

# Last Chance

north  country  
meat & seafood



## **Centre-Cut 3/4" Pork Chops**

Try something different - tender, juicy, versatile  
Chophouse style pork chops.

Product Code: 61992 Price: \$55.00

Packaged: approx 23 pieces x approx 7 oz each

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

## Features

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### N.C. WILD RAW P&D TAIL -OFF ARGENTINA SHRIMP

Our shrimp are wild caught off the coast of Patagonia, in Southern Argentina, in the icy cold pristine waters of the Atlantic Ocean.

Product Code: 81302 Price: \$32.00

Packaged: 8 packs x 4 oz each (2lb) VP Case

### NIMAN RANCH® NATURAL GROUND BEEF

All natural means that animals are NEVER given antibiotics or artificial hormones. Ever! They're fed a 100% vegetarian diet and are all Certified Humane®.



Product Code: 46132 Price: \$48.00

Packaged: 6 x 500grs - 6.61 lb Case



### CERTIFIED ANGUS BEEF® MEATBALLS IN MARINARA

Rustic Style Certified Angus Beef® Meatballs in authentic marinara sauce. The best ingredients in the best possible way.

Product Code: 92882 Price: \$50.00

Packaged: 5 packs x 680gr case



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## Beef Items

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### 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: \$82.00

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



### 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 ea - 4.98 lb Case



### 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 for the perfect comfort meal.

Product Code: 92042 Price: \$80.00

Packaged: 5 x 900 gr Roasts



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



## Beef Items



### STEAKHOUSE BURGER

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

Product Code: 40002 Price: \$47.00

Packaged: 24 x 6oz

### ITALIAN STYLE COOKED MEATBALLS

The perfect meatball. Whether for a cocktail party, or with 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



## Chicken Items

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### 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



## Seafood Items



### SMOKEY MAPLE & PEPPER BACON WRAPPED SALMON

We season Jail Island® Salmon with a great smokey maple pepper rub, then wrap it in bacon! So you can be a dinner hero.

Product Code: 88602 Price: \$50.00

Packaged: 10 portions x 5 oz ea | 3.31 lb case



### JAIL ISLAND® ATLANTIC SALMON PORTIONS

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

Product Code: 88661 Price: \$92.00

Packaged: 20 Portions x 5 oz



### BUTTERFLY GARLIC SHRIMP

Just place these shrimp under the broiler 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





## Pork Items

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### NIMAN RANCH® PORK RIB CHOP

Niman Ranch® 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



### 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 x 5oz portions | 8.7 lb case



### THICK CUT PEAMEAL BACON

Studies show brunching 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

### 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



### 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



# NUTRITIONALS

## N.C WILD RAW P&D TAIL ON ARGENTINA RED SHRIMP | PRODUCT CODE #81302

Shrimp, Salt, Sodium Metabisulfite (sulphites)

### Nutrition Facts Valeur nutritive

Per about 8 shrimps (125 g)  
pour environ 8 crevettes  
(125 g)

**Calories 100**

\* DV = Daily Value

\* VQ = valeur quotidienne

% DV* / % VQ*		% DV* / % VQ*	
<b>Fat / Lipides</b> 0.5 g	1 %	<b>Protein / Protéines</b> 23 g	
Saturated / saturés 0 g		<b>Cholesterol / Cholestérol</b> 175 mg	
+ Trans / trans 0 g	0 %	<b>Sodium</b> 290 mg	13 %
<b>Carbohydrate / Glucides</b> 0 g		<b>Potassium</b> 350 mg	7 %
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 75 mg	6 %
Sugars / Sucres 0 g	0 %	<b>Iron / Fer</b> 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

## BACON WRAPPED TENDERLOIN STEAK | PRODUCT CODE #14962

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

### 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 %

\* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup

## 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 Valeur nutritive

Per 1/6 roast (150 g)  
pour 1/6 de rôti (150 g)

