

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

Vitamin A 2%

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

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

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 | |
| 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.

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* |
|-------------------------|---------------|
| 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, 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 |

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 100g | |
| 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 |
| Calories 190 | |
| Total Fat 14g | 18% |
| Saturated 4.5g | |
| + Trans 0g | 22% |
| Carbohydrate 5g | |
| Fibre 0g | |
| Sugar 1g | 1% |
| Protein 12g | |
| Cholesterol 80mg | |
| Sodium 640mg | 28% |
| Potassium 150mg | 3% |
| Calcium 125 mg | 10% |
| Iron 1.75 mg | 9% |

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. 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 |
| 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% | |

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 | |
| 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. | |

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 |
| 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% | |

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 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% | |

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 688.4 mg | |
| Carbohydrate 1.16 g | |
| 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 | 6g 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 1/2 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 |
| 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% |

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. 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 18 g | 24% |
| Saturated 7 g | |
| + Trans 0.1g | 36% |
| Cholesterol 24 mg | 8% |
| Sodium 259 mg | 11% |
| Carbohydrate 19 g | 6% |
| Fibre 1g | 1% |
| Sugar 1 g | |
| Protein 10 g | |
| Potassium 126 mg | 3% |
| Calcium 0 % | |
| Iron 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 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% | |

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

| Amount Per Serving | %Daily Value |
|-------------------------|--------------|
| Serving Size 28g | |
| 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

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

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

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

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

| | | |
|---------------------|-------|----|
| Calories | 80 | |
| Total Fat | 5g | 8% |
| Saturated | 1.5g | 8% |
| + Trans | 0g | |
| Cholesterol | 0mg | |
| Sodium | 55mg | 2% |
| Carbohydrate | 8 gr. | 3% |
| Fibre | 0g | 0% |
| Sugar | 1g | |
| Protein | 1g | |
| Vitamin A | | 0% |
| Vitamin C | | 0% |
| Calcium | | 0% |
| Iron | | 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 1/4 cake (64g)

Amount Per Serving

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

Amount Per Serving

| | | |
|---------------------|--------|-----|
| Calories | 220 | |
| Total Fat | 13g | 21% |
| Saturated | 7g | 37% |
| + Trans | 0.2g | |
| Cholesterol | 40mg | |
| Sodium | 220mg | 9% |
| Carbohydrate | 22 gr. | 7% |
| Fibre | 1g | 2% |
| Sugar | 15g | |
| Protein | 4g | |
| Vitamin A | | 10% |
| Vitamin C | | 0% |
| Calcium | | 4% |
| Iron | | 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 gr. 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 gr. 7% |
| Fibre | 0g 0% |
| Sugar | 15g |
| Protein | 3g |
| Vitamin A | 15 % |
| Vitamin C | 0 % |
| Calcium | 6 % |
| Iron | 2 % |