



DELI

Ham

Black Forest Ham
 Cooked Ham
 Rosemary Ham
 Tuscany Ham
 Honey Maple Ham



Beef/Pork

Roast Beef/Roast Beef Nitrate Free
 Angus Roast Beef
 Corned Beef
 Pastrami/Eye Pastrami
 Montreal Smoked Meat
 Montreal Brisket
 Roast Pork Mild/Hot



Turkey

Turkey Breast Cooked
 Turkey Breast Smoked
 Oven Roasted Turkey
 Oven Roasted Turkey - Nitrate Free
 Spicy Oven Roasted Turkey
 Sundried Tomato & Basil
 Jalapeno Turkey
 Buffalo Turkey
 Turkey Kolbassa
 Montreal Smoked Turkey
 Lifestyle Fat Free Turkey
 Cajun Turkey

Chicken

Chicken Breast Cooked
 Chicken Breast Smoked
 BBQ Chicken
 Cajun Chicken
 Oven Roast Chicken
 Italian Chicken
 Lifestyle Fat Free Oven Roast Chicken

Bacon

Cherry Pink
 Danish Bacon
 Double Smoked
 Retail Bacon 32 x 375gm
 (Regular, Less Salt, Thick Sliced)

Beach Road Kielbasa

*World Famous (Lean & Gluten Free)

Salami

All Beef Salami
 Cervelat Salami
 Caliente Salami
 Dry Salami
 German Salami
 Gypsy Salami
 Hungarian Salami
 Hungarian Hot Salami
 Mexican Salami
 Old Forest Salami
 Peppereed Salami
 Portugese Salami Mild/Hot
 Square Salami
 Szegedi Salami
 Vienna Cooked Salami
 D'Amour Salami
 Chorizo - Spanish Style



Italian Products

Prosciutto Salami
 Cooked Prosciutto
 Prosciutto (Domestic/Imported)
 Prosciutto Boneless X-Lean (Half Moon)
 Soppressa Al Prosciutto
 Mortadella Roped (Natural Casing)
 Mortadella Regular/Lean/Hot
 Capicollo Mild/Hot
 Capicollo X-Lean Mild/Hot
 Capicollo X-Hot
 Genoa Mild/Hot
 Casalingo Mild/Hot
 Calabrese Salami
 Soppresata Salami
 Prosciuttino Mild/Hot
 Pancetta Mild/Hot
 Dry Sausage Mild/Hot
 Fresh Sausage Hot/Mild
 Friulano Salami
 Veneto Salami



Liver Sausage

Liver Sausage Fine Chubs
 Liver Sausage Gold Chubs
 Liver Sausage Coarse Chubs

Assorted Sausage/Cold

Dry Pepperettes
 Dry Hot Pepperettes
 Hot Pepperettes Italian
 Mild Pepperettes Italian
 Napoli Pepperettes
 Fire Hot Pepperettes
 Mild Pepperettes Springers
 Beef Pepperettes Mild/Hot
 Wally Parr Pepperettes Mild
 Wally Parr Pepperettes Hot
 Kolbassa Sausage
 Kolbassa Chubs
 Polish Sausage
 Polish Chubs
 Pepperoni Long To Slice
 Pepperoni Piller's
 Pepperoni Pizza (2/pkg)
 Sliced Pepperoni Bulk
 Smoked Farmers Sausage
 Hungarian Smoked Sausage
 Bag Summer Sausage
 Beerwurst Sausage
 Krakovska Sausage
 Head Cheese
 Pepperoni Salami
 Blue Ribbon
 All Beef Balogna
 Wax Bologna
 Garlic Bologna
 Bologna Euro
 All Veal Lyoner



LESTERS Products

Spicies - All flavours
 All Beef Salami
 All Beef Hot Dogs
 Cooked Roast Beef Round
 Pepper Beef Round NY Style
 Cooked Corned Beef Brisket
 Corned Beef Brisket Pail
 Montreal Smoked Meat Brisket
 Montreal Smoked Meat Pouch
 Smoked Meat Brisket Centre Cut
 Pastrami Smoked Meat Eye Round

