

NUTRITIONALS - SPRING SUMMER 2024

AA/US SELECT TENDERLOIN STEAK | Product Code #17467

Ingredients: BEEF

| | % DV* / % VQ* | % DV* / % VQ* |
|--|---------------|--|
| Nutrition Facts | | |
| Valeur nutritive | | |
| Per 1 steak (170 g) pour 1 bifteck (170 g) | | |
| Calories 280 | | |
| * DV = Daily Value | | |
| * VQ = valeur quotidienne | | |
| Fat / Lipides 13 g | 17 % | Protein / Protéines 36 g |
| Saturated / saturés 6 g | 33 % | Cholesterol / Cholestérol 95 mg |
| + Trans / trans 0.5 g | | Sodium 105 mg |
| Carbohydrate / Glucides 0 g | | Potassium 500 mg |
| Fibre / Fibres 0 g | 0 % | Calcium 10 mg |
| Sugars / Sucres 0 g | 0 % | Iron / Fer 4.5 mg |
| *5% or less is a little, 15% or more is a lot / *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup | | |

PORK CARNITA "FULLY COOKED" | Product Code #92852

Ingredients: Pork, Water, Dehydrated vegetables (garlic, onion, green bell peppers), Spices, Sugars (sugar, dextrose) Salt, Chili powder [spices, salt, sugar (dextrose), caramel powder, garlic powder, canola oil, silicon dioxide], Silicon dioxide, Lime extract

| | % DV* / % VQ* | % DV* / % VQ* |
|--|---------------|--|
| Nutrition Facts | | |
| Valeur nutritive | | |
| Per 1/5 of package (100 g) pour 1/5 de l'emballage (100 g) | | |
| Calories 140 | | |
| * DV = Daily Value | | |
| * VQ = valeur quotidienne | | |
| Fat / Lipides 7 g | 9 % | Protein / Protéines 19 g |
| Saturated / saturés 2.5 g | 13 % | Cholesterol / Cholestérol 55 mg |
| + Trans / trans 0 g | | Sodium 260 mg |
| Carbohydrate / Glucides 1 g | | Potassium 350 mg |
| Fibre / Fibres 0 g | 0 % | Calcium 10 mg |
| Sugars / Sucres 1 g | 1 % | Iron / Fer 1 mg |
| *5% or less is a little, 15% or more is a lot / *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup | | |

CANADIAN PORK RIB CHOP | Product Code #62022

Ingredients: Pork

| | % DV* / % VQ* | % DV* / % VQ* |
|--|---------------|--|
| Nutrition Facts | | |
| Valeur nutritive | | |
| Per (100 g) pour (100 g) | | |
| Calories 210 | | |
| * DV = Daily Value | | |
| * VQ = valeur quotidienne | | |
| Fat / Lipides 14 g | 19 % | Protein / Protéines 20 g |
| Saturated / saturés 5 g | 25 % | Cholesterol / Cholestérol 60 mg |
| + Trans / trans 0 g | | Sodium 40 mg |
| Carbohydrate / Glucides 0 g | | Potassium 400 mg |
| Fibre / Fibres 0 g | 0 % | Calcium 0 mg |
| Sugars / Sucres 0 g | 0 % | Iron / Fer 0.75 mg |
| *5% or less is a little, 15% or more is a lot / *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup | | |

SMOKEY MAPLE BACON WRAPPED SALMON | Product Code #88602

Ingredients: Salmon, Bacon (pork, water, salt, sugar, sodium erythorbate, sodium phosphate, spices, sodium nitrite, smoke), Sugars (maple sugar, brown sugar), salt, dehydrated red bell pepper, smoke flavour, spice, caramel, flavour. ***CONTAINS: FISH (SALMON)***

