



GOURMET CHICKEN ENTREES

Chicken Saltimbocca Boneless Skinless Chicken Breast Stuffed with Prosciutto and a Blend of American & Swiss Cheese and Herbs 12 x 8 oz

Chicken Brie Cheese And Apple Stuffing Breaded Chicken Breast Stuffed with Cream of Brie Cheese and Apple Stuffing 12 x 7 oz

Chicken Provolone Breaded Chicken Breast Seasoned & Stuffed with Marinara Sauce with a Blend of Provolone & Parmesan Cheese 12 x 7 oz

Chicken Cordon Bleu Breaded Chicken Breast Stuffed with Black Forest Ham and Swiss Cheese 15 x 7 oz or 12 x 7 oz

Chicken Kiev Breaded Chicken Breast Stuffed with Butter and Chives 15 x 7 oz

Chicken Forestiere Breaded Chicken Breast Stuffed with White Cheddar Cheese and Mushrooms 12 x 7 oz

Chicken Divan Breaded Chicken Breast Stuffed with Cheddar Cheese and Broccoli 15 x 7 oz

Chicken Neptune Breaded Chicken Breast Stuffed with Mozzarella Cheese, Shrimp and Crab Meat 15 x 7 oz

Chicken Polynesian Breaded Chicken Breast Stuffed with Mozzarella Cheese and Pineapple 15 x 7 oz

Chicken Italiano Breaded Chicken Breast Stuffed with Mozzarella Cheese and Tomato Sauce 15 x 7 oz

Chicken Florentine Breaded Chicken Breast Stuffed with Swiss Cheese and Spinach 15 x 7 oz

Chicken Wild Rice Breaded Chicken Breast Stuffed with Wild Rice and Herbs 15 x 7 oz

Chicken California Breaded Chicken Breast Stuffed with Sun Dried Tomato Pesto and Feta Cheese 15 x 7 oz

Chicken Zorba Breaded Chicken Breast Stuffed with Feta Cheese and Spinach 15 x 7 oz

Chicken Princess Stuffed with Asparagus and White Cheddar 15 x 7 oz

Stuffed Gourmet Chicken Variety 3 of each - Chicken Cordon Blue, Chicken Kiev, Chicken Forestiere, Chicken Divan, Chicken Wild Rice

Stuffed Gourmet Chicken Variety 3 of Each - Chicken Zorba, Chicken Princess, Chicken California, Chicken Italiano, Chicken Neptune



FINGER FOOD AND APPIES

Pizza Fingers Thin Pre-browned Pizza Crust Rolled over Mozzarella Cheese, Pepperoni and Tomato Sauce 50 pc

Personal 5 inch Pan Pizza (Supreme, Pepperoni, Cheese) Oven or Microwave Ready 18 per box

Chicken Fingers Lightly Seasoned and Coated with a Whole Wheat and Panko Crumb 55 to 70 pc

Mini Bite Size Vegetarian Spring Roll 100 pc

Mini Bite Size Chicken Thai Spring Roll 100 pc

Mini Bite Size Meat Egg Roll 100 pc

Chicken & Pork Dumpling Pot Stickers Best Steamed 72 pc

Sesame Jack Dumpling Pot Stickers Chicken, Cabbage, Monterey Jack Cheese Best Steamed 72 pcs

Cheddar Cheese Bites Oven Ready 2.27 Kg

Mozzarella Sticks Oven Ready or Deep Fry 2.27 Kg

Boneless Dry Garlic Ribs Oven Ready 2.72 Kg

Potato and Cheddar Cheese Perogies 150 pc

Dusted Wings Seasoned, Fully Cooked, Oven Ready 2.72 Kg

Naked BBQ Spicy Wings Fully Cooked, Oven Ready 3 Kg

Tangy Barbecue Wings Fully Cooked, Oven Ready 3 Kg

Breaded Hot Wings Fully Cooked, Oven Ready 3 Kg

Buffalo Wings Fully Cooked, Oven Ready 3 Kg

Boneless Buffalo Wings Fully Cooked, Oven Ready 3 Kg

Salt and Pepper Wings Fully Cooked, Oven Ready 3 Kg

Honey Garlic Wings Oven Ready 3 Kg

Boneless Crunchy Style Wings Oven Ready 3 Kg

Popcorn Chicken Fully Cooked, Oven Ready 3 Kg

Italian Style Cooked and Season Meat Balls 2 bags of 80 Meat Balls 4.54 Kg



DESSERTS

Ice Cream Crepes Filled with Vanilla Gelato & Raspberry Puree, drizzled with Belgium Chocolate 16 Crepes