CHEESE

Canadian Cheese

Cheddar Mild
Cheddar Medium
Cheddar Old
Cheddar X-Old
Cheddar Marble
Shredded Cheddar 2.5 kg
Shredded Cheddar Small
Brick Cheese
Cream Cheese
Edam Cheese
Lappi Low Fat
Monterey Jack
Havarti
Havarti Caraway
Havarti Herb & Spice
Havarti Dill
Havarti Jalapeno
Havarti Light
Submarine Sliced (2x2kg)
Swiss Cheese
Swiss Original



Soya Cheese

Cheddar Soya (12X250g)
Mozzarella Soya (12X250g)
Jalapeno Soya (12X250g)
Smoked Gouda Soya (12X250g)
Mozzarella Soya (12X250g)
Mozzarella Soya Sandwich (12x300g)
Cheddar SoyA Sandwich (12x300g)
Grated Parmesan Soya Tub (6x200g)
Grated Feta Soya Tub (6x200g)

Pineriver Cheese

Flavoured Cheese

Monterey Jack w Salsa
White Cheddar w Ranch
Crushed Chili
Caramelized Onion
Raspberry Fudge Cheese
Fudge Cheese



Italian Cheese

Bocconcini 1.5 kg
Bocconcini 3 kg
Crotonese
Friulano
Mozzarella
Mozzarella Balls
Shredded Mozzarella 2.5 kg
Shredded Mozzarella Small
Parmesan Reggiano
Parmesan Padano
Grated Parmesan
Provolone
Grated Romano
Romano
Feta 3 kg
Feta 1 kg

Specialty Cheese

Asiago
Brie Cheese Canadian 3 kg
Brie Small 125 kg
Cambazola
Camembret Small 125 kg
Danish Blue
Feta In Oil
Fontina
Goat Cheese
Gouda Mild
Gouda Medium
Gouda Old
Gouda Spicy
Gouda Smoked
Jarlsburg
Jarlsburg Light
Smoked Gruyere
St. Jorge
Baby Bels
La Vache Qui Rit
Piave
Rotola - Salami
Rotola - Prosciutto
Campitello
Savello Di Roma
Gorgonzola
Oka Cheese
Montasio
Beemster (X-Old/Classic)
Norveiga

Silani Cheese

Mascarpone VP
Mascarpone Cup
Cherry Bocconcini 130g
Fresh Mozzarella
Ricotta Regular Cups
Ricotta Light Cups
Omega 3 Grated Parmesan w/ Flax Seed Oil
Feta Crumble Bag
Shredded Mozzarella Bag 340gm
Shredded Cheddar Bag 340gm
Shredded Nacho Mix Bag 340gm



*Pre Sliced Cheese Variety Flavor

Sliced Meat

(Simply Free, San Danielle, Carl Buddig)

Genoa Sliced
Capicollo Sliced
Calabrese/Soppresatta Sliced
Pancetta Sliced
Prosciutto Sliced
Mortadella Sliced
Black Forest Ham Simply Free
Shaved Chicken Breast
Buddig Pouch Ham
Buddig Pouch Turkey
Buddig Pouch Corned Beef
Buddig Pouch Pastrami
Buddig Pouch Honey Ham
Buddig Cotto Salami
Buddig Pouch Honey Turkey
Buddig Pouch Black Forest Ham
Buddig Tub Turkey/Ham
Buddig Tub Corned Beef
Buddig Tub Honey Ham
Buddig Tub Chicken



BAKERY

Grab and Go Desserts

Almond Crostata
Pecan Crostata
Apple Caramel Crostata
Cranberry Pecan Crostata
Chocolate Drizzled Crostata
Chocolate Macaroon
Coconut Macaroon
Two Bite Brownies
Two Bite Brownies
Carrot Cakes
Lil Cakes Vanilla/Chocolate/Red Velvet
Mini Two Bite Brownies (70g)
Mini Macaroons Choc. Dipped
Mini Chocolate Chip Cookies
Mini Cinnamon Rolls
Individually Wrapped Raisin Tart
Individually Wrapped Pecan Tart
Raisin Butter Tarts (6)
Pecan Butter Tarts (6)
Plain Butter Tarts (6)
Lemon Tarts (6)
Palm Leaf Cookies



