

Features

north  country
meat & seafood



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



For additional information please visit
www.northcountrymeatandseafood.com

Features cont'd...



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



Beef Items cont'd...

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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



For additional information please visit
www.northcountrymeatandseafood.com

Chicken Items

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"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

For additional information please visit
www.northcountrymeatandseafood.com

Seafood & Pork Items

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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 tells 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



For additional information please visit
www.northcountrymeatandseafood.com

NUTRITIONALS

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)

Nutrition Facts Valeur nutritive Serving Size 1 fillet (142 g) Portion 1 fillet (142 g) Calories / Calories 360 * DV = Daily Value / VQ = valeur quotidienne	Amount / Teneur		% DV / % VQ		Amount / Teneur		% DV / % VQ	
	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 %		

THICK CUT CANADIAN SLICED BACON | Product Code #60022

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

Nutrition Facts Valeur nutritive	Amount / Teneur		% DV / % VQ	Amount / Teneur		% DV / % VQ
	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 %
	+ Trans / trans 0.1 g			Sugars / Sucres 0 g		
Calories / Calories 190	Cholesterol / Cholestérol 30 mg		20 %	Protein / Protéines 8 g		0 %
	Sodium / Sodium 470 mg			Vitamin C / Vitamine C		
* DV = Daily Value / VQ = valeur quotidienne	Vitamin A / Vitamine A		0 %	Iron / Fer		4 %
	Calcium / Calcium		0 %			

CERTIFIED ANGUS BEEF® CHUCK BURGER | Product Code #46102

Beef, Water, Salt.

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

FULLY COOKED MILD ITALIAN SAUSAGE | Product Code #95802

Beef, Garlic, Salt. Black Pepper.

Nutrition Facts		% DV / % VQ*		% DV / % VQ*	
Valeur nutritive					
Per 1 Sausage (142 g)		Fat / Lipides 18 g	24 %	Protein / Protéines 28 g	
pour 1 saucisse (142 g)		Saturated / saturés 8 g		Cholesterol / Cholestérol 15 mg	
		+ Trans / trans 0 g	40 %	Sodium 260 mg	11 %
Calories 270		Carbohydrate / Glucides 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 %
* 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					

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 frankfurter (100 g)			Per 1 frankfurter (100 g)		
pour 1 saucisse fumée (100 g)			pour 1 saucisse fumée (100 g)		
Calories 150			Calories 150		
Fat / Lipides 11 g	15 %		Protein / Protéines 10 g		
Saturated / saturés 3 g			Cholesterol / Cholestérol 30 mg		
+ Trans / trans 0.1 g	15 %		Sodium 760 mg	33 %	
Carbohydrate / Glucides 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 %	

* DV = Daily Value
 * VQ = valeur quotidienne
 * 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

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		40 %	Cholesterol / Cholestérol 70 mg		
+ Trans / trans 0.5 g			Sodium 530 mg		23 %
Carbohydrate / Glucides 1 g			Potassium 350 mg		7 %
Fibre / Fibres 0 g		0 %	Calcium 10 mg		1 %
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

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

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 7 meatballs (100 g)			Per 7 meatballs (100 g)		
par 7 boulettes de viande (100 g)			par 7 boulettes de viande (100 g)		
Calories 250			Calories 250		
Fat / Lipides 19 g	25 %	Protein / Protéines 16 g			
Saturated / saturés 9 g	50 %	Cholesterol / Cholestérol 45 mg	15 %		
+ Trans / trans 1 g		Sodium 450 mg	20 %		
Carbohydrate / Glucides 3 g		Potassium 250 mg	5 %		
Fibre / Fibres 2 g	7 %	Calcium 30 mg	2 %		
Sugars / Sucres 0 g	0 %	Iron / Fer 2.25 mg	13 %		
* 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					

FULLY COOKED GRILLED CHICKEN WINGS | PRODUCT CODE #77142

Chicken Wings, Water, Modified Potato Starch, Modified Corn Starch, Sea Salt, Sodium Phosphate, Dried Citrus Pulp, Glucose Solids, Spices, Flavour, Yeast Extract, Garlic Powder, Onion Powder, Smoke Flavour.

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 4 wings (100 g)			Protein / Protéines	18 g	
par 4 ailes (100 g)			Cholesterol / Cholestérol	65 mg	
Calories 200			Sodium	540 mg	23 %
			Potassium	10 mg	1 %
			Calcium	0 mg	0 %
			Iron / Fer	0.75 mg	4 %

* DV = Daily Value

* VQ = valeur quotidienne

* 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 GRILLED CHICKEN SKEWERS | PRODUCT CODE #77122

Chicken Breast, Water, Modified Corn Starch, Potato Starch, Salt, Sugar, Canola Oil, Flavour, Dried Citrus Pulp, Onion Powder, Spice, Garlic Powder, Smoke Flavour.

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 skewer (76 g)			Per 1 skewer (76 g)		
par 1 brochette (76 g)			par 1 brochette (76 g)		
Calories 90			Calories 90		
Fat / Lipides 1.5 g		2 %	Protein / Protéines 15 g		
Saturated / saturés 0.3 g		2 %	Cholesterol / Cholestérol 40 mg		
+ Trans / trans 0 g			Sodium 280 mg		12 %
Carbohydrate / Glucides 2 g			Potassium 250 mg		5 %
Fibre / Fibres 0 g		0 %	Calcium 0 mg		0 %
Sugars / Sucres 0 g		0 %	Iron / Fer 0.4 mg		2 %
* DV = Daily Value			* DV = Daily Value		
* VQ = valeur quotidienne			* VQ = valeur quotidienne		
* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup			* 5% ou moins c'est un peu, 15% ou plus c'est beaucoup		

NUTRITIONALS

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

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

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 3 pieces (100 g) pour 3 morceaux (100 g)			Per 3 pieces (100 g) pour 3 morceaux (100 g)		
Calories 200			Calories 200		
* DV = Daily Value			* DV = Daily Value		
* VQ = valeur quotidienne			* VQ = valeur quotidienne		
Fat / Lipides 9 g		12 %	Protein / Protéines 11 g		
Saturated / saturés 1.5 g		8 %	Cholesterol / Cholestérol 20 mg		
+ Trans / trans 0 g			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					

BUTTERFLY GARLIC SHRIMP | PRODUCT CODE #81272

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).

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 4 shrimp (125 g) pour 4 crevette (125 g)			Per 4 shrimp (125 g) pour 4 crevette (125 g)		
Calories 80			Calories 80		
* DV = Daily Value			* DV = Daily Value		
* VQ = valeur quotidienne			* VQ = valeur quotidienne		
Fat / Lipides 0.5 g		1 %	Protein / Protéines 18 g		
Saturated / saturés 0.2 g		1 %	Cholesterol / Cholestérol 145 mg		
+ Trans / trans 0 g			Sodium 490 mg		21 %
Carbohydrate / Glucides 2 g			Potassium 125 mg		3 %
Fibre / Fibres 1 g		4 %	Calcium 200 mg		15 %
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					

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

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

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