

# Features



## SMOKEY MAPLE BACON WRAPPED SALMON

Jail Island Salmon are sustainably farmed in the cold, clear waters of the North Atlantic, raised on a natural diet.

Product Code: 88602 Price: \$50.00

Packaged: 10 portions x 5 oz each



## THICK CUT CANADIAN SLICED BACON

Take your home-cooked breakfasts to the next level of deliciousness with our thick cut sliced bacon.

Product Code: 60022 Price: \$45.00

Packaged: 6 packs x 500 gr



## CERTIFIED ANGUS BEEF® CHUCK BURGER

What craft burgers are made of. Literally. Certified Angus Beef® set the standards that have become the true mark of quality of the Angus Breed.

Product Code: 46102 Price: \$54.00

Packaged: 20 burgers x 7 oz each



## FULLY COOKED MILD ITALIAN SAUSAGE

Our fully cooked mild Italian sausages are made with the perfect blend of Italian herbs and spices.

Product Code: 95802 Price: \$52.00

Packaged: 28 sausages x 5 oz each



## Features cont'd...

north  country  
meat & seafood



### NIMAN RANCH PORK RIB CHOP

Niman Ranch's all-natural pork comes from humanely raised hogs on small independent family farms committed to sustainable farming. Never given hormones or antibiotics-EVER!

Product Code: 61962 Price: \$70.00

Packaged: Individually packed | 10 Pork Chops x 8 oz



## Beef Items

### BACON WRAPPED TENDERLOIN STEAK

The most tender beef cut. Lean yet succulent and elegant and wrapped in bacon! Say no more.

Product Code: 14962 Price: \$63.00

Packaged: 20 steaks x 4 oz each



### CERTIFIED ANGUS BEEF® TOP SIRLOIN STEAK

A versatile steak that is cut from the top sirloin. Lean, juicy and tender, it boasts great flavour.

Product Code: 14662 Price: \$78.00

Packaged: 2 pieces per pack | 16 steaks x 6 oz



### CERTIFIED ANGUS BEEF® STRIPLOIN STEAK

This premium steak is a steakhouse classic, known for its robust marbling, tenderness and flavour.

Product Code: 14412 Price: \$120.00

Packaged: 2 pieces per pack | 12 steaks x 10 oz



For additional information please visit  
[www.northcountrymeatandseafood.com](http://www.northcountrymeatandseafood.com)



## STEAKHOUSE BURGER

Our Steakhouse Burger has been a mainstay in restaurants for years for one reason - it's an old school great burger.

### Available Sizes

Product Code: 40002 Price: \$47.00

Packaged: 24 burgers x 6 oz

Product Code: 46342 Price: \$50.00

Packaged: 40 burgers x 4 oz

## ALL BEEF HOT DOGS

Classic Ball-Park style jumbo hot dogs. Whether you are just the ketchup & mustard kind, or guacamole, tomatoes and jalapenos is your thing, this is the dog that can do it all.

Product Code: 64222 Price: \$35.00

Packaged: 30 hot dogs x 3.2 oz



## SLOW COOKED BEEF POT ROAST

You can't take shortcuts when making this tender, delicious pot roast. We perfectly season Certified Angus Beef® Chuck Roast and then cook for a long, long, long time. as a pot roast beef dip!

Product Code: 92042 Price: \$80.00

Packaged: 5 x 900 gr Roasts



## ITALIAN STYLE COOKED MEATBALLS

The perfect meatball. Whether for a cocktail party, or a pasta, we bet you can't just eat one!

Product Code: 90072 Price: \$42.00

Packaged: 2 x 4.96 lb bags



# Chicken Items



## "JUST CHICKEN" BNLS/SKNLS CHICKEN BREAST

IVP (Individually Vacuum Packed)

Chicken Dinner! With just one ingredient-chicken breast-you can let your inner culinary adventurer journey to parts unknown. 100% additive free-no added water or salt.

Product Code: 77162 Price: \$85.00

Packaged: 6-8 oz portions | 8.81 lb box

## "JUST CHICKEN" THIGH MEAT - IVP (Individually Vacuum Packed)

Moist, succulent & flavorful, this boneless & skinless thigh meat is well suited to a number of cooking applications; marinated, grilled, stewed or roasted. 100% additive free-no added water or salt.

Product Code: 77132 Price: \$82.00

Packaged: 2 pieces per pack | 8.8 lb box



## FULLY COOKED GRILLED CHICKEN WINGS

Your next game night shouldn't be a game of chance. There will always be wins and losses, and highs and lows with your favourite team, but get used to winning with our Grilled Chicken Wings.