Prepared Pastries

Cream Horns
Portugese Custard Tarts
Rum Balls
Eclairs (Chocolate or Custard)
Napoleon

Beverley Tarts

Plain Butter Tarts
Raisin Butter Tarts
Pecan Butter Tarts
Walnut Butter Tarts
Raspberry Coconut Butter Tarts
Chocolate Tarts

Scoop n Serve - 600g Retail Pack

Tiramisu
Crispy Mousse

Dessert Cups (100g)

Tiramisu
Caramilk
Dairy Milk



Slab Cakes/Pre-Sliced (12)

Slab Nanaimo
Slab Macaroon Madness
Slab Deep Dutch Brownies
Slab Tiger Brownie
Slab Triple Choc. Chunk Brownie
Slab Triple Choc. Fudge Cake
Slab Date Square
Slab Country Carrot Cake
Slab Haystack Brownie
Slab Red Velvet
Slab Vanilla Bean
Slab Pecan Caramel Brownie
Slab Butter Pecan Fudge
Slab Buttermilk Bars
Slab Apple Crumble
Slab Sticky Toffee Pudding
Slab Triple Berry Crumble
Slab German Chocolate
Slab Silk Chocolate Truffle
Slab Tuxedo Truffle
Slab Lemonicious Bar
Slab Strawberry Shortcake
Slab Chocolate Layer Cake



8" Coffee Cakes

Cinnamon
Chocolate
Espresso
Wildberry



Cream Cakes (8")

Carrot
Chocolate
Blueberry Cheesecake
Blackberry

Bar Cakes (12" x 4")

Tuxedo
Lemon
Blackforest
Strawberry
Carrot

Shire's Bakery Cookies

Chocolate Chip
Double Choc. Chip
Oatmeal Raisin
Oatmeal Choc. Chip



Daboom! Desserts

Rocky Road Square (Gluten Free)
Blueberry Cheesecake
Caramel Swirl
Apple Caramel
Cookie Dough Cheesecake
Mini Stack Oreo
Super Fudge (Gluten Free)

Specialy Imported From Italy

Apolini
Cream Horns (Large/Small)
Sicilian Cannoli (Large/Small)
Sfogliatelle (Small/Large)
Conchiglie (triangle-shaped puff-pastry w/ chocolate nutella filling)



Snacks

Beef Patties
(Mild/Hot/Vegetable/Chicken)
Samosa
(Beef/Chicken/Vegetable)
Spring Rolls
(Beef/Chicken/Vegetable)
Falafels
Pizza Wraps
Beef Pies
Steak Pies
Chicken Pies

NEW Signature Salsa 400g

Mild Salsa
Hot Salsa
Bruschetta
Garlic Dip



SALADS

Summer Fresh Dips & Hummus 227gm

Artichoke & Asiago Dip
Spinach Dip
Bruschetta
Tzatziki
Hummus
Roasted Garlic Hummus
Roasted Red Pepper Hummus
Greek Yogurt Cucumber Garlic (200g)
Greek Yogurt Jalapeno (200g)



Summer Fresh Topped Hummus (300g)

Chick Pea & Pinenut Topped Hummus
Roasted Garlic Topped Hummus
Spicy Chili Topped Hummus
Roasted Red Pepper Topped Hummus

Summer Fresh Snack n Go 83g

Original Hummus
Roasted Garlic Hummus
Roasted Red Pepper Hummus

Summer Fresh Grain Salad (8x200g)

Seven Grain
Greek Couscous
Multi Grain Quinoa

Summer Fresh Salad Bowls 300g

Greek Couscous
Pad Thai
Tuscan Chick Pea

Summer Fresh Meals To Go (6x264g)

