

FEATURES

SPRING-SUMMER 2020

north country
meat & seafood



FULLY COOKED CHICKEN WINGS

Move over breaded grocery store chicken wings! Our new fully cooked chicken wings cook up nice and crispy, without the breading. Simply marinated and fully cooked with no gimmicks-just add your favourite wing sauce for a pub worthy wing experience from home, either out of the oven or hot off the grill.

Product Code: 92872 Price: \$49.00

Packaged: 2 x 3 lb bags

OLD FASHIONED HARDWOOD "SMOKIES"

These traditional naturally hardwood smoked and fully cooked sausages are sure to be the star of your next get together. Simply grill them on your BBQ or use them in your favorite sausage and peppers recipe for a delicious meal the whole family will love. Fully cooked and ready to warm and serve for a great afternoon snack.

Whether you serve them at your next pool party or make them part of your campfire dinner, we're sure you'll love our new old fashioned "smokies".

Product Code: 96012 Price: \$52.00

Packaged: 28 sausages x 5 oz



CERTIFIED ANGUS BEEF® CHUCK PATTY

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: \$57.00

Packaged: 20 x 7oz



BEEF ITEMS

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: \$84.00

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



CERTIFIED ANGUS BEEF® STRIPLION STEAK

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



Product Code: 14382 Price: \$110.00

Packaged: 2 pieces per pack | 10 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: \$68.00

Packaged: 20 steaks x 4 oz ea | 4.98 lb 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



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.

2 SIZES AVAILABLE

Product Code: 40002 Price: \$48.00

Packaged: 24 x 6oz

Product Code: 46342 Price \$52.00

Packaged: 40 x 4oz



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: \$83.00

Packaged: 5 x 900 gr Roasts



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: \$44.00

Packaged: 2 x 4.96 lb bags

CHICKEN ITEMS

north  **country**
meat & seafood

**FEATURE
PRICE**



"JUST CHICKEN" BNLS/SKNLS CHICKEN BREAST IVP (Individually Vacuum Packed)

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

Product Code: **77162** Price: **\$78.00**
Packaged: 6-8 oz portions | 8.81 lb box

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 ITEMS

northcountry
meat & seafood

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: **\$48.00**

Packaged: 10 portions x 5 oz



JAIL ISLAND® ATLANTIC SALMON PORTIONS

Canadian through and through. Raised in the Bay of Fundy, Jail Island® Atlantic Salmon always delivers exceptional flavour and buttery texture for a taste that's close to home..

Product Code: 88661 Price: **\$90.00**

Packaged: 20 Portions x 5 oz



**FEATURE
PRICE**



BUTTERFLY GARLIC SHRIMP

Butterflied, Shell-On and dressed to impress with a garlic & herb marinade - ready for the grill!

Product Code: 81272 Price: **\$30.00**

Packaged: approx. 36 shrimp | 2 lb bag

For additional information please visit
www.northcountrymeatandseafood.com

PORK ITEMS

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



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: \$66.00

Packaged: Individually packed | 10 Pork Chops x 8 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





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



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

We're not another chocolate covered fundraiser.

For close to 15 years, we've been helping keep active, hungry families across Ontario fed with high quality meat & seafood that would typically be sold exclusively to restaurants, and in the process assisting essential fundraising efforts for teams, schools and organizations. Supporting your local community can not only feel good, but taste good too! We hope our products not only keep your family fueled, but also inspire your inner chef, grill master, or "foodie" alter ego to some very memorable meals.

All our products are Federally Inspected and put through the most rigorous quality control processes in the business, so that when you open a box of North Country Meat & Seafood products, you can rest assured in our quality.

NUTRITIONALS

FULLY COOKED CHICKEN WINGS | Product Code #92872

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

Nutrition Facts		% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive			
Per about 4 wings (100 g edible portion)	Fat / Lipides 21 g	28 %	Protein / Protéines 28 g
pour environ 4 ailes (100 g de portion comestible)	Saturated / saturés 6 g	31 %	Cholesterol / Cholestérol 180 mg
	+ Trans / trans 0.1 g		Sodium 510 mg 22 %
Calories 310	Carbohydrate / Glucides 1 g		Potassium 300 mg 6 %
	Fibre / Fibres 0 g	0 %	Calcium 20 mg 2 %
	Sugars / Sucres 0 g	0 %	Iron / Fer 0.75 mg 4 %
* 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			

OLD FASHION HARDWOOD SMOKIE SAUSAGE | Product Code #96012

Pork, Water, Salt, Potato Starch, Vinegar, Spices, Sodium Phosphate, Sugars, Sodium Erythorbate, Sodium Nitrite, Natural Smoke.

Nutrition Facts		% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive			
Per 1 portion (160 g)			
pour 1 portion (160 g)			
Calories 300			
* DV = Daily Value			
* VQ = valeur quotidienne			
Fat / Lipides 20 g	27 %	Protein / Protéines 25 g	
Saturated / saturés 9 g		Cholesterol / Cholestérol 45 mg	
+ Trans / trans 0 g	45 %	Sodium 940 mg	41 %
Carbohydrate / Glucides 4 g		Potassium 600 mg	13 %
Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %
Sugars / Sucres 1 g	1 %	Iron / Fer 1 mg	6 %
* 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.