Product Code: 77142 Price: \$59.00

Packaged: 2 x 3 lb bags

## GRILLED CHICKEN SKEWERS

Backyard grilling just got a whole lot easier and tastier! Marinated, then grilled and fully cooked. These skewers are the real deal and a summer essential.

Product Code: 77122 Price: \$69.00

Packaged: 30 skewers per case



## BREADED CHICKEN FINGERS \*\*par-cooked

Dare we say these fingers are famous? These are the same fingers found in some great restaurants and pubs. Hugely popular for a reason.

Product Code: 71025 Price: \$58.00

Packaged: 2 x 4.4 lb bags



## BUTTERFLY GARLIC SHRIMP

Just place these shrimp on a grill for a handful of minutes and you are in epic appetizer or surf & turf territory.

Product Code: 81272 Price: \$33.00  
Packaged: approx. 36 shrimp | 2 lb bag

## JAIL ISLAND® ATLANTIC SALMON PORTIONS

Jail Island is genuine Canadian Atlantic Salmon, raised in it's natural environment, with no added hormones, artificial colours or additives.

Product Code: 88661 Price: \$92.00  
Packaged: 20 Portions x 5 oz



## THICK CUT PEAMEAL BACON

Studies show making a peameal on a bun with our thick-cut peameal bacon will make you significantly happier. You can't argue with science.

Product Code: 60062 Price: \$45.00  
Packaged: 8 pieces per package | 6 x 500 gr packages

## SMOKED & SLOW COOKED PORK BACK RIBS in BBQ SAUCE

We don't care if you are the person who tell the best jokes or are the best dancer. The most popular person at a party will always be the one who brought the ribs.

Product Code: 92862 Price: \$55.00  
Packaged: 6 x 21 oz full racks



# NUTRITIONALS

SMOKEY MAPLE BACON WRAPPED SALMON | Product Code #88602

THICK CUT CANADIAN SLICED BACON | Product Code #60022

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

CERTIFIED ANGUS BEEF® CHUCK BURGER | Product Code #46102

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

FULLY COOKED MILD ITALIAN SAUSAGE | Product Code #95802

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Per 1 Sausage (142 g) pour 1 saucisse (142 g)	<b>Fat / Lipides</b> 18 g	<b>24 %</b>	<b>Protein / Protéines</b> 28 g
<b>Calories</b> 270	Saturated / saturés 8 g	<b>40 %</b>	<b>Cholesterol / Cholestérol</b> 15 mg	
	+ Trans / trans 0 g		<b>Sodium</b> 260 mg	<b>11 %</b>
* DV = Daily Value * VQ = valeur quotidienne	<b>Carbohydrate / Glucides</b> 7 g		Potassium 350 mg	7 %
	Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %
	Sugars / Sucres 3 g	3 %	Iron / Fer 6 mg	33 %
	* 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

## NIMAN RANCH PORK RIB CHOP | Product Code #61962

Nutrition Facts Valeur nutritive	Amount / Teneur		% DV / % VQ		Amount / Teneur		% DV / % VQ	
	Per 1 chop (100 g) par 1 côtelette (100 g)	<b>Fat / Lipides</b> 9 g		<b>14 %</b>		<b>Potassium / Potassium</b> 290 mg		<b>8 %</b>
<b>Calories / Calories</b> 210	Saturated / saturés 3.5 g		<b>18 %</b>		<b>Carbohydrate / Glucides</b> 0 g		<b>0 %</b>	
	+ Trans / trans 0 g				Fibre / Fibres 0 g		<b>0 %</b>	
* DV = Daily Value / VQ = valeur quotidienne	<b>Cholesterol / Cholestérol</b> 80 mg				Sugars / Sucres 0 g			
	<b>Sodium / Sodium</b> 95 mg		<b>4 %</b>		<b>Protein / Protéines</b> 29 g			
	Vitamin A / Vitamine A		0 %		Vitamin C / Vitamine C		0 %	
	Calcium / Calcium		2 %		Iron / Fer		8 %	

## BACON WRAPPED TENDERLOIN STEAK | PRODUCT CODE #14962

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Per portion (100 g) par portion (100 g)	<b>Fat / Lipides</b> 1.5 g	<b>2 %</b>	<b>Protein / Protéines</b> 18 g
<b>Calories</b> 100	Saturated / saturés 0.4 g	<b>2 %</b>	<b>Cholesterol / Cholestérol</b> 5 mg	
	+ Trans / trans 0 g		<b>Sodium</b> 650 mg	<b>28 %</b>
* DV = Daily Value * VQ = valeur quotidienne	<b>Carbohydrate / Glucides</b> 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			