Greek Couscous
Seven Grain
Tabouleh

Keybrand/Sequal Salad

Potato
Macaroni
Kentucky Coleslaw
Potato & Egg
Coleslaw Olive & Vinegarette
Creamy Coleslaw
Vegetable
Mac & Cheese
Mixed Bean
Hawaiian Delight
Red Skin & Dill ***NEW***

Summer Fresh Salads (4x1.5kg)

Original Potato
Potato & Egg Salad
Macaroni Salad
Creamy Coleslaw
Regular Coleslaw
Macaroni 3 Cheese
Pennine Greek Feta Pasta
Sicilian Pasta Salad
Summer Rotini Salad
Seven Grain Salad
Tuscany Bean
Santorini Couscous
Wheatberry Salad
Wild Rice Squash & Cranberry
Curried Couscous
Baba Gnanouj
Olive & Greek Feta Pasta
Red Skin Potato Salad
Edamame & Tomato Salad



***NEW* Skinny Dip Cottage Cheese**

Dips & Spreads made with Real Cottage Cheese

Habanero & Lime
Onion & Garlic
Kale & Bacon

GROCERY

Food Service Products

Meatballs
BBQ Chicken
BBQ Ribs
Fajita Chicken
Octoberfest
Breakfast Sausage

Guy Fierie Wing Sauce

Buffalo New York
Habanero Mustard
Korean BBQ



Guy Fierie Salsa

Chipotle
Original Salsa
7 Pepper Salsa
Verde Salsa

Guy Fierie BBQ Sauce

Carolina #6 BBQ Sauce & Marinade
Bourbon Brown Sugar
Kansas City
Apple BBQ Sauce
Sweet Srirachi
Rootbeer
Rootbeer

Mario Batali Pasta Sauce

Marinara
Tomato Basil
Arrabiata
Alla Vodka



Villa Sauce

Sundried Tomato
Lemon Herb & Garlic
Basil Pesto
Arugula Pesto
Vegan
Roasted Pepper & Chive



Pasta Toscana Organic

Spaghetti
Ditali Rigati
Fusilli
Penne Rigate
Farfelle



Watson Ridge

Chicken Nuggets
Chicken Strps
Chicken Burger
Chicken Bites

Cobblestone Ribs

BBQ Ribs
Honey Garlic Ribs

Olives

Calamata
Black Colossal
Green Cracked
Green Pitted
Calamata Pitted
Green Stuffed Mammoth



Beverages (San Benedetto)

Natural Water 500ml
Natural Water 1LT
Carbonated Water 500ml
Carbonated Water 1LT
Peach Iced Tea 500ml
Lemon Iced Tea 500ml



Mezza Magic

Slow Roast Cherry Tomato
Slow Roast Mixed Vegetables
Slow Roast Tomato

Rio Mare

Tuna in Water 80gm
Tuna In Oil 80gm
Insalatissime Beans 160gm



Italy's Coffee

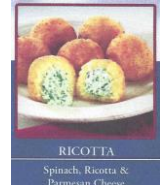
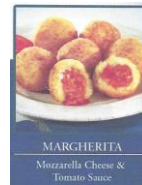
Lavazza Crema E Gusto (Blue)
(ground coffee 250gm)
Lavazza Rossa (Red)
(ground coffee 250gm)



NEW Arancini

(Italian Rice Balls)

Arancini Siciliana
(Peas and Carrots in a Meat Sauce)
Arancini Margherita
(Mozzarella Cheese & Tomato Sauce)
Mini Arancini Ricotta
(Spinach, Ricotta & Parmesan Cheese)
Mini Arancini Margherita
(Mozzarella Cheese & Tomato Sauce)
Mini Arancini Porcini
(Mushroom, Cream Sauce & Mozzarella)



NEW Sonora Wraps

8" White Flour
8" Whole Wheat
10" Whole Wheat
10" White Flour
10" Jalapeno
10" Tomato Basil
12" White Flour
12' Whole Wheat