| | Amount / Teneur | % DV / % VQ | | Amount / Teneur | % DV / % VQ |
|--|-----------------|-------------|-------------------------------------|-----------------|-------------|
| Nutrition Facts | | | | | |
| Valeur nutritive | | | | | |
| Serving Size 1 fillet (142 g) Portion 1 filet (142 g) | | | | | |
| Calories / Calories 360 | | | | | |
| * DV = Daily Value / VQ = valeur quotidienne | | | | | |
| Fat / Lipides 27 g | | 42 % | Potassium / Potassium 420 mg | | 12 % |
| Saturated / saturés 8 g | | 40 % | Carbohydrate / Glucides 2 g | | 1 % |
| + Trans / trans 0 g | | | Fibre / Fibres 0 g | | 0 % |
| Cholesterol / Cholestérol 80 mg | | | Sugars / Sucres 2 g | | |
| Sodium / Sodium 630 mg | | 26 % | Protein / Protéines 26 g | | |
| Vitamin A / Vitamine A | | 2 % | Vitamin C / Vitamine C | | 0 % |
| Calcium / Calcium | | 2 % | Iron / Fer | | 4 % |

NUTRITIONALS - SPRING SUMMER 2024

ATLANTIC SALMON PORTION BNLS/SKNLS | Product Code #88772

Ingredients: Salmon

| | % DV* / % VQ* | | % DV* / % VQ* |
|---------------------------|--|--|---------------|
| Nutrition Facts | | Protein / Protéines 29 g | |
| Valeur nutritive | | Cholesterol / Cholestérol 80 mg | |
| Per portion (141 g) | Fat / Lipides 19 g 25 % | Sodium 85 mg 4 % | |
| pour portion (141 g) | Saturated / saturés 4.5 g 23 % | Potassium 500 mg 15 % | |
| Calories 290 | + Trans / trans 0 g | Calcium 10 mg 1 % | |
| | Carbohydrate / Glucides 0 g | Iron / Fer 0.5 mg 3 % | |
| | Fibre / Fibres 0 g 0 % | | |
| | Sugars / Sucres 0 g 0 % | | |
| * DV = Daily Value | *5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup | | |
| * VQ = valeur quotidienne | | | |

SMOKED & COOKED PORK BACK RIBS IN BBQ SAUCE | PRODUCT CODE #92862

Pork, Sugar/Glucose-Fructose, Tomato Paste, Cayenne Pepper Sauce (cayenne red peppers, vinegar, water, salt, garlic powder), Vinegar, Modified Corn Starch, Water, Concentrated Pineapple Juice, Spice Extracts (contains mustard), Salt, Refiners' Molasses, Natural Smoke Flavour, Caramel Colour, Tamarind, Sodium Benzoate, Garlic Powder, Onion Powder, Smoke.

CONTAINS: SOY, MUSTARD

| | % DV* / % VQ* | | % DV* / % VQ* |
|---|--|---|---------------|
| Nutrition Facts | | Protein / Protéines 21 g | |
| Valeur nutritive | | Cholesterol / Cholestérol 70 mg 23 % | |
| Per 1/3 rack (140g edible portion) | Fat / Lipides 18 g 24 % | Sodium 340 mg 15 % | |
| pour 1/3 carré (partie comestible de 140 g) | Saturated / saturés 7 g 35 % | Potassium 350 mg 7 % | |
| Calories 320 | + Trans / trans 0.1 g | Calcium 30 mg 2 % | |
| | Carbohydrate / Glucides 18 g | Iron / Fer 1.25 mg 7 % | |
| | Fibre / Fibres 0 g 0 % | | |
| | Sugars / Sucres 17 g 17 % | | |
| * DV = Daily Value | * 5% or less is a little , 15% or more is a lot / 5% ou moins c'est peu , 15% ou plus c'est beaucoup | | |
| * VQ = valeur quotidienne | | | |

