
Amount Per Serving	
Calories	230
Total Fat	16g 25%
Saturated	7g
+Trans	1g 40%
Cholesterol	40mg
Sodium	600mg 25%
Carbohydrate	5g 2%
Fibre	1g 4%
Sugar	2g
Protein	13g
Vitamin A	0%
Vitamin C	0 %
Calcium	2 %
Iron	10 %

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 350mg	15%
Carbohydrate 3g	1%
Fibre 0g	0%
Sugar 2g	
Protein 32g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 4%	
Iron 15%	

35. Wild Spring Salmon Fillets

**Ingredients:** Wild Spring (Chinook) salmon (boneless skinless)

Nutrition Facts	
Serving Size ½ fillet (3 oz)	
Amount Per Serving	
Calories 354	
Total Fat 20.56g	
Saturated 6.138g	
Cholesterol 99mg	
Sodium 93mg	
Carbohydrate 0g	
Fiber 0g	
Sugar 0g	
Protein 39.46g	
Vitamin A 30%	
Vitamin C 9 %	
Potassium 17 %	
Calcium 4 %	
Iron 3 %	

36. 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 %

37. 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

38. 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 %

39. 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%

# 40. Creamy Bacon Pasta Combo:

## Five Cheese Bacon Macaroni

**Ingredients:** Milk, cavatappi macaroni (durum semolina, water), sharp cheddar cheese (pasteurized milk, bacterial culture, salt, microbial enzymes, annatto color), bacon (cured with water, salt, sugar, sodium phosphate, sodium erythrobate, sodium nitrate, may contain smoke), mozzarella cheese (part skim milk, milk, bacterial culture, salt calcium chloride, microbial enzymes), processed sharp cheddar (cheddar cheese, whey, water, cream, less than 2% sorbic acid, annatto color, xanthan gum), whipping cream (cream, milk, carrageenan), Romano cheese (milk, bacterial culture, salt, microbial enzymes), modified corn starch, salt, Mascarpone cheese (cream, milk, skim milk powder, locust bean gum, citric acid, carrageenan), Parmesan cheese (milk, bacterial culture, salt, microbial enzymes), LAE, spices (contains mustard), nisin Preparation (salt, nisin), beta carotene, color, Natamycin. Contains: wheat, milk, mustard. May contain: egg, sesame, soy.

Nutrition Facts	
Serving Size ¼ tray (300 gr)	
Amount Per Serving	%Daily Value
Calories 620	
Total Fat 33g	44%
Saturated 19g	
+ Trans 0.3g	95%
Carbohydrate 47g	7%
Fibre 3g	12%
Sugar 8g	
Protein 33g	
Cholesterol 110mg	
Sodium 1490mg	
Potassium 250 mg	
Calcium 500 mg	38%
Iron 2.25 mg	13%

# Creamy Turkey Casarecce with Bacon:

**Ingredients:** Casarecce pasta (durum wheat semolina, niacin, ferrous sulphate, thiamine mononitrate, riboflavin, folic acid), water, ground turkey, skim milk powder, Romano cheese, whipping cream (cream, milk, carrageenan), bacon (cured with water, salt, sugar, sodium phosphate, sodium erythrobate, sodium nitrate, may contain smoke), modified cornstarch, canola oil, garlic, butter, Parmesan cheese, herbs and spices (includes mustard), salt, seasoning (salt, spices, sugar, dehydrated garlic, cornstarch, vegetable oil, citric acid, silicon dioxide as manufacturing aid), wheat flour, yeast extract, citric acid. Contains: Milk, mustard, wheat. May contain: egg, sesame, soy.