Assorted Flavored Cheese Cakes

Assorted Italian Gelato (Ice Cream)

Vanilla, Chocolate, Lemon, Spumoni, Pistachio 2 litre pail

Assorted Gourmet Cream And Fruit Pies

Assorted Uncooked Cookie Dough

Double Chocolate, Oatmeal Raisin, Peanut Butter 44 cookies of 2 types per box

Lava Cakes 12 per tray



FREE RANGE MEATS

CERTIFIED ORGANIC POULTRY
Grass & Vegetable Fed
Boneless & Skinless

Chicken Breasts 12 - 14 x 225 - 275 g

Boneless & Skinless Chicken Thighs 32 x 100 - 125 g

Extra Lean Ground Chicken 8 x 300 g

Whole Chicken 2 - 3 Kg per Chicken

POULTRY

Boneless and Skinless Chicken Breasts Individually Vacuum Packed 20 x 8 - 10 oz

Boneless and Skinless Chicken Thighs 8 Vacuum Bags of 4

Bacon Wrapped Boneless Skinless Chicken Breast 16 x 5 oz

Breastwitch Lightly Seasoned and Breaded Chicken Breast, Oven Ready 24 - 30 x 3.5 - 4 oz

Giant Whole Chickens Individual or Case of 6

Naked White Chicken Kabobs All Meat (season your way) Individually Packaged 20 x 6 oz

Chicken Souvlaki in a variety of flavours 24 x 4 oz

Turkey Tenderloin Lean and High in Protein 16 x 7 - 8 oz

Turkey Breast 4 x 1-1.5 Kg

Turkey Lean Ground Vacuum Packed 10 x 300 g Bags

Peking Duck Breast 12 - 14 x 6 - 7 oz

Mallard Duck Breast 10 - 400 g

CERTIFIED ORGANIC PORK - Grass Fed

French Style Pork Chops Cooked 12 x 200 g

Baby Back Ribs Cooked 6 x 850 g

Extra Lean Ground Pork 6 x 450 g

Boneless Loin Chops 12 x 225 g

Ribeye Chops 12 x 225 g

Pork Loin Cutlets Scaloppini Style Thin Sliced 6 x 350 g

Pork Tenderloin 6 x 450 g



PORK

Pork Rib Chop Bone-In 10 x 12 oz

Pork Boneless Chops 18 - 20 x 5 - 6 oz

Pork Tenderloin 8 - 9 x 16 - 20 oz

Canadian Baby Back Ribs 8 x 24 - 32 oz

Danish Baby Back Ribs 14 - 18 oz x 11 - 12 racks

Barbecued Baby Back Ribs Pre-cooked and in a Sauce.

Italian Home Made Sausage Hot or Mild 6 x 450 - 550 g

Applewood Smoked Sliced Bacon 5 Kg

Old Fashioned Slab Bacon 2.5 - 3.5 Kg pc

Pork Souvlaki Kabobs 20 - 24 x 4 - 5 oz pc

Peameal Back Bacon 16 x 6 oz

Pork Crown Roast 4 x 2.5 - 3 lbs

WILD CAUGHT FRESH AND SALTWATER FISH



Pickarel Fillets Skin On Individually Vacuum Packed 12 - 14 x 6 - 8 oz

Pickarel Fillets No Skin Individually Vacuum Packed 16 x 4-6 oz

Pickarel Cheeks 2 x 2.5 lb bags

Rainbow Trout Fillets Individually Vacuum Packed 12-14 x 6 - 8 oz

Arctic Char Fillets Individually Vacuum Packed 12 - 14 x 6 - 8 oz

Tilapia Fillets Boneless/Skinless, Individually Vacuum Packed 14 - 16 x 3 - 5 oz

Catfish (Carolina) 14 - 16 x 6 - 8 oz

Basa Fillets Boneless/Skinless Individually Vacuum Packed 14 - 16 x 6 - 8 oz

Cod Loin (Atlantic) Individually Vacuum Packed 12 - 14 x 6 - 8 oz

Salmon (Atlantic) Boneless/Skinless Fillets and Steaks, Individually Vacuum Packed 12/14 x 6/8 oz

Pacific Salmon Fillets/Steaks Boneless, Individually Vacuum Packed 12 - 14 x 6 - 8 oz

Steelhead Ocean Trout Fillets Boneless, Individually Vacuum Packed 12 - 14 x 6 - 8 oz