## STEAKHOUSE BURGER | PRODUCT CODE #40002/46342

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Per 1 burger (170 g) pour 1 burger (170 g)	<b>Fat / Lipides</b> 33 g	<b>44 %</b>	<b>Protein / Protéines</b> 26 g
<b>Calories</b> 430	Saturated / saturés 14 g	<b>70 %</b>	<b>Cholesterol / Cholestérol</b> 120 mg	
	+ Trans / trans 0.4 g		<b>Sodium</b> 540 mg	<b>23 %</b>
* DV = Daily Value * VQ = valeur quotidienne	<b>Carbohydrate / Glucides</b> 5 g		Potassium 400 mg	9 %
	Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %
	Sugars / Sucres 1 g	1 %	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			

## ALL BEEF JUMBO HOT DOGS | PRODUCT CODE #64222

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Per 1 frankfurter (100 g) pour 1 saucisse fumée (100 g)	<b>Fat / Lipides</b> 11 g	<b>15 %</b>	<b>Protein / Protéines</b> 10 g
<b>Calories</b> 150	Saturated / saturés 3 g	<b>15 %</b>	<b>Cholesterol / Cholestérol</b> 30 mg	
	+ Trans / trans 0.1 g		<b>Sodium</b> 760 mg	<b>33 %</b>
* DV = Daily Value * VQ = valeur quotidienne	<b>Carbohydrate / Glucides</b> 2 g		Potassium 175 mg	4 %
	Fibre / Fibres 1 g	4 %	Calcium 40 mg	3 %
	Sugars / Sucres 1 g	1 %	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			

# NUTRITIONALS

## SLOW COOKED BEEF POT ROAST | PRODUCT CODE #92042

<b>Nutrition Facts</b>	<b>% DV / % VQ*</b>	<b>% DV / % VQ*</b>
<b>Valeur nutritive</b>		
Per 1/6 roast (150 g) pour 1/6 de rôti (150 g)		
<b>Calories 260</b>		
* DV = Daily Value * VQ = valeur quotidienne		
<b>Fat / Lipides 16 g</b>	<b>21 %</b>	<b>Protein / Protéines 26 g</b>
Saturated / saturés 7 g + Trans / trans 0.5 g	<b>40 %</b>	<b>Cholesterol / Cholestérol 70 mg</b>
<b>Carbohydrate / Glucides 1 g</b>		<b>Sodium 530 mg</b> <b>23 %</b>
Fibre / Fibres 0 g	<b>0 %</b>	Potassium 350 mg <b>7 %</b>
Sugars / Sucres 1 g	<b>1 %</b>	Calcium 10 mg <b>1 %</b>
		Iron / Fer 2.5 mg <b>14 %</b>
* 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

<b>Nutrition Facts</b>	<b>% DV / % VQ*</b>	<b>% DV / % VQ*</b>
<b>Valeur nutritive</b>		
Per 7 meatballs (100 g) par 7 boulettes de viande (100 g)		
<b>Calories 250</b>		
* DV = Daily Value * VQ = valeur quotidienne		
<b>Fat / Lipides 19 g</b>	<b>25 %</b>	<b>Protein / Protéines 16 g</b>
Saturated / saturés 9 g + Trans / trans 1 g	<b>50 %</b>	<b>Cholesterol / Cholestérol 45 mg</b> <b>15 %</b>
<b>Carbohydrate / Glucides 3 g</b>		<b>Sodium 450 mg</b> <b>20 %</b>
Fibre / Fibres 2 g	<b>7 %</b>	Potassium 250 mg <b>5 %</b>
Sugars / Sucres 0 g	<b>0 %</b>	Calcium 30 mg <b>2 %</b>
		Iron / Fer 2.25 mg <b>13 %</b>
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## FULLY COOKED GRILLED CHICKEN WINGS | PRODUCT CODE #77142

<b>Nutrition Facts</b>	<b>% DV / % VQ*</b>	<b>% DV / % VQ*</b>
<b>Valeur nutritive</b>		
Per 4 wings (100 g) par 4 ailes (100 g)		
<b>Calories 200</b>		
* DV = Daily Value * VQ = valeur quotidienne		
<b>Fat / Lipides 13 g</b>	<b>17 %</b>	<b>Protein / Protéines 18 g</b>
Saturated / saturés 3.5 g + Trans / trans 0 g	<b>18 %</b>	<b>Cholesterol / Cholestérol 65 mg</b>
<b>Carbohydrate / Glucides 4 g</b>		<b>Sodium 540 mg</b> <b>23 %</b>
Fibre / Fibres 0 g	<b>0 %</b>	Potassium 10 mg <b>1 %</b>
Sugars / Sucres 0 g	<b>0 %</b>	Calcium 0 mg <b>0 %</b>
		Iron / Fer 0.75 mg <b>4 %</b>
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## FULLY COOKED GRILLED CHICKEN SKEWERS | PRODUCT CODE