Nutrition Facts	
Serving Size ¼ tray (300 gr)	
Amount Per Serving	%Daily Value
Calories 400	
Total Fat 13g	17%
Saturated 6g	
+ Trans 0.3g	30%
Carbohydrate 51g	
Fibre 2g	7%
Sugar 3g	
Protein 20 g	
Cholesterol 45mg	
Sodium 940mg	
Potassium 125 mg	
Calcium 125 mg	10%
Iron 2.5 mg	14%

# 41. 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, maltodextrin, sugar, color, potato starch, modified corn starch, dextrose, hydrogenated cotto nseed 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%	

## 42. 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
<b>Calories</b> 440	
<b>Total Fat</b> 15 g	23%
<b>Saturated</b> 7 g	
<b>+ Trans</b> 0.3 g	37%
<b>Cholesterol</b> 65 mg	
<b>Sodium</b> 700mg	29%
<b>Carbohydrate</b> 44g	15%
<b>Fibre</b> 5g	20%
<b>Sugar</b> 8g	
<b>Protein</b> 27 g	
<b>Vitamin A</b>	10%
<b>Vitamin C</b>	40%
<b>Calcium</b>	30%
<b>Iron</b>	30%

## 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
<b>Calories</b> 300	
<b>Total Fat</b> 12g	18%
<b>Saturated</b> 6g	
<b>+ Trans</b> 0.2g	31%
<b>Cholesterol</b> 25mg	
<b>Sodium</b> 580mg	28%
<b>Carbohydrate</b> 31g	10%
<b>Fibre</b> 3g	12%
<b>Sugar</b> 6g	
<b>Protein</b> 17g	
<b>Vitamin A</b>	6%
<b>Vitamin C</b>	8%
<b>Calcium</b>	25%
<b>Iron</b>	25%

## 44. 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
<b>Calories</b> 282	
<b>Total Fat</b> 18g	24%
<b>Saturated</b> 7g	
<b>+ Trans</b> 0.1g	36%
<b>Cholesterol</b> 24 mg	8%
<b>Sodium</b> 259mg	11%
<b>Carbohydrate</b> 19g	6%
<b>Fibre</b> 1g	1%
<b>Sugar</b> 1 g	
<b>Protein</b> 10g	
<b>Potassium</b> 126 mg	3%
<b>Calcium</b> 0 %	
<b>Iron</b> 4%	

45. 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	21 g	32 %
Saturated	5g	
+ Trans	0.1 g	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 %	

46. 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%



## ~ COOKIE DOUGH ~

**PLEASE NOTE:** Some dessert items may not currently be available. Check YOUR ORDER FORM for availability.

**Chocolate chip:** Flour, Non Hydrogenated Margarine, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soya Lecithin, Salt), Brown Sugar, White Sugar, Invert Syrup, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

**Oatmeal chocolate chip:** Flour, Non Hydrogenated Margarine, Oats, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soya Lecithin, Salt), White Sugar, Brown Sugar, Invert Syrup, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

**Reeses Pieces Peanut Butter:** Flour, Non Hydrogenated Margarine, Reeses Pieces (Sugar, Partially Defatted Peanut Oil, Blend of Vegetable Oils, Non Fat Milk, Dextrose, Glucose Solids, Salt, Artificial Colour, Corn Starch, Soya Lecithin, Shellac, Carnauba Wax, Artificial Flavour), Peanut Butter, Brown Sugar, White Sugar, Invert Syrup, Peanuts, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

**Blondies:** Flour, Non Hydrogenated Margarine, White Chocolate (Sugar, Cocoa Butter, Milk Ingredients, Modified Milk Ingredients, Soya Lecithin), Brown Sugar, White Sugar, Invert Syrup, Cocoa, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt

**Circus Circus:** Flour, Non Hydrogenated Margarine, Brown Sugar, White Sugar, Smarties (Milk Chocolate (Sugar, Milk Ingredients, Cocoa Butter, Unsweetened Chocolate, Soya Lecithin, Artificial Flavour), Sugar, Wheat Flour, Corn Starch, Carnauba Wax, Colour) Invert Syrup, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

**Double Chocolate Chip:** Flour, Non Hydrogenated Margarine, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soya Lecithin, Salt), Brown Sugar, White Sugar, Invert Syrup, Cocoa, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

**Sugar Cookie:** Flour, Non Hydrogenated Margarine, White sugar, water, eggs, salt, imitation vanilla.

### **\*\* ALLERGY ALERT \*\***

All desserts produced in a factory that uses peanuts and other nuts unless otherwise stated.