AA/US SELECT BONELESS RIBEYE STEAK | Product Code #12272

Ingredients: BEEF

| | % DV* / % VQ* | | % DV* / % VQ* |
|---------------------------|--|---|---------------|
| Nutrition Facts | | Protein / Protéines 114 g | |
| Valeur nutritive | | Cholesterol / Cholestérol 310 mg | |
| Per 1 steak (570 g) | Fat / Lipides 84 g 112 % | Sodium 400 mg 17 % | |
| pour 1 bifteck (570 g) | Saturated / saturés 37 g 200 % | Potassium 1850 mg 54 % | |
| Calories 1270 | + Trans / trans 3 g | Calcium 50 mg 4 % | |
| | Carbohydrate / Glucides 0 g | Iron / Fer 9 mg 50 % | |
| | Fibre / Fibres 0 g 0 % | | |
| | Sugars / Sucres 0 g 0 % | | |
| * DV = Daily Value | *5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup | | |
| * VQ = valeur quotidienne | | | |

NUTRITIONALS - SPRING SUMMER 2024

CERTIFIED ANGUS BEEF® TOP SIRLOIN STEAK | Product Code #14262

Ingredients: BEEF

| | % DV* / % VQ* | % DV* / % VQ* |
|--|---------------|--|
| Nutrition Facts Valeur nutritive | | |
| Per 1 steak (170 g) pour 1 bifteck (170 g) | | |
| Calories 290 | | |
| * DV = Daily Value * VQ = valeur quotidienne | | |
| Fat / Lipides 14 g | 19 % | Protein / Protéines 36 g |
| Saturated / saturés 6 g | 33 % | Cholesterol / Cholestérol 95 mg |
| + Trans / trans 0.5 g | | Sodium 100 mg |
| Carbohydrate / Glucides 0 g | | Potassium 550 mg |
| Fibre / Fibres 0 g | 0 % | Calcium 10 mg |
| Sugars / Sucres 0 g | 0 % | Iron / Fer 4 mg |
| *5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup | | |

CERTIFIED ANGUS BEEF® STRIPLOIN STEAK | Product Code #14442

Ingredients: BEEF

| | % DV* / % VQ* | % DV* / % VQ* |
|--|---------------|--|
| Nutrition Facts Valeur nutritive | | |
| Per 1/2 steak (143 g) pour 1/2 bifteck (143 g) | | |
| Calories 300 | | |
| * DV = Daily Value * VQ = valeur quotidienne | | |
| Fat / Lipides 19 g | 25 % | Protein / Protéines 29 g |
| Saturated / saturés 8 g | 43 % | Cholesterol / Cholestérol 75 mg |
| + Trans / trans 0.5 g | | Sodium 80 mg |
| Carbohydrate / Glucides 0 g | | Potassium 450 mg |
| Fibre / Fibres 0 g | 0 % | Calcium 10 mg |
| Sugars / Sucres 0 g | 0 % | Iron / Fer 3 mg |
| *5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup | | |

BONELESS BOTTOM SIRLOIN "BAVETTE" STEAK | Product Code #18842

Ingredients: Beef, Water, Salt, Sugars (glucose solids), Hydrolyzed soy protein, Spices, papain.

CONTAINS: SOY

| | % DV* / % VQ* | % DV* / % VQ* |
|--|---------------|--|
| Nutrition Facts Valeur nutritive | | |
| Per 1 steak (115 g) pour 1 bifteck (115 g) | | |
| Calories 160 | | |
| * DV = Daily Value * VQ = valeur quotidienne | | |
| Fat / Lipides 9 g | 12 % | Protein / Protéines 20 g |
| Saturated / saturés 3.5 g | 19 % | Cholesterol / Cholestérol 60 mg |
| + Trans / trans 0.3 g | | Sodium 430 mg |
| Carbohydrate / Glucides 0 g | | Potassium 300 mg |
| Fibre / Fibres 0 g | 0 % | Calcium 10 mg |
| Sugars / Sucres 0 g | 0 % | Iron / Fer 2 mg |
| *5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup | | |

NUTRITIONALS - SPRING SUMMER 2024

BACON WRAPPED TENDERLOIN STEAK | PRODUCT CODE #14962

Ingredients: Beef, Bacon: Pork, Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Sodium Bicarbonate, Spices, Smoke.

