



Effective Sept 20, 2023

PH: 403-243-4475

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		Item #	Description	Pack Size	UOM
ORIGIN		APPETIZERS			
Canada		0669	Split Chicken Wings	1/10lb	Case
Canada		E097	Salt & Pepper Dry Pork Ribs, Fully-Cooked	2/2.27kg	Case
Vietnam		0547	23/25ct Tempura Battered Shrimp	5/2 lb	Case
USA	Vegan	0412	Tempura Green Bean	2/4lb	Case
USA	Vegan	0548	Tempura Cauliflower	2/4lb	Case
USA	Vegan	0520	Tempura Yam	2/4lb	Case
USA	Vegan	0575	Tempura Battered Broccoli	2/4lb	Case
USA	Vegan	0858	Battered Pickle Chips	2/4lb	Case
USA	Lacto-Ovo-Veg	0811	Breaded Mushroom Bites (1.1oz)	2/4lb	Case
USA	Lacto-Ovo-Veg	0850	Breaded Mac & Cheese Bites (1.3oz)	2/4lb	Case
Canada		0463	Pork & Vegetable Dumpling (176pc)	4/1 kg	Case
Canada		0464	Chicken & Vegetable Dumpling (176pc)	4/1kg	Case
Canada		0465	Kim Chi & Pork Dumpling (176pc)	4/1 kg	Case
Canada		0508	Kim Chi & Chicken Dumpling (176pc)	4/1kg	Case
Canada	Vegan	0555	Vegetable Dumpling (176pc)	4/1 kg	Case
Canada		1187	Wagyu Beef Dumpling (176pc)	4/1 kg	Case
China	Vegan	0524	30g Bao Bun - Folded Steam Bun	20/10pc	Case
China		1197	1.76oz Signature Vegetable Spring Roll 100ct	5/20pc	Case
Canada		0567	Pork & Vegetable Wonton (400pc)	4/1 kg	Case
Canada		TUF2124	Serennas Samosa Beef (bulk) 72/50g	7.94 lb	Case
Canada		TUF2125	Serennas Samosa Veg (bulk) 72/50g	7.94 lb	Case
Canada		TUF2126	Serennas Samosa Chicken (bulk) 72/50g	7.94 lb	Case
Canada		3001	Serennas Pakora Vegetable-Bulk 125pc	5.5lb	Case
		BATTERED FISH			
USA	Ocean Wise	0301	1.7oz Battered Taco Cut Cod	1/10lb	Case
USA		0302	1.6oz Battered Taco Cut Pollock	1/10lb	Case
USA	Ocean Wise	0384	8.5oz Giant Joe Battered Haddock	1/10lb	Case
USA		0467	3oz Giant Joe Battered Cod	1/10lb	Case
USA		3653	1.2oz Battered Haddock Bites "Traditional Batter"	1/10lb	Case
		BREAKFAST IDEAS & HANDHELDS			
USA		MON56689	Fully Cooked Uncured Bacon Chips 2/2.25kg	2/2.25kg	Case
USA		CTH90972	BHS FC Turkey Sausage Rounds 2/2.27 Kg	10lb	Case
USA		JONES18791	2 oz FC Pork Sausage Round 96pp	10lb	Case
USA		JONES33239	Grill Ready Cherrywood Smoked uncooked, 14-18ct	15lb	Case
USA		L677	Lorenzo's Burritos - Bacon 12/8oz	6lb	Case
USA		L684	Lorenzo's Burritos - Sausage 12/8oz	6lb	Case
USA	Lacto-Ovo-Veg	L691	Lorenzo's Burritos - Bean & Cheese 12/8oz	6lb	Case
USA		L707	Lorenzo's Burritos - Pork & Potato 12/8oz	6lb	Case
Canada		TT01005	Asparagus & Asiago Quiche 4.25"	12/235g	Case
Canada		TT01006	Red Pepper, Spinach & Goat Cheese Quiche 4.25"	12/254g	Case
Canada		TT01009	Caramelized Onion & Gruyere Quiche 4.25"	12/254g	Case
Canada		TT01010	Broccoli & Cheddar Quiche 4.25"	12/254g	Case
Canada		PBFBT59	Bakestone 10" Gluten Free Rice Tortilla	14/8	15lb