### **COOKIE NUTRITIONAL INFORMATION**

Serving Size 28g	
Amount Per Serving	%Daily Value
Calories 100	
Total Fat 7g	11%
Saturated 2g	
+ Trans 0g	10%
Cholesterol 5mg	
Sodium 110mg	4%
Carbohydrate 17g	6%
Fibre 0g	6%
Sugar 10g	
Protein 2g	
Vitamin A 6%	
Vitamin C 0%	
Calcium 0%	
Iron 6%	

### **Baking Instructions:**

Preheat oven to 300\*. Place frozen cookie dough on to ungreased baking sheet allowing room for cookies to spread. Bake approx 16-17 min, let cool 15 min before removing from pan.

Shortbread: Preheat oven to 350\* and bake approx 15 min.

### **Storage Instructions:**

Cookies are best kept in the freezer (up to 6 months) or in the refrigerator (up to 3 weeks).

**White Chocolate Macadamia:** Flour, non Hydrogenated margarine, brown sugar, white sugar, white chocolate (sugar, cocoa butter, milk ingredients, modified milk ingredients, soya lecithin), Macadamia nuts, coconut, invert syrup, whole eggs, molasses, baking soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt

**Oatmeal Raisin:** Flour, Non Hydrogenated Margarine, Raisins, Oats, White Sugar, Brown Sugar, Invert Syrup, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Cinnamon, Salt.

**Craisin Pecan:** Flour, Non Hydrogenated Margarine, Oats, white sugar, brown sugar, invert syrup, pecans, dried cranberries, whole eggs, molasses, baking soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

**Macadamia Milk Chocolate:** Flour, non Hydrogenated margarine, raisins, brown sugar, white sugar, milk chocolate (sugar, cocoa butter, chocolate liquor, whole milk powder, powdered whey protein concentrate, whey powder, soya lecithin, salt), Macadamia nuts, invert syrup, whole eggs, molasses, baking soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt

**Shortbread:** Flour, BUTTER, white sugar, brown sugar, butter, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt

**Craisin Pecan:** Flour, Non Hydrogenated Margarine, Oats, white sugar, brown sugar, invert syrup, pecans, dried cranberries, whole eggs, molasses, baking soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

**Chocolate Chip Shortbread:** Flour, BUTTER, white sugar, brown sugar, butter, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt, Chocolate Chips

**Peanut Butter:** Flour, Non Hydrogenated Margarine, peanut butter, white sugar, brown sugar, Invert syrup, peanuts, eggs, molasses, baking soda, vanilla, salt, vanillin.

**Double Chocolate Brownie Batter:** Salt, Water, Partially Hydrogenated Soybean Oil, Cocoa, Corn Syrup Solids, Eggs Whites, Sugar, Flour, Chocolate Chunks, (Sugar, Chocolate Liquor, Cocoa Butter, Soya Lecithin, Salt, Artificial Flavour, Colour, Lecithin, Baking Soda, Baking Powder

## ~ Pies & Turnovers ~

**PLEASE NOTE:** Some dessert items may not currently be available. Check YOUR ORDER FORM for availability.

### **STRAWBERRY RHUBARB PIE:**

**Pastry** – wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

**Filling** – Apple (ascorbic acid, salt, citric acid), Blackberry, Sugar, Modified corn starch, Lemon juice from concentrate (water, natural lemon juice concentrate, sulphites, lemon oil)

### **PEACH APPLE PIE**

**Pastry** – wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

**Filling** – Apple (ascorbic acid, salt, citric acid), Peach, Sugar, Modified corn starch

### **RASPBERRY RHUBARB PIE**

**Pastry** – wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

**Filling:** Rhubarb, Raspberries, Sugar, Modified corn starch

### **BUMBLEBERRY PIE**

**Pastry** - wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

**Filling** - Strawberries, Raspberries, Blueberries, Apple (ascorbic acid, salt, citric acid), Rhubarb, Sugar, Modified corn starch