| | % DV / % VQ* | | % DV / % VQ* |
|--|------------------------------------|-----|---------------------------------------|
| Nutrition Facts Valeur nutritive | Fat / Lipides 1.5 g | 2 % | Protein / Protéines 18 g |
| | Saturated / saturés 0.4 g | 2 % | Cholesterol / Cholestérol 5 mg |
| Per portion (100 g) par portion (100 g) | + Trans / trans 0 g | | Sodium 650 mg 28 % |
| Calories 100 | Carbohydrate / Glucides 4 g | | Potassium 400 mg 9 % |
| | Fibre / Fibres 0 g | 0 % | Calcium 20 mg 2 % |
| | Sugars / Sucres 2 g | 2 % | Iron / Fer 0.75 mg 4 % |
| * 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup | | | |

CERTIFIED ANGUS BEEF® GROUND CHUCK | Product Code #46142

Ingredients: **BEEF**

| | % DV* / % VQ* | | % DV* / % VQ* |
|--|------------------------------------|------|--|
| Nutrition Facts Valeur nutritive | Fat / Lipides 20 g | 27 % | Protein / Protéines 18 g |
| | Saturated / saturés 8 g | 43 % | Cholesterol / Cholestérol 70 mg |
| Per 1 burger (100 g) pour 1 burger (100 g) | + Trans / trans 0.5 g | | Sodium 55 mg 2 % |
| Calories 260 | Carbohydrate / Glucides 0 g | | Potassium 300 mg 9 % |
| | Fibre / Fibres 0 g | 0 % | Calcium 10 mg 1 % |
| | Sugars / Sucres 0 g | 0 % | Iron / Fer 1.75 mg 10 % |
| * 5% or less is a little, 15% or more is a lot / * 5% ou moins c'est peu, 15% ou plus c'est beaucoup | | | |

CERTIFIED ANGUS BEEF® CHUCK BURGER | Product Code #46102

Beef, Water, Salt.

| | Amount / Teneur | % DV / % VQ | | Amount / Teneur | % DV / % VQ | |
|---|---|-------------|------------------------------------|-----------------|-------------|------|
| Nutrition Facts Valeur nutritive | Fat / Lipides 33 g | 51 % | Carbohydrate / Glucides 0 g | | 0 % | |
| | Saturated / saturés 14 g | 73 % | Fibre / Fibres 0 g | | 0 % | |
| Serving Size 1 burger (200 g) Portion 1 burger (200 g) | + Trans / trans 0.5 g | | Sugars / Sucres 0 g | | | |
| Calories / Calories 450 | Cholesterol / Cholestérol 130 mg | | Protein / Protéines 35 g | | | |
| | Sodium / Sodium 330 mg | 14 % | | | | |
| | Vitamin A / Vitamine A | 0 % | Vitamin C / Vitamine C | | 0 % | |
| * DV = Daily Value / VQ = valeur quotidienne | | | Calcium / Calcium | 2 % | Iron / Fer | 25 % |

NUTRITIONALS - SPRING SUMMER 2024

SLOW COOKED BEEF POT ROAST | PRODUCT CODE #92572

Ingredients: Boneless Beef Blade Roast, Water, Beef Juices, Dextrose, Salt, Modified Corn Starch, Hyrdolyzed Corn, Soy and Wheat Proteins, Spices and Spice Extracts, Caramel Colour, Beef Flavour, (hydrolyzed whey and wheat protein), Hydrogenated Soybean and Canola Oils, Onion, Garlic, Sugar, Parsley, Modified Milk Ingredients, Xanthan Gum, Silicon Dioxide.

CONTAINS: MILK, SOY, WHEAT

| Nutrition Facts | % DV / % VQ* | % DV / % VQ* |
|---|---------------------|--|
| Valeur nutritive | | |
| Per 1/6 roast (150 g) pour 1/6 de rôti (150 g) | | |
| Calories 260 | | |
| * DV = Daily Value * VQ = valeur quotidienne | | |
| Fat / Lipides 16 g | 21 % | Protein / Protéines 26 g |
| Saturated / saturés 7 g | | Cholesterol / Cholestérol 70 mg |
| + Trans / trans 0.5 g | 40 % | Sodium 530 mg |
| Carbohydrate / Glucides 1 g | | Potassium 350 mg |
| Fibre / Fibres 0 g | 0 % | Calcium 10 mg |
| Sugars / Sucres 1 g | 1 % | Iron / Fer 2.5 mg |
| | | 14 % |
| * 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup | | |

ITALIAN STYLE COOKED MEATBALLS | PRODUCT CODE #90052

Ingredients: Beef, Water, Toasted Wheat Crumbs, Soy Protein, Salt, Sugar, Spices, Onion Powder, Garlic Powder.