**Calories 260**

\* DV = Daily Value

\* VQ = valeur quotidienne

% DV / % VQ*		% DV / % VQ*	
<b>Fat / Lipides</b> 16 g	21 %	<b>Protein / Protéines</b> 26 g	
Saturated / saturés 7 g		<b>Cholesterol / Cholestérol</b> 70 mg	
+ Trans / trans 0.5 g	40 %	<b>Sodium</b> 530 mg	23 %
<b>Carbohydrate / Glucides</b> 1 g		<b>Potassium</b> 350 mg	7 %
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 10 mg	1 %
Sugars / Sucres 1 g	1 %	<b>Iron / Fer</b> 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

## STEAKHOUSE BURGER | PRODUCT CODE #40002

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

### Nutrition Facts Valeur nutritive

Per 1 burger (170 g)  
pour 1 burger (170 g)

**Calories 430**

\* DV = Daily Value

\* VQ = valeur quotidienne

% DV / % VQ*		% DV / % VQ*	
<b>Fat / Lipides</b> 33 g	44 %	<b>Protein / Protéines</b> 26 g	
Saturated / saturés 14 g		<b>Cholesterol / Cholestérol</b> 120 mg	
+ Trans / trans 0.4 g	70 %	<b>Sodium</b> 540 mg	23 %
<b>Carbohydrate / Glucides</b> 5 g		<b>Potassium</b> 400 mg	9 %
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 30 mg	2 %
Sugars / Sucres 1 g	1 %	<b>Iron / Fer</b> 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

## Certified Angus Beef® Meatballs in Marinara Sauce | Product Code #92822

Meatballs (beef, water, parmesan cheese, toasted wheat crumbs, salt, dried garlic, spice extracts), Sauce (water, tomato paste and concentrated crushed tomatoes, tomatoes [tomatoes, tomato juice, citric acid, salt, calcium chloride], onions, olive oil, salt, spices, dehydrated garlic, concentrated lemon juice, sodium benzoate, potassium sorbate, parsley). **Contains: Milk, Wheat**

Nutrition Facts		% DV / % VQ*			% DV / % VQ*
Valeur nutritive					
Per 1 meatball + 3 tablespoons sauce (113 g) pour 1 boulettes + 3 c. à soupe de sauce (113 g)			<b>Fat / Lipides</b> 16 g		21 %
			Saturated / saturés 7 g		40 %
			+ Trans / trans 1 g		
			<b>Carbohydrate / Glucides</b> 5 g		
			Fibre / Fibres 1 g		4 %
			Sugars / Sucres 3 g		3 %
<b>Calories</b> 210			<b>Protein / Protéines</b> 13 g		
			<b>Cholesterol / Cholestérol</b> 40 mg		
			<b>Sodium</b> 400 mg		17 %
			Potassium 400 mg		9 %
			Calcium 40 mg		3 %
			Iron / Fer 1.75 mg		10 %
* 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					

## ITALIAN STYLE COOKED MEATBALLS | PRODUCT CODE #90072

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)			<b>Fat / Lipides</b> 19 g		25 %
			Saturated / saturés 9 g		50 %
			+ Trans / trans 1 g		
			<b>Carbohydrate / Glucides</b> 3 g		
			Fibre / Fibres 2 g		7 %
			Sugars / Sucres 0 g		0 %
<b>Calories</b> 250			<b>Protein / Protéines</b> 16 g		
			<b>Cholesterol / Cholestérol</b> 45 mg		15 %
			<b>Sodium</b> 450 mg		20 %
			Potassium 250 mg		5 %
			Calcium 30 mg		2 %
			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					

## 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*			% DV / % VQ*
Valeur nutritive					
Per 3 pieces (100 g) pour 3 morceaux (100 g)			<b>Fat / Lipides</b> 9 g		12 %
			Saturated / saturés 1.5 g		8 %
			+ Trans / trans 0 g		
			<b>Carbohydrate / Glucides</b> 21 g		
			Fibre / Fibres 1 g		4 %
			Sugars / Sucres 2 g		2 %
<b>Calories</b> 200			<b>Protein / Protéines</b> 11 g		
			<b>Cholesterol / Cholestérol</b> 20 mg		
			<b>Sodium</b> 540 mg		23 %
			Potassium 350 mg		7 %
			Calcium 30 mg		2 %
			Iron / Fer 1.5 mg		8 %
* 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