### **BLACKBERRY APPLE PIE**

**Pastry** - wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

**Filling** - Apple (ascorbic acid, salt, citric acid), Blackberry, Sugar, Modified corn starch, Lemon juice from concentrate (water, natural lemon juice concentrate, sulphites, lemon oil)

### **Cinnamon Apple Turnover**

**Pastry** - wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

**FILLING:** Apple (ascorbic acid, salt, citric acid), Sugar, Modified corn starch, Lemon juice from concentrate (water, natural lemon juice concentrate, sulphites, lemon oil), Cinnamon

### **Cherry Apple Turnover**

**Pastry** - wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

**FILLING:** Cherry, Apple (ascorbic acid, salt, citric acid), Sugar, Modified corn starch, Lemon juice from concentrate (water, natural lemon juice concentrate, sulphites, lemon oil)

### **Caramel Crumble Pie:**

**Pastry** - wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

**FILLING:** Apple (ascorbic acid, salt, citric acid), Sugar, Modified corn starch, Lemon juice from concentrate (water, natural lemon juice concentrate, sulphites, lemon oil), cinnamon. **Topping:** Sugar, oats, modified palm/palm kernel/canola, margarine (milk, soy), wheat flour, spice, baking powder, salt

### **Blackberry Peach Crumble Pie**

**Pastry** - wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

**FILLING:** Peach, blackberry, Sugar, Modified corn starch. **Topping:** Sugar, oats, modified palm/palm kernel/canola, margarine (milk, soy), wheat flour, spice, baking powder, salt

## ~ Baked Pies & Seasonal ~

**PLEASE NOTE:** Some dessert items may not currently be available. Check **YOUR ORDER FORM** for availability.

### **PECAN PIE -baked**

**Pastry** – enriched wheat flour, vegetable oil (palm oil, soybean or canola oil and modified palm oil), water, sugar, salt, dextrose, sodium propionate,

**Filling** – Glucose, sugar, liquid whole egg, water, vegetable oil (soybean and/or canola oil), enriched wheat flour, modified corn starch, soy lecithin, natural and artificial flavour (contains milk), salt natural and artificial flavour (Contains sulphites), stabilizer (locust bean gum, carrageenan, potassium chloride, dextrose).

**Topping** – Pecans

#### **Nutritional Data**

Per 1/10 of pie(1010 gr.

##### **Amount Per Serving**

<b>Calories</b>	230	
<b>Total Fat</b>	7g	11%
<b>Saturated</b>	2g	9%
<b>+ Trans</b>	0g	
<b>Cholesterol</b>	50mg	
<b>Sodium</b>	280mg	12%
<b>Carbohydrate</b>	35 g	12%
<b>Fibre</b>	1g	
<b>Sugar</b>	22g	
<b>Protein</b>	6g	
<b>Vitamin A</b>		20%
<b>Vitamin C</b>		0%
<b>Calcium</b>		10%
<b>Iron</b>		10%

### **PUMPKIN PIE -baked**

**Pastry** – enriched wheat flour, vegetable oil (palm oil, soybean or canola oil and modified palm and palm kernel), water, sugar, dextrose, salt, baking powder, sodium propionate, potassium sorbate, natural and artificial flavour(contains dairy ingredients).

**Filling** – Pumpkin, water, liquid whole egg, sugar, skim milk powder, brown sugar, modified corn starch, vegetable oil (soybean and/or canola), spices (contains sulphites)salt, locust bean gum, carrageenan, potassium chloride, dextrose. May contain trace amount of nuts, soy products.

#### **Nutritional Data**

Per 1/8 of pie(1010 gr.

