



## 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

### Bacon

Cherry Pink (Minimum order of 50cs)  
 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  
 Mustardseed Square Salami  
 Szegedi Salami  
 Vienna Cooked Salami  
 D'Amour Salami  
 Chorizo - Spanish Style



### Italian Products

Prosciutto Salami  
 Cooked Prosciutto (Prosciutto Cotto)  
 Prosciutto (Domestic/Imported)  
 Prosciutto Boneless X-Lean (Half Moon)  
 Soppresa 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



### Assorted Sausage/Cold

Dry Pepperettes (2x1.5kg)  
 Dry Hot Pepperettes (500gm)  
 Hot Pepperettes Italian  
 Mild Pepperettes Italian  
 Napoli Pepperettes  
 Fire Hot Pepperettes  
 Mild Pepperettes Springers  
 Beef Pepperettes Mild/Hot (Pairs)  
 Wally Parr Pepperettes Mild  
 Wally Parr Pepperettes Hot  
 Kolbassa Sausage  
 Kolbassa Chubs  
 Polish Sausage  
 Polish Chubs  
 Pepperoni Long To Slice  
 Pepperoni Piller's  
 Sliced Pepperoni Bulk  
 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

### Liver Sausage

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

## CHEESE

### Canadian Cheese

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



### Soya Cheese

Cheddar Soya (12X250g)  
Mozzarella Soya (12X250g)  
Jalepeno Soya (12X250g)  
Smoked Gouda Soya (12X250g)  
Mozzarella Soya Sandwich (12x300g)  
Cheddar Soya Sandwich (12x300g)  
Grated Parmesan Soya (6x200g)  
Parmesan Soya Wedge (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 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  
Baby Bels  
La Vache Qui Rit  
Piave  
Savello Di Roma  
Gorgonzola  
Oka Cheese  
Montasio  
Beemster (X-Old/Classic)

### 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  
Capicola 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



Chocolate Macaroon 280gm  
Coconut Macaroon 280gm  
Two Bite Brownies 280gm



Mini Two Bite Brownies 70gm  
Mini Macaroons Choc. Dipped 70gm  
Mini Chocolate Chip Cookies 70gm  
Mini Cinnamon Rolls 70gm

Individually Wrapped Raisin Tart  
Individually Wrapped Pecan Tart

Lil' Vanilla Cupcakes 16x300gm  
Lil' Chocolate Cupcakes 16x300gm  
Lil' Red Velvet Cupcakes 16x300gm

Raisin Butter Tarts (6)  
Pecan Butter Tarts (6)  
Plain Butter Tarts (6)  
Lemon Tarts (6)  
Palm Leaf Cookies

### Beverley Tarts

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

### Prepared Pastries

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

### Dessert Cups (100g)

Tiramisu (available in 600gm bowl)  
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 Pecan Caramel Brownie  
Slab Butter Pecan Fudge  
Slab Buttermilk Bars  
Slab Apple Crumble  
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") & (5" x 5")

Black Forest (Available Both Size)  
Carrot (Available Both Size)  
Tuxedo (Available Both Size)  
Tiramisu (Available Both Size)  
Chocolate (12x4 only)  
Chocolate Hazelnut (5x5 only)  
Strawberry (5x5 only)  
Dulce De Leche (5x5 only)  
Mango (5x5 only)

### Shire's Bakery Cookies

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



### Daboom! Desserts

Daboom Squares  
Carrot Caramel Stack  
Apple Cobbler



Super Fudge Brownie (Gluten Free)  
Rocky Fudge Squares (Gluten Free)

### Daboom Single Serving

Cookie Dough Cheesecake  
Chocolate Stack w/ Oreo

Molten Lava  
Chocolate Bomb



### Daboom Cheesecakes

Carrot Caramel  
Cherry



Dulce De Leche  
New York Style

Peanut Butter Brownie (Gluten Free)  
Raspberry Greek Yogurt

### Daboom Chocolate Cakes

Sweet & Salty Truffle (Gluten Free)  
White Chocolate Brownie  
Reeses Pieces Pie  
Chocolate Pecan Pie



### Specialy Imported From Italy

Apolini  
Cream Horns (Large/Small)  
Sicilian Cannoli (Large/Small)  
Sfogliatelle (Small/Large)

### 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



### 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



### 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

- Pad Thai
- Chick Pea
- Greek Pasta Feta



### Summer Fresh Meals To Go (6x264g)

- Greek Couscous
- Seven Grain
- Tabouleh



### 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
- Olive & Greek Feta Pasta
- Red Skin Potato Salad
- Edamame & Tomato Salad



### \*NEW\* My Little Chicke Pea

- Gluten Free Falafels
- Naked Chick Pea
- Smoked Chipotle



Dressings & Marinades: Umami Miso, Roasted Lemon, Orange Ginger, Apple Cider

### Keybrand/Sequal Salad

- Potato
- Macaroni
- Dixie Coleslaw (Kentucky Style)
- Potato & Egg
- Coleslaw Olive & Vinegarette
- Mixed Vegetable
- Mac & Cheese
- Mixed Bean
- Hawaiian Delight
- Red Skin & Dill



### Salads

- The Goddess
- Orange Ginger Raw Kale
- Ginger Mint Quinoa
- Mighty Kale Tabouli
- Roasted Beet Quinoa
- Fig & Paprika Lentils



### Dips

- Smokin' Baba Ghanoush
- Thai Coconut Hummus
- Lemon Burst Hummus



## 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



### 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 160g



### Italy's Coffee

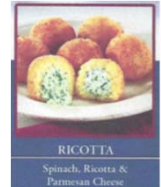
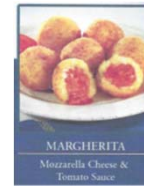
Lavazza Crema E Gusto (Blue)  
(ground coffee 250gm)  
Lavazza Rossa (Red)  
(ground coffee 250gm)



### 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)



### 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