CONTAINS: WHEAT, SOY

| Nutrition Facts | % DV / % VQ* | % DV / % VQ* |
|---|---------------------|--|
| Valeur nutritive | | |
| Per 7 meatballs (100 g) par 7 boulettes de viande (100 g) | | |
| Calories 250 | | |
| * DV = Daily Value * VQ = valeur quotidienne | | |
| Fat / Lipides 19 g | 25 % | Protein / Protéines 16 g |
| Saturated / saturés 9 g | | Cholesterol / Cholestérol 45 mg |
| + Trans / trans 1 g | 50 % | Sodium 450 mg |
| Carbohydrate / Glucides 3 g | | Potassium 250 mg |
| Fibre / Fibres 2 g | 7 % | Calcium 30 mg |
| Sugars / Sucres 0 g | 0 % | Iron / Fer 2.25 mg |
| | | 13 % |
| * 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup | | |

NUTRITIONALS - SPRING SUMMER 2024

STEAKHOUSE BURGER | PRODUCT CODE | #46342/40002

Ingredients: Beef, Water, Toasted Wheat Crumbs, Salt, Soy Protein, Spices & Spice Extracts, Onion, Sugar, Garlic, Flavour, Canola Oil.

CONTAINS: SOY, WHEAT, MUSTARD

| | % DV / % VQ* | | % DV / % VQ* |
|---|--------------|--|--------------|
| Nutrition Facts | | | |
| Valeur nutritive | | | |
| Per 1 burger (170 g) pour 1 burger (170 g) | | Fat / Lipides 33 g | 44 % |
| | | Protein / Protéines 26 g | |
| | | Saturated / saturés 14 g | 70 % |
| | | + Trans / trans 0.4 g | |
| | | Cholesterol / Cholestérol 120 mg | |
| Calories 430 | | Sodium 540 mg | 23 % |
| * DV = Daily Value | | Potassium 400 mg | 9 % |
| * VQ = valeur quotidienne | | Calcium 30 mg | 2 % |
| | | Iron / Fer 3.5 mg | 19 % |
| | | Carbohydrate / Glucides 5 g | |
| | | Fibre / Fibres 0 g | 0 % |
| | | Sugars / Sucres 1 g | 1 % |
| | | * 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup | |

ALL BEEF JUMBO HOT DOGS | PRODUCT CODE #64222

Beef, water, wheat flour, salt, ground spices, corn flour, sodium erythorbate, toasted wheat crumbs, sodium nitrate, smoke

| | % DV / % VQ* | | % DV / % VQ* |
|--|--------------|--|--------------|
| Nutrition Facts | | | |
| Valeur nutritive | | | |
| Per 1 frankfurter (100 g) pour 1 saucisse fumée (100 g) | | Fat / Lipides 11 g | 15 % |
| | | Protein / Protéines 10 g | |
| | | Saturated / saturés 3 g | 15 % |
| | | + Trans / trans 0.1 g | |
| | | Cholesterol / Cholestérol 30 mg | |
| Calories 150 | | Sodium 760 mg | 33 % |
| * DV = Daily Value | | Potassium 175 mg | 4 % |
| * VQ = valeur quotidienne | | Calcium 40 mg | 3 % |
| | | Iron / Fer 1.5 mg | 8 % |
| | | Carbohydrate / Glucides 2 g | |
| | | Fibre / Fibres 1 g | 4 % |
| | | Sugars / Sucres 1 g | 1 % |
| | | * 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup | |

FULLY COOKED CHICKEN WINGS | PRODUCT CODE | #92872

Ingredients: Chicken, Water, Salt, Spices, Onion Powder, Chicken Broth, Garlic Powder, Flavour, Canola Oil.

| | % DV* / % VQ* | | % DV* / % VQ* |
|--|---------------|---|---------------|
| Nutrition Facts | | | |
| Valeur nutritive | | | |
| Per about 4 wings (100 g edible portion) pour environ 4 ailes (100 g de portion comestible) | | Fat / Lipides 21 g | 28 % |
| | | Protein / Protéines 28 g | |
| | | Saturated / saturés 6 g | 31 % |
| | | + Trans / trans 0.1 g | |
| | | Cholesterol / Cholestérol 180 mg | |
| Calories 310 | | Sodium 510 mg | 22 % |
| * DV = Daily Value | | Potassium 300 mg | 6 % |
| * VQ = valeur quotidienne | | Calcium 20 mg | 2 % |
| | | Iron / Fer 0.75 mg | 4 % |
| | | Carbohydrate / Glucides 1 g | |
| | | Fibre / Fibres 0 g | 0 % |
| | | Sugars / Sucres 0 g | 0 % |
| | | * 5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup | |

NUTRITIONALS - SPRING SUMMER 2024

JUST CHICKEN BREAST (BNLS/SKNLS) | Product Code #77162

Ingredients: Chicken

| | % DV* / % VQ* | | % DV* / % VQ* |
|--|---------------|--|---------------|
| Nutrition Facts | | | |
| Valeur nutritive | | | |
| Per portion (141 g) pour portion (141 g) | | | |
| Calories 290 | | | |
| * DV = Daily Value | | | |
| * VQ = valeur quotidienne | | | |
| Fat / Lipides 19 g | 25 % | Protein / Protéines 29 g | |
| Saturated / saturés 4.5 g | | Cholesterol / Cholestérol 80 mg | |
| + Trans / trans 0 g | 23 % | Sodium 85 mg | 4 % |
| Carbohydrate / Glucides 0 g | | Potassium 500 mg | 15 % |
| Fibre / Fibres 0 g | 0 % | Calcium 10 mg | 1 % |
| Sugars / Sucres 0 g | 0 % | Iron / Fer 0.5 mg | 3 % |
| *5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup | | | |

BREADED CHICKEN FINGERS | PRODUCT CODE #71025 *PAR-COOKED

Ingredients: Chicken Breast Fillets, Water, Salt, Sodium Phosphate, Seasoning (Salt, Spice Extract, Polysorbate, Tricalcium Phosphate), in the breading (Toasted Wheat Crumbs with Spices, Wheat Flour, Spices, Dextrose, Garlic Powder, Modified Corn Starch, Yellow Corn Flour, Baking Powder, Vegetable Oil, Shortening (Soy and Cotton Seed) Defatted Soy Flour, Milk Ingredients, Dried Egg, White Powder, Guar Gum, Browned in Soybean and Canola Oil).

CONTAINS: WHEAT, SOY, MILK AND EGG

| | % DV / % VQ* | | % DV / % VQ* |
|--|--------------|--|--------------|
| Nutrition Facts | | | |
| Valeur nutritive | | | |
| Per 3 pieces (100 g) pour 3 morceaux (100 g) | | | |
| Calories 200 | | | |
| * DV = Daily Value | | | |
| * VQ = valeur quotidienne | | | |
| Fat / Lipides 9 g | 12 % | Protein / Protéines 11 g | |
| Saturated / saturés 1.5 g | | Cholesterol / Cholestérol 20 mg | |
| + Trans / trans 0 g | 8 % | Sodium 540 mg | 23 % |
| Carbohydrate / Glucides 21 g | | Potassium 350 mg | 7 % |
| Fibre / Fibres 1 g | 4 % | Calcium 30 mg | 2 % |
| Sugars / Sucres 2 g | 2 % | Iron / Fer 1.5 mg | 8 % |
| * 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup | | | |

CHICKEN SOUVLAKI | Product Code #65632

Ingredients: Chicken Breast, Water, Canola Oil, Flavour (corn starch, dehydrated turkey broth, dextrose, spice extracts), corn syrup solids, sodium phosphates, cooking wine (salt, contains sulphites). Onion Powder, sea salt, lemon juice from concentrate, oranges, sweet paprika powder, garlic powder, spice.