##### **Amount Per Serving**

<b>Calories</b>	200	
<b>Total Fat</b>	8g	13%
<b>Saturated</b>	5g	26%
<b>+ Trans</b>	0.2g	
<b>Cholesterol</b>	20mg	
<b>Sodium</b>	15mg	1%
<b>Carbohydrate</b>	30 g	10%
<b>Fibre</b>	1g	5%
<b>Sugar</b>	10g	
<b>Protein</b>	2g	
<b>Vitamin A</b>		6%
<b>Vitamin C</b>		0 %
<b>Calcium</b>		2 %
<b>Iron</b>		4 %

### **WENDELS GLUTEN FREE APPLE PIE -baked**

**Apples**, water, butter, organic cane sugar, white rice flour, potato starch, organic brown cane sugar, tapioca starch, brown rice flour, flaxseed, corn starch, milk, lemon juice, cinnamon, agar, nutmeg, sea salt, citric acid. Contains: dairy

#### **Nutritional Data**

Per 1/8 of pie(1010 gr.

##### **Amount Per Serving**

<b>Calories</b>	190	
<b>Total Fat</b>	8g	12%
<b>Saturated</b>	4.5g	23%
<b>+ Trans</b>	0.3g	
<b>Cholesterol</b>	15mg	
<b>Sodium</b>	115mg	5%
<b>Carbohydrate</b>	35 g	12%
<b>Fibre</b>	1g	5%
<b>Sugar</b>	15g	
<b>Protein</b>	2g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		90 %
<b>Calcium</b>		2 %
<b>Iron</b>		4 %

## **WENDELS GLUTEN FREE**

### **Chocolate Chip Cookie Dough Pucks:**

Chocolate Chips (sugar, cocoa mass, cocoa butter emulsifier (sunflower oil lecithin), natural vanilla flavouring), white rice flour, organic brown cane sugar, potato starch, organic cane sugar, water, soy flour (soybeans), corn starch, brown rice flour, organic vanilla extract (water, organic alcohol, organic vanilla beans), sea salt, baking powder, chia seeds, baking soda. Contains Soy.

#### **Nutritional Data**

Per cookie (28g)

##### **Amount Per Serving**

<b>Calories</b>	120	
<b>Total Fat</b>	6g	10%
<b>Saturated</b>	3.5g	16%
<b>+ Trans</b>	0g	
<b>Cholesterol</b>	0mg	
<b>Sodium</b>	115mg	5%
<b>Carbohydrate</b>	15 g	5%
<b>Fibre</b>	1g	3%
<b>Sugar</b>	8g	
<b>Protein</b>	1g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0 %
<b>Calcium</b>		2 %
<b>Iron</b>		2 %

### **3" Tart Shells:**

Enriched Wheat flour, canola, modified palm and palm oil shortening, water, corn starch, corn flour, dextrose, salt, soya lecithin, protease enzyme, sodium propionate.  
**CONTAINS WHEAT AND SOY**

#### **Nutritional Data**

Per shell (18g)

##### **Amount Per Serving**

<b>Calories</b>	80	
<b>Total Fat</b>	5g	8%
<b>Saturated</b>	1.5g	8%
<b>+ Trans</b>	0g	
<b>Cholesterol</b>	0mg	
<b>Sodium</b>	55mg	2%
<b>Carbohydrate</b>	8 g	3%
<b>Fibre</b>	0g	0%
<b>Sugar</b>	1g	
<b>Protein</b>	1g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0 %
<b>Calcium</b>		0 %
<b>Iron</b>		2 %

### **New York Cheesecake:**

Cream cheese (milk ingredients, salt, bacterial culture, carob bean gum), graham crumbs (wheat flour, graham flour, palm oil, corn syrup, blackstrap molasses, salt, sodium bicarbonate), sugar, whole eggs, palm & canola margarine (contains milk), water, sugar, sugarcane fibre, modified milk ingredients, modified tapioca starch, natural flavor (contains milk).