<b>Nutrition Facts</b>	<b>% DV / % VQ*</b>	<b>% DV / % VQ*</b>
<b>Valeur nutritive</b>		
Per 1 skewer (76 g) par 1 brochette (76 g)		
<b>Calories 90</b>		
* DV = Daily Value * VQ = valeur quotidienne		
<b>Fat / Lipides 1.5 g</b>	<b>2 %</b>	<b>Protein / Protéines 15 g</b>
Saturated / saturés 0.3 g + Trans / trans 0 g	<b>2 %</b>	<b>Cholesterol / Cholestérol 40 mg</b>
<b>Carbohydrate / Glucides 2 g</b>		<b>Sodium 280 mg</b> <b>12 %</b>
Fibre / Fibres 0 g	<b>0 %</b>	Potassium 250 mg <b>5 %</b>
Sugars / Sucres 0 g	<b>0 %</b>	Calcium 0 mg <b>0 %</b>
		Iron / Fer 0.4 mg <b>2 %</b>
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# NUTRITIONALS

## BREADED CHICKEN FINGERS | PRODUCT CODE #71025

### Nutrition Facts Valeur nutritive

Per 3 pieces (100 g)  
pour 3 morceaux (100 g)

**Calories 200**

\* DV = Daily Value  
\* VQ = valeur quotidienne

	% DV / % VQ*		% DV / % VQ*
<b>Fat / Lipides</b> 9 g	12 %	<b>Protein / Protéines</b> 11 g	
Saturated / saturés 1.5 g		<b>Cholesterol / Cholestérol</b> 20 mg	
+ Trans / trans 0 g	8 %	<b>Sodium</b> 540 mg	23 %
<b>Carbohydrate / Glucides</b> 21 g		<b>Potassium</b> 350 mg	7 %
Fibre / Fibres 1 g	4 %	<b>Calcium</b> 30 mg	2 %
Sugars / Sucres 2 g	2 %	<b>Iron / Fer</b> 1.5 mg	8 %

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## BUTTERFLY GARLIC SHRIMP | PRODUCT CODE #81272

### Nutrition Facts Valeur nutritive

Per 4 shrimp (125 g)  
pour 4 crevette (125 g)

**Calories 80**

\* DV = Daily Value  
\* VQ = valeur quotidienne

	% DV / % VQ*		% DV / % VQ*
<b>Fat / Lipides</b> 0.5 g	1 %	<b>Protein / Protéines</b> 18 g	
Saturated / saturés 0.2 g		<b>Cholesterol / Cholestérol</b> 145 mg	
+ Trans / trans 0 g	1 %	<b>Sodium</b> 490 mg	21 %
<b>Carbohydrate / Glucides</b> 2 g		<b>Potassium</b> 125 mg	3 %
Fibre / Fibres 1 g	4 %	<b>Calcium</b> 200 mg	15 %
Sugars / Sucres 0 g	0 %	<b>Iron / Fer</b> 0 mg	0 %

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## THICK CUT PEAMEAL BACON | PRODUCT CODE #60062

### Nutrition Facts Valeur nutritive

Per portion (100 g)  
par portion (100 g)

**Calories 100**

\* DV = Daily Value  
\* VQ = valeur quotidienne

	% DV / % VQ*		% DV / % VQ*
<b>Fat / Lipides</b> 1.5 g	2 %	<b>Protein / Protéines</b> 18 g	
Saturated / saturés 0.4 g		<b>Cholesterol / Cholestérol</b> 5 mg	
+ Trans / trans 0 g	2 %	<b>Sodium</b> 650 mg	28 %
<b>Carbohydrate / Glucides</b> 4 g		<b>Potassium</b> 400 mg	9 %
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 20 mg	2 %
Sugars / Sucres 2 g	2 %	<b>Iron / Fer</b> 0.75 mg	4 %

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

### Nutrition Facts Valeur nutritive

Per 1/3 rack (140g edible  
portion)  
pour 1/3 carré (partie  
comestible de 140 g)

**Calories 320**

\* DV = Daily Value  
\* VQ = valeur quotidienne

	% DV / % VQ*		% DV / % VQ*
<b>Fat / Lipides</b> 18 g	24 %	<b>Protein / Protéines</b> 21 g	
Saturated / saturés 7 g		<b>Cholesterol / Cholestérol</b> 70 mg	23 %
+ Trans / trans 0.1 g	35 %	<b>Sodium</b> 340 mg	15 %
<b>Carbohydrate / Glucides</b> 18 g		<b>Potassium</b> 350 mg	7 %
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 30 mg	2 %
Sugars / Sucres 17 g	17 %	<b>Iron / Fer</b> 1.25 mg	7 %

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