CONTAINS: SULPHITES

| | % DV* / % VQ* | | % DV* / % VQ* |
|--|---------------|--|---------------|
| Nutrition Facts | | | |
| Valeur nutritive | | | |
| Serving Size (65 g) Portion (65 g) | | | |
| Calories 100 | | | |
| * DV = Daily Value | | | |
| * VQ = valeur quotidienne | | | |
| Fat / Lipides 5 g | 7 % | Protein / Protéines 10 g | |
| Saturated / saturés 0.5 g | | Cholesterol / Cholestérol 25 mg | |
| + Trans / trans 0 g | 3 % | Sodium 270 mg | 12 % |
| Carbohydrate / Glucides 2 g | | Potassium 125 mg | 3 % |
| Fibre / Fibres 0 g | 0 % | Calcium 10 mg | 1 % |
| Sugars / Sucres 0 g | 0 % | Iron / Fer 0.5 mg | 3 % |
| *5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup | | | |

NUTRITIONALS - SPRING SUMMER 2024

BUTTERFLY GARLIC SHRIMP | PRODUCT CODE #81272

Ingredients: Shrimp, Water, Garlic, Maltodextrin, Modified Corn Starch, Natural Lemon Flavor, Salt, Sugar, Spices, Xanthan Gum, Corn Syrup, Yeast Extract, Silicon Dioxide, Citric Acid, Sodium Tripolyphosphate (for moisture retention).

| | % DV / % VQ* | | % DV / % VQ* |
|--|------------------------------------|-----|---|
| Nutrition Facts Valeur nutritive | Fat / Lipides 0.5 g | 1 % | Protein / Protéines 18 g |
| | Saturated / saturés 0.2 g | 1 % | Cholesterol / Cholestérol 145 mg |
| Per 4 shrimp (125 g) pour 4 crevette (125 g) | + Trans / trans 0 g | | Sodium 490 mg 21 % |
| Calories 80 | Carbohydrate / Glucides 2 g | | Potassium 125 mg 3 % |
| * DV = Daily Value | Fibre / Fibres 1 g | 4 % | Calcium 200 mg 15 % |
| * VQ = valeur quotidienne | Sugars / Sucres 0 g | 0 % | Iron / Fer 0 mg 0 % |
| * 5% or less is a little , 15% or more is a lot / * 5% ou moins c'est peu , 15% ou plus c'est beaucoup | | | |

RAINBOW TROUT FILLETS SKIN ON-BNLS | Product Code #87212

CONTAINS: FISH

| | % DV* / % VQ* | | % DV* / % VQ* |
|--|------------------------------------|-----|--|
| Nutrition Facts Valeur nutritive | Fat / Lipides 6 g | 8 % | Protein / Protéines 20 g |
| | Saturated / saturés 1.5 g | 8 % | Cholesterol / Cholestérol 60 mg |
| Per (100 g) pour (100 g) | + Trans / trans 0 g | | Sodium 50 mg 2 % |
| Calories 140 | Carbohydrate / Glucides 0 g | | Potassium 400 mg 9 % |
| * DV = Daily Value | Fibre / Fibres 0 g | 0 % | Calcium 30 mg 2 % |
| * VQ = valeur quotidienne | Sugars / Sucres 0 g | 0 % | Iron / Fer 0.3 mg 2 % |
| * 5% or less is a little , 15% or more is a lot / * 5% ou moins c'est peu , 15% ou plus c'est beaucoup | | | |

SCALLOP MEDALLIONS | Product Code #80252

Ingredients: Scallops, Fish Gelatin (cod, haddock, pollock), Salt.

