#### Gluten Free =



FOOD SOLUTIONS -est. 1967-

#### \*12980-Bacon Wrapped Sirloin Bites

60 pc/case | \$48.00

\*10333- 6oz Striploin Steak AA+

8 Steaks/case | \$45.00

### \*52111 - Lean Ground Beef (Frozen)

5 X 1lb packs | \$37.00

#### 53092-6oz Salisbury Steak (Jake **Burger**)

30 burgers/case | \$75.00

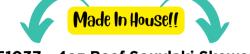
#### **51283-Beef Meatballs**

10lb Case | \$70.00





\*50001 - Beef Stew 5 X 1lb packs | \$37.00



\*51037 - 4oz Beef Souvlaki Skewers

20 Skewers/case | \$60.00



\*50608- Maui Style Short Ribs \*64525 - Ground Bison

5lb case | \$64.00



53294 - 4oz Wild Dave Burgers

40 burgers/case | \$64.00



5 X 1lb Packs | \$65.00

\*10046- 8oz Sterling Silver Sirloin Steaks | \$67.00 6 Steaks/Case Individually Packaged

\*14650-8oz Sterling Silver New York Strip Steaks | \$93.00 6 Steaks/Case Individually Packaged

\*28004- 10oz Rib Eye Steaks | \$114.00 6 Steaks/Case Individually Packaged

\*38254- Baron of Beef Roast | \$47.00 5lb Baron Roast

Sterling Silver Beef is sourced from the North American Great Plains. Experience nothing but PREMIUM quality with this beef, carefully selected for optimal flavour, tenderness, and juiciness. Hand-cut from the top 12% of all beef, this beef is expertly aged for an exceptional eating experience. Enjoy a delicious meal with our top-notch beef!



# Finger Lickin' Chicken!

Gluten Free = \*



\*60190-6oz Natural Chicken Breast 5.5lb case | \$67.50



60854-Snakosaur Chicken Nuggets 8.8lb case | \$65.00



60656-Sweet Thai Chili Chicken 9lb case | \$64.00





\*61569-Chicken Souvlaki Skewers 20 Skewers/case | \$68.00



59392- Breaded Chicken Strips
5lb case | \$30.00



60166- Battered Ginger Chicken
Fully cooked w/sauce
8.8lb case | \$64.00



61518- Fully Cooked Chicken
Wings
4.4lb bag| \$43.00



60257-KFC Style Breaded Chicken approx. 18pc/bag | \$45.00



59411- 5oz Chicken Cordon Bleu 30 pieces | \$84.00



#62274- 5oz Buttermilk Breaded
Chicken Breast Burgers
Fully Cooked!
8.8lb case (approx. 25pc) | \$93.00



#### ITEMS MADE IN HOUSE!!



\*58052-Breakfast Sausage 60pc/case | \$32.00



\*55731-Ground Pork
5 x 1lb Packages | \$30.00



54636-40z Breaded Pork Cutlets 40pc case | \$72.00



\*58064-Sausage Combo
Contains Beef, Chorizo, Mild
Italian, Hot Italian & Banger
Sausage
5lb case | \$47.00



54447-Pork Dry Rib Bone In 10lb case | \$80.00



\*54854-Pork Baby Back Ribs 11lb case | \$72.00



\*50888-Pork Souvlaki 4oz 20 Skewers/case | \$57.00



\*53565- 6oz Boneless Pork Chops 5lb/case (approx. 13pc) | \$38.00



\*55361-Natural Smoked Bacon 5 x 1lb Packages | \$47.00



\*51363- 1.6oz Breakfast Sausage Patties
Fully Cooked
100 Patties | \$82.00

#### Gluten Free = \*



73485- Shrimp Dumplings



73452- Breaded Butterfly Shrimp 3lb box | \$45.00

### Seafood! Eat food!

The Selva Shrimp program in Vietnam advocates for regenerative, nature-based farming practices of black tiger shrimp, alongside the restoration of mangrove ecosystems. It is a completely natural process; no feed or chemicals are employed, and the ecosystem relies solely on its own productivity.



SCAN ME

\*74169- 16/20 Black Tiger Prawns 2lb Bag | \$33.00 OR

\*73449- 21/25 Black Tiger Prawns 2lb Bag | \$30.00

\*73154- Bacon Wrapped Scallops 2.2lb Bag | \$39.00

Easy Eats

79224- 50g Spring Rolls | \$8.00 16 Spring Rolls/Tray



79163- Potato & Cheddar Perogies 180 Perogies | \$34.00



79935- 65g Pizza Sticks Pepperoni & Cheese 50 sticks | \$55.00



79096- Gyro Slices | \$65.00 5lb box of Beef & Lamb Gyro Slices



78991- 4oz Sausage Rolls 48 rolls | \$69.00



79733- Cabbage Rolls 2 x 16 Piece Trays | \$65.00



77951- French Toast Sticks Approx. 100 Sticks | \$50.00



## 7

### The Sides

80271- Pub Style Fries | \$12.00 4.5lb Bag

80024- Lattice Fries | \$12.00 4lb Bag

80149- Zesty Wedges | \$13.00 5lb Bag

80085- Tempura Onion Rings | \$52.00 8.8lb Case









Our signature lines of sliced meats are made with only the finest ingredients and no fillers or binders.

They are MSG free, Soya free and Gluten free. Pre-sliced for your convenience.



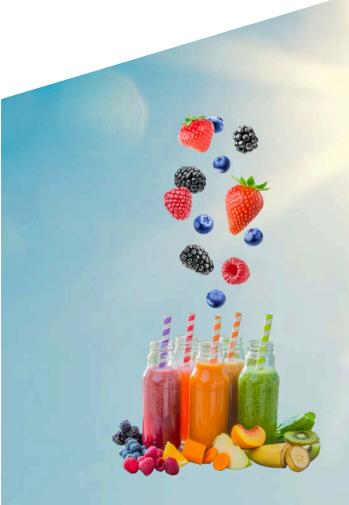
58396- Turkey Breast | \$18.50 500g Package

57136- Black Forest Ham | \$10.00 500g Package

57155- Honey Ham | \$10.00 500g Package

59110- Roast Beef | \$21.00 500g Package

59036- Corn Beef | \$20.00 500g Package



80218- Whole Strawberries | \$9.00 1 Kg Bag

80216- Wild Blueberries | \$15.00 1 Kg Bag

80214- Berry Blend | \$15.00 Raspberry/Blackberry/Blueberry 1 Kg Bag

80212- Mango Chunks | \$10.00 1 Kg Bag

80202- Raspberries | \$20.00 1 Kg Bag

80209- Sliced Peaches | \$9.00 1 Kg Bag