Swordfish Steak Boneless, Individually Vacuum Packed 12 - 14 x 6 - 8 oz

Yellowfin (Ahi) Tuna Steak Boneless, Individually Vacuum Packed 6 x 16 oz or 12 x 6 - 8 oz

Halibut Fillets (Alaskan) Individually Vacuum Packed, High in Omega's 12 x 6 - 8 oz

Halibut Steak (Alaskan) 12 - 14 x 6 - 8 oz

Black Grouper Boneless, Individually Vacuum Packed 12 x 6 - 8 oz

Orange Roughy (New Zealand) Boneless/Skinless, Individually Vacuum Packed, Poor Mans Lobster 12 x 6 - 8 oz

Red Snapper (Florida) Boneless, Individually Vacuum Packed 12 - 14 x 6 oz

Mahi-Mahi Steaks (Florida) Boneless, Individually Vacuum Packed 12 - 14 x 6 - 8 oz

Sea Bass Steaks (Chilean) Boneless, Individually Vacuum Packed 12 x 6 - 8 oz

Haddock Loins (Atlantic) Boneless, Skinless, Individually Vacuum Packed 4 - 6 oz x 18 - 22

Black Cod Fillets (Alaskan) Boneless, Skinless, Individually Vacuum Packed 12 - 14 x 6 - 8 oz

Cod Tongues 6 x 1 lb bag

Maco Shark Steaks Boneless, Individually Vacuum Packed 12 x 6 - 8 oz

Baked Salmon Squares (Alaskan) Topped with Seasoned Bread Crumbs, Herbs and Imitation Crab Meat

Potato Crusted Alaskan Cod Coated with Shredded Potato, Cheddar Cheese and Green Onions 16 - 18 x 6 - 8 oz

AGED PREMIUM BEEF

Free-Range, Grass-Fed



Porterhouse Steaks The Hungry Man Steak 6 x 32 oz

T-Bone Steaks The Perfect BBQ Steaks 8 x 20 oz

Chateaubriand Center Cut Tenderloin Steaks 6 x 20 oz

Tenderloin Center Cut Steaks - Simply the Best 12 x 8 oz

Bacon Wrapped Tenderloin Perfect for those who like a smaller tasty steak 24 x 4 oz or 16 x 6 oz

Beef Wellington Tenderloin Smothered in Mushrooms, Onions and Herbs - Great for Entertaining 12 x 8 oz

Beef Tenderloin Tips 6 x 12 oz packages

Naked Beef Tenderloin Kabobs Completely Pain and Ready to Season. Cook your own way. Individually packaged 20 x 6 oz

New York Strip Loin Center Cut - The King of Steaks 12 x 8 oz, 12 x 10 oz, 8 x 16 oz

Rib Eye Steaks The Steak of Choice 12 x 8 oz, 12 x 10 oz, 6 x 20 oz

Top Sirloin Baseball Cut Steaks 12 x 8 oz or 10 x 10 oz

Prime Rib Roast 3.5-5.5 lbs

Top Sirloin Roast 4 x 2 - 2.5 lb each

Extra Lean Ground Beef 10 Vacuum-Packed 1 lb Bags

Texas Style Seasoned All Beef Burgers 40 x 4 oz, 27 x 6 oz

Premium Beef Back Ribs 8 x 28-32 oz

Maui Style, Short Ribs 1/4 Inch Cut 5 kg

Fresh Beef Jerky Regular, Teriyaki & Peppered 1 lb bag

FREE RANGE, GRASS FED LAMB AND VEAL

Premium Frenched Rack of Lamb (Australian) 5-6 x 24 to 28 oz

Premium Rack of Lamb Chops (Australian) 3-4 oz x 20 per box Pre-order

Boneless Leg of Lamb (Australian) 3 x 2 - 3 Kg each

Lamb Boneless Diced Stewing Meat 6 x 1 lb bag

Milk Fed Veal Rib Steak Unbelievably Tender 12 x 12 oz

Milk Fed Veal Cutlets Extra Lean, Quick & Easy 25 x 4 oz

Milk Fed Veal Tenderloin Steak 12 x 6 oz Pre-Order

Internal Cooking Temperature Guide

	Rare	Med Rare	Medium	Well Cooked
Beef, Veal, Lamb	140 F	145 F	160 F	170 F
Fresh Pork			160 F	170 F
Fresh Ham			160 F	170 F
Pre Cooked Ham			140 F	160 F
Chicken, Turkey Whole			165 F	175 F
Chicken, Turkey Ground			165 F	175 F
Chicken (Breast)			165 F	175 F
Duck, Goose			165 F	175 F
Leftovers, Casseroles			165 F	175 F
Fin Fish			158 F	165 F
Shrimp, Lobster & Crab			165 F	175 F
Clams, Oysters & Mussels (shells open during cooking)			165 F	175 F
Scallops (milky white or opaque & firm)			165 F	175 F