| | % DV* / % VQ* | | % DV* / % VQ* |
|--|-------------------------------------|-----|---|
| Nutrition Facts Valeur nutritive | Fat / Lipides 4.5 g | 6 % | Protein / Protéines 109 g |
| | Saturated / saturés 1 g | 5 % | Cholesterol / Cholestérol 220 mg |
| Per (907 g) pour (907 g) | + Trans / trans 0 g | | Sodium 3560 mg 155 % |
| Calories 590 | Carbohydrate / Glucides 29 g | | Potassium 1850 mg 54 % |
| * DV = Daily Value | Fibre / Fibres 0 g | 0 % | Calcium 50 mg 4 % |
| * VQ = valeur quotidienne | Sugars / Sucres 0 g | 0 % | Iron / Fer 3.5 mg 19 % |
| * 5% or less is a little , 15% or more is a lot / * 5% ou moins c'est peu , 15% ou plus c'est beaucoup | | | |

NUTRITIONALS - SPRING SUMMER 2024

DEBREIZENI SAUSAGE (FULLY COOKED) | PRODUCT CODE #96002

Pork, Water, Salt, Spices and Spice Extracts, Modified Corn Starch, Wheat Flour, Soy Protein, Dextrose, Mustard, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.

CONTAINS: SOY, WHEAT GLUTEN, MUSTARD

| Nutrition Facts | % DV* / % VQ* | Nutrition Facts | % DV* / % VQ* |
|---------------------------|---------------|--|---------------|
| Valeur nutritive | | Protein / Protéines 8 g | |
| Per (70 g) pour (70 g) | | Cholesterol / Cholestérol 45 mg | |
| Calories 240 | | Sodium 680 mg | 30 % |
| * DV = Daily Value | | Potassium -- mg | -- % |
| * VQ = valeur quotidienne | | Calcium -- mg | -- % |
| | | Iron / Fer -- mg | -- % |
| | | * 5 % or less is a little, 15 % or more is a lot / * 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup | |

THICK CUT PEAMEAL BACON | PRODUCT CODE #60062

Pork, Water, Cornmeal, Salt, Sugar, Sodium Phosphate, Sodium Ascorbate, Sodium Bicarbonate, Sodium Nitrite, Polysorbate 80, Spice.

CONTAINS: CORNMEAL

| Nutrition Facts | % DV / % VQ* | Nutrition Facts | % DV / % VQ* |
|--|--------------|--|--------------|
| Valeur nutritive | | Protein / Protéines 18 g | |
| Per portion (100 g) par portion (100 g) | | Cholesterol / Cholestérol 5 mg | |
| Calories 100 | | Sodium 650 mg | 28 % |
| * DV = Daily Value | | Potassium 400 mg | 9 % |
| * VQ = valeur quotidienne | | Calcium 20 mg | 2 % |
| | | Iron / Fer 0.75 mg | 4 % |
| | | * 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup | |

THICK CUT CANADIAN SLICED BACON | Product Code #60022

Pork, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, sodium bicarbonate, spices, smoke.

| Nutrition Facts | Amount / Teneur | % DV / % VQ | Nutrition Facts | Amount / Teneur | % DV / % VQ |
|--|--|-------------|------------------------------------|-----------------|-------------|
| Valeur nutritive | Fat / Lipides 8 g | 12 % | Carbohydrate / Glucides 0 g | | 0 % |
| Per 2 slices (56 g) par 2 tranches (56 g) | Saturated / saturés 7 g | 36 % | Fibre / Fibres 0 g | | 0 % |
| Calories / Calories 190 | + Trans / trans 0.1 g | | Sugars / Sucres 0 g | | |
| * DV = Daily Value / VQ = valeur quotidienne | Cholesterol / Cholestérol 30 mg | | Protein / Protéines 8 g | | |
| | Sodium / Sodium 470 mg | 20 % | Vitamin C / Vitamine C | | 0 % |
| | Vitamin A / Vitamine A | 0 % | Iron / Fer | | 4 % |
| | Calcium / Calcium | 0 % | | | |