#### **Nutritional Data**

Per ¼ cake (64g)

##### **Amount Per Serving**

<b>Calories</b>	210	
<b>Total Fat</b>	13g	20%
<b>Saturated</b>	7g	35%
<b>+ Trans</b>	0.2g	
<b>Cholesterol</b>	45mg	
<b>Sodium</b>	220mg	9%
<b>Carbohydrate</b>	21 g	7%
<b>Fibre</b>	1g	2%
<b>Sugar</b>	14g	
<b>Protein</b>	4g	
<b>Vitamin A</b>	15 %	
<b>Vitamin C</b>	0 %	
<b>Calcium</b>	4 %	
<b>Iron</b>	2 %	

### **Triple Chocolate Cheesecake**

Cream cheese (milk ingredients, salt, bacterial culture, carob bean gum), graham crumbs (wheat flour, graham flour, palm oil, corn syrup, blackstrap molasses, salt, sodium bicarbonate), sugar, whole eggs, palm & canola margarine (contains milk), water, chocolate (sugar, chocolate liquor, cocoa butter, whole milk powder, black cocoa powder, soya lecithin, vanilla), sugarcane fiber, modified milk ingredients, modified tapioca starch.

#### **Nutritional Data**

Per ¼ cake (64g)

##### **Amount Per Serving**

<b>Calories</b>	220	
<b>Total Fat</b>	13g	21%
<b>Saturated</b>	7g	37%
<b>+ Trans</b>	0.2g	
<b>Cholesterol</b>	40mg	
<b>Sodium</b>	220mg	9%
<b>Carbohydrate</b>	22 g	7%
<b>Fibre</b>	1g	2%
<b>Sugar</b>	15g	
<b>Protein</b>	4g	
<b>Vitamin A</b>	10 %	
<b>Vitamin C</b>	0 %	
<b>Calcium</b>	4 %	
<b>Iron</b>	4 %	

# Turtle Cheesecake 8

Cream cheese (milk ingredients, salt, bacterial culture, carob bean gum), graham crumbs (wheat flour, graham flour, palm oil, corn syrup, blackstrap molasses, salt, sodium bicarbonate), sugar, whole eggs, palm & canola margarine (contains milk), chocolate (sugar, chocolate liquor, cocoa butter, whole milk powder, black cocoa powder, soya lecithin, vanilla), sugarcane fiber, dulce de leche (sugar, modified milk ingredients, water, corn syrup, vegetable oil (canola), sodium alginate, potassium sorbate, soya lecithin, mono and diglycerides (from soybean oil), sodium polyphosphate, pecans, glucose, modified milk ingredients, whipping cream (cream cellulose gum, milk solids, carrageenan), canola oil, modified tapioca starch, natural flavor (contains milk), artificial flavor, soy lethicin.

Nutritional Data		
Per ¼ cake (64g)		
Amount Per Serving		
Calories	210	
Total Fat	13g	20%
Saturated	7g	35%
+ Trans	0.2g	
Cholesterol	45mg	
Sodium	220mg	9%
Carbohydrate	21 g.	7%
Fibre	1g	2%
Sugar	14g	
Protein	4g	
Vitamin A	15 %	
Vitamin C	0 %	
Calcium	4 %	
Iron	2 %	

# Strawberry Cheesecake 8”

Cream cheese (milk ingredients, salt, bacterial culture, carob bean gum), graham crumbs (wheat flour, graham flour, palm oil, corn syrup, blackstrap molasses, salt, sodium bicarbonate), sugar, Strawberry filling (water, sugar, strawberries, modified tapioca starch, modified corn starch, citric acid, salt, colour, sodium benzoate, potassium sorbate), whole eggs, palm & canola margarine (contains milk), water, sugarcane fibre, modified milk ingredients, modified tapioca starch

Nutritional Data		
Per ¼ cake (64g)		
Amount Per Serving		
Calories	200	
Total Fat	11g	18%
Saturated	6g	32%
+ Trans	0.2g	
Cholesterol	10mg	
Sodium	210mg	9%
Carbohydrate	22 g.	7%
Fibre	0g	0%
Sugar	15g	
Protein	3g	
Vitamin A	15 %	
Vitamin C	0 %	
Calcium	6 %	
Iron	2 %	