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

## 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*		% DV / % VQ*		
Valeur nutritive						
Per 4 shrimp (125 g) pour 4 crevette (125 g)	Fat / Lipides 0.5 g		1 %		Protein / Protéines 18 g	
	Saturated / saturés 0.2 g + Trans / trans 0 g		1 %		Cholesterol / Cholestérol 145 mg	
Calories 80	Carbohydrate / Glucides 2 g				Sodium 490 mg	21 %
	Fibre / Fibres 1 g		4 %		Potassium 125 mg	3 %
Sugars / Sucres 0 g		0 %		Calcium 200 mg	15 %	
				Iron / Fer 0 mg	0 %	
* 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 MILD ITALIAN SAUSAGE | Product Code #95802

Pork, Water Potato Starch, Salt, Spices.

Nutrition Facts		% DV* / % VQ*		% DV* / % VQ*	
Valeur nutritive					
Per 1 Sausage (160 g)		Fat / Lipides 20 g		Protein / Protéines 32 g	
pour 1 saucisse (160 g)		Saturated / saturés 9 g		Cholesterol / Cholestérol 20 mg	
		+ Trans / trans 0 g		Sodium 400 mg	
Calories 300		Carbohydrate / Glucides 8 g		Potassium 400 mg	
		Fibre / Fibres 0 g		Calcium 40 mg	
		Sugars / Sucres 3 g		Iron / Fer 1.5 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			

# NUTRITIONALS

## THICK CUT PEAMEAL BACON | PRODUCT CODE

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

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
Per portion (100 g) par portion (100 g)	<b>Fat / Lipides</b> 1.5 g	2 %	<b>Protein / Protéines</b> 18 g	
	Saturated / saturés 0.4 g + Trans / trans 0 g	2 %	<b>Cholesterol / Cholestérol</b> 5 mg	
<b>Calories 100</b>	<b>Carbohydrate / Glucides</b> 4 g		<b>Sodium</b> 650 mg	28 %
	Fibre / Fibres 0 g	0 %	Potassium 400 mg	9 %
* DV = Daily Value	Sugars / Sucres 2 g	2 %	Calcium 20 mg	2 %
* VQ = valeur quotidienne			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 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		12 %		<b>Carbohydrate / Glucides</b> 0 g		0 %
	Saturated / saturés 7 g + Trans / trans 0.1 g		36 %		Fibre / Fibres 0 g		0 %
<b>Calories / Calories 190</b>	<b>Cholesterol / Cholestérol</b> 30 mg				Sugars / Sucres 0 g		
	<b>Sodium / Sodium</b> 470 mg		20 %		<b>Protein / Protéines</b> 8 g		
* DV = Daily Value / VQ = valeur quotidienne	Vitamin A / Vitamine A		0 %		Vitamin C / Vitamine C		0 %
	Calcium / Calcium		0 %		Iron / Fer		4 %

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

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 Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
Per 1/3 rack (140g edible portion) pour 1/3 carré (partie comestible de 140 g)	<b>Fat / Lipides</b> 18 g	24 %	<b>Protein / Protéines</b> 21 g	
	Saturated / saturés 7 g + Trans / trans 0.1 g	35 %	<b>Cholesterol / Cholestérol</b> 70 mg	23 %
<b>Calories 320</b>	<b>Carbohydrate / Glucides</b> 18 g		<b>Sodium</b> 340 mg	15 %
	Fibre / Fibres 0 g	0 %	Potassium 350 mg	7 %
* DV = Daily Value	Sugars / Sucres 17 g	17 %	Calcium 30 mg	2 %
* VQ = valeur quotidienne			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				