EXOTIC AND GAME MEATS



Bison Rib Eye Steaks A Cut Above the Rest 10 x 350-375 g

Bison Tenderloin Steaks Executive Cut 12-13 x 165-180 g

Bison Centre Cut New York Steaks 10 x 250-300 g

Bison Bacon Wrapped Medallions 14 x 145-165 g

Bison Prime Rib Roasts Perfect for Company 2 x 3 - 3.5 Kg

Bison Lean Ground 10 Vacuum Packed 1 lb Bags

Bison Extra Lean Ground 8 Vacuum Packed 300 g Bags

Wild Boar Tenderloin 6-8 pc

Ostrich Lean Ground Vacuum Packed 8 x 300 g

Ostrich Medallions The Healthy Alternative - Very Low in Fat and Cholesterol 10 x 145-160 g per box

Elk Extra Lean Ground 8 x 300 g per box

Elk Sausage Uncooked Made with Pear & Port 5 x 1 lb bags

Elk Medallions 10 x 145-165 g

Horse Tenderloin Steak Center Cut. It's Sweet and Tender, Low in Fat and High in Protein 12 x 6 oz

Foot Fancy Frog Legs (Giant or Jumbo) Great For the Barbeque, Oven or Pan-fried 25-30 or 50-60 Pairs

Alligator Tail Meat (Louisiana) Very Low in Fat and Cholesterol 10 x 8 oz

Kangaroo Lean Ground Meat Vacuum Packed 7 x 1 lb bags

Kangaroo Medallions 10 x 145-165 g

Farmed Rabbits 2-2.5 kg each or case of 6 rabbits

Vennison Medallions 10 x 145-165 g

Vennison Lean Ground Vacuum Packed 8 x 300 g

STUFFED GOURMET FISH AND SEAFOOD ENTREES



Stuffed Pacific Sockeye Salmon Pinwheel with Alaskan King Crab Meat and Cream Cheese with Herbs 16 x 6 oz

Stuffed Sockeye Salmon Pinwheel with Pacific Shrimp, Cream Cheese & Herbs. 16 x 6 oz

Stuffed Salmon Pinwheel stuffed with Spinach and Feta Cheese 12 x 7 oz

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Stuffed Salmon Pinwheel stuffed with Spinach and Feta Cheese 12 x 7 oz



WILD CAUGHT SEAFOOD

Premium Gigantic Red Alaskan King Crab Legs & Claws

A Real Crowd Pleaser 2.72 kg

Giant Shell On Shrimp Easy Peel 20-30 pcs

Giant Herb/Garlic Prawns Butterfly 55-65 pc

Giant Raw Shrimp Peeled / Deveined 35-45 pc

Breaded Butterfly Shrimp Oven Ready 125-150 pc

Jumbo Cooked Shrimp Peeled / Deveined 40-50 pc

Jumbo Raw Shrimp Peeled / Deveined 60-80 pc

Coconut Breaded Butterfly Shrimp Oven Ready

2 bags x 60-70 shrimp

Battered Crisp Shrimp Oven Ready 125-150 pc

Giant Sea Scallops 80-100 pc

Bacon Wrapped Sea Scallops 80-100 pc

Giant Scampi Tails Sweetest and Tastiest the World has to Offer 45-60 pc

Giant Lobster Tails 16-24 oz each, 5-6 per box

Lobster Tails with No Shells 5-6 oz x 14 tails or 8-12 oz x 10 tails

Lobster Tails - Canadian / Caribbean / Australian

5-6 oz x 14 or 9-10 oz x 10

Canadian East Coast Cooked Blue Mussels An

Awesome Way to Start a Fun Meal. Vacuum Packed

6 x 1 lb

Virginia Beach Half Shell Raw Oysters Great on the

BBQ or in the Oven 20-25 Tray

Baby Octopus 20-25

Oven Ready Calamari 2.27 Kg

Uncooked & Cleaned Whole or Squid Tubes 2.27 Kg

Futures Food Products MEAT & SEAFOOD



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