Nutrition Facts		Amount / Teneur		% DV / % VQ		Amount / Teneur		% DV / % VQ	
Valeur nutritive		Fat / Lipides 33 g		51 %		Carbohydrate / Glucides 0 g		0 %	
Serving Size 1 burger (200 g)		Saturated / saturés 14 g		73 %		Fibre / Fibres 0 g		0 %	
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			
* DV = Daily Value / VQ = valeur quotidienne		Sodium / Sodium 330 mg		14 %					
		Vitamin A / Vitamine A		0 %		Vitamin C / Vitamine C		0 %	
		Calcium / Calcium		2 %		Iron / Fer		25 %	

NUTRITIONALS

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		% DV / % VQ*	
Valeur nutritive			
Per portion (100 g) par portion (100 g)		Fat / Lipides 1.5 g	2 %
		Saturated / saturés 0.4 g	2 %
		+ Trans / trans 0 g	
Calories 100		Carbohydrate / Glucides 4 g	
* DV = Daily Value		Fibre / Fibres 0 g	0 %
* VQ = valeur quotidienne		Sugars / Sucres 2 g	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			
		% DV / % VQ*	
		Protein / Protéines 18 g	
		Cholesterol / Cholestérol 5 mg	
		Sodium 650 mg	28 %
		Potassium 400 mg	9 %
		Calcium 20 mg	2 %
		Iron / Fer 0.75 mg	4 %

STEAKHOUSE BURGER | PRODUCT CODE #40002/46342

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

Nutrition Facts		% DV / % VQ*	
Valeur nutritive			
Per 1 burger (170 g) pour 1 burger (170 g)		Fat / Lipides 33 g	44 %
		Saturated / saturés 14 g	70 %
		+ Trans / trans 0.4 g	
Calories 430		Carbohydrate / Glucides 5 g	
* DV = Daily Value		Fibre / Fibres 0 g	0 %
* VQ = valeur quotidienne		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			
		% DV / % VQ*	
		Protein / Protéines 26 g	
		Cholesterol / Cholestérol 120 mg	
		Sodium 540 mg	23 %
		Potassium 400 mg	9 %
		Calcium 30 mg	2 %
		Iron / Fer 3.5 mg	19 %

SLOW COOKED BEEF POT ROAST | PRODUCT CODE #92042

Boneless Beef Blade Roast, Water, Beef Juices, Dextrose, Salt, Modified Corn Starch, Hydrolized 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*	
Valeur nutritive			
Per 1/6 roast (150 g) pour 1/6 de rôti (150 g)		Fat / Lipides 16 g	21 %
		Saturated / saturés 7 g	40 %
		+ Trans / trans 0.5 g	
Calories 260		Carbohydrate / Glucides 1 g	
* DV = Daily Value		Fibre / Fibres 0 g	0 %
* VQ = valeur quotidienne		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			
		% DV / % VQ*	
		Protein / Protéines 26 g	
		Cholesterol / Cholestérol 70 mg	
		Sodium 530 mg	23 %
		Potassium 350 mg	7 %
		Calcium 10 mg	1 %
		Iron / Fer 2.5 mg	14 %

NUTRITIONALS

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 Valeur nutritive

Per 7 meatballs (100 g)
 par 7 boulettes de viande
 (100 g)

Calories 250

* DV = Daily Value

* VQ = valeur quotidienne

	% DV / % VQ*		% DV / % VQ*
Fat / Lipides 19 g	25 %	Protein / Protéines 16 g	
Saturated / saturés 9 g		Cholesterol / Cholestérol 45 mg	15 %
+ Trans / trans 1 g	50 %	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 %

* 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

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 Valeur nutritive

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

Calories 200

* DV = Daily Value

* VQ = valeur quotidienne

	% DV / % VQ*		% DV / % VQ*
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

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 filet (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		Carbohydrate / Glucides 2 g	1 %
+ Trans / trans 0 g	40 %	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

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

Valeur nutritive

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

Calories 80

* DV = Daily Value

* VQ = valeur quotidienne

	% DV / % VQ*	% DV / % VQ*
Fat / Lipides 0.5 g	1 %	Protein / Protéines 18 g
Saturated / saturés 0.2 g		Cholesterol / Cholestérol 145 mg
+ Trans / trans 0 g	1 %	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

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

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*
Fat / Lipides 18 g	24 %	Protein / Protéines 21 g
Saturated / saturés 7 g		Cholesterol / Cholestérol 70 mg 23 %
+ Trans / trans 0.1 g	35 %	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

ALL BEEF JUMBO HOT DOGS | PRODUCT CODE #64222

Ingredients: beef, water, wheat flour, salt, ground spices, corn flour, sodium erythorbate, toasted wheat crumbs, sodium nitrate, smoke

Nutrition Facts

Valeur nutritive

Per 1 frankfurter (100 g)
pour 1 saucisse fumée (100 g)

Calories 150

* DV = Daily Value

* VQ = valeur quotidienne

	% DV / % VQ*	% DV / % VQ*
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 %

* 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 #60062

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

Nutrition Facts Valeur nutritive

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

Calories 100

* DV = Daily Value
* VQ = valeur quotidienne

	% DV / % VQ*		% DV / % VQ*
Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 g	
Saturated / saturés 0.4 g		Cholesterol / Cholestérol 5 mg	
+ Trans / trans 0 g	2 %	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

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

Per 2 slices (56 g)
par 2 tranches (56 g)

Calories / Calories 190

* DV = Daily Value / VQ = valeur quotidienne

Amount / Teneur	% DV / % VQ	Amount / Teneur	% DV / % VQ
Fat / Lipides 8 g	12 %	Carbohydrate / Glucides 0 g	0 %
Saturated / saturés 7 g		Fibre / Fibres 0 g	0 %
+ Trans / trans 0.1 g	36 %	Sugars / Sucres 0 g	
Cholesterol / Cholestérol 30 mg		Protein / Protéines 8 g	
Sodium / Sodium 470 mg	20 %	Vitamin A / Vitamine A	0 %
Calcium / Calcium	0 %	Vitamin C / Vitamine C	0 %
	0 %	Iron / Fer	4 %