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PROTEINS					
Canada		E044	Fully Cooked Lamb Shank (Sous Vide)	16/300g	Case
Canada		0576	1.5kg Tomahawk Steak		Each
		0996	Bison Shank, Hammer of Thor 8pcs/case		Case
Canada		526	Chicken Fingers	2/2kg	Case
		3002	4oz Chicken Breast - 19% Protein	4kg	Case
Canada		1095	5oz Chicken Breast - 19% Protein	4kg	Case
Canada		1096	5oz Chicken Breast, all Natural	4kg	Case
		HH4300050	HH Chicken Breast Crunch 4 oz	2 x 2kg	Case
FRESH					
Canada		064	Live Lobster 1 1/4-1 1/2 lb	Each	Each
Canada		941	Fresh - Steelhead Trout Fillets BC OW	Lb	Lbs
Canada		483	Fresh - Salmon Atlantic Sides Sk On 3-4Lb	Lbs	Lbs
Canada		242	Fresh - Salmon 10+ ATL. Whole Farmed	Lbs	Lbs
Canada		539	Fresh - BC Organic Spring Salmon Fillets	Lbs	Lbs
North Atlantic		791	Fresh - Icelandic Cod Fillets Wild	Lbs	Lbs
Canada		129	Fresh - Pickerel Fillets Manitoba OW	Lbs	Lbs
Canada		494	Fresh - Snapper W/coast Fillets Wild	Lbs	Lbs
Atlantic		629	Fresh - Sole Fillets W/Coast Wild	Lbs	Lbs
Canada	Ocean Wise	661	Fresh - Oysters - Sweet Island Kiss PEI 100ct	Case	Case
Canada	Ocean Wise	0771	Fresh - Oysters Barstool PEI 100ct	Case	Case
Canada	Ocean Wise	122	Fresh - Mussels Atlantic PEI OW 5lb Bag	bag	bag
Canada		0749	Fresh - Blue Crab Meat 1lb	Can	Can
FRESH LOCAL SHRIMP-Waterford Farms					
Canada	Ocean Wise	308	Fresh Shrimp Head/on Waterford Farms AB	lb	lb
Canada	Ocean Wise	0618	Frozen Shrimp Head/on Waterford Farms AB	lb	lb
Special Requests- Weekly Specials					
FRESH MUSHROOMS-AF Mushrooms					
Canada		0867	Oyster Medley Mushrooms, Bulk	lb	lb
Canada		1049	Lions Mane, Bulk	lb	lb



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FISH					
Vietnam		0381	6-8oz Basa Fillet	1/10lb	Case
	OceanWise	0121	4oz Cod Loin IQF Pacific	1/10lb	Case
	Wild Caught	0354	5oz Cod Loin IQF Pacific	1/10lb	Case
	Ocean Wise	1181	3 oz Blue Cod Prt Folded Tail	1/10lb	Case
USA	Ocean Wise	0571	5oz Black Cod Portion	1/10lb	Case
	Ocean Wise	0031	6oz Chilean Seabass Prt IVP	1/10lb	Case
China	Ocean Wise	0090	3oz Haddock Loin	1/10lb	Case
China	Ocean Wise	0310	4oz Haddock Loin	1/10lb	Case
China	Ocean Wise	0359	5oz Haddock Fillet	1/10lb	Case
		0004	1-3lb Halibut Fletch	1/25lb	lb
		0206	6oz Halibut Portion	1/10lb	Case
Peru		0396	6oz Mahi Mahi Portion IVP	1/10lb	Case
USA	MSC	0114	6oz Sockeye Salmon Portion Skin/on IVP	1/10lb	Case
USA	MSC	0024	Sockeye Salmon Fillet Skin On IVP 1-2lb sides	1/25lb	Case
Chile	BAP	0390	2/3lb Coho Salmon Fillet	1/10kg	Case
Chile	BAP	0009	6oz Coho Salmon Portions, Skin/on IVP	1/10lb	Case
Chile	BAP	0186	8oz Coho Salmon Portions, Skin/on IVP	1/10lb	Case
Canada		0706	6oz Atlantic Salmon Portion, Skin/on IVP(27pcs) NS cut	1/10lb	Case
USA	Ocean Wise	080	4oz Sole Fillets Flathead	1/10lb	Case
Mexico		0207	6oz Ahi Tuna IVP , Marinated	1/10lb	Case
Vietnam	Ocean Wise	0808	6oz Ahi Tuna Portion IVP Tasteless smoke	1/10lb	Case
Vietnam	Ocean Wise	0982	Ahi Tuna Seared & Sliced	32 x 3oz	Case
Vietnam	Ocean Wise	0621	2.5-4 lb Ahi Tuna Loin Tasteless smoke	1/15lb	Lb
Canada		2009	3-5lb Albacore Tuna Loin	1/15lb	Lb
Vietnam	Ocean Wise	0833	1.6cm Ahi Tuna Poke Tasteless smoke	10/1lb	Case
Vietnam	Ocean Wise	0832	10oz Ahi Tuna Saku Block Tasteless smoke	1/10lb	Case
		0979	6 oz Wahoo, IVP (Ono)	1/10lb	Case
SMOKED SALMON					
Canada		303	Smoked Salmon WOLFHEAD-Side (average 1kg)	kg	Kg
Chili		2007	Smoked Coho Salmon Slices	25/125g	Case
SCALLOPS					
Japan	Oceanwise	E128	U15 Hokkaido Sea Scallops	4/5lb	Case
Japan	Oceanwise	0249	18/23 Hokkaido Scallops IQF	4/5lb	Case
China	BAP	499	40/60ct Bay Scallops IQF OW	4/5lb	Case
Japan	Oceanwise	534	80/120ct Bay Scallops OW	6/5lb	Case
Japan	Oceanwise	0866	10/20 Bacon Wrapped Scallops	5/2lb	Case



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		SHRIMP			
		PACIFIC WHITE			
India		0398	31/40ct Pacific White Shrimp P&D T/on	5/2lb	Case
India		001	26/30ct Raw Shrimp IQF Quick/Peel	20/1lb	Case
India		0375	26/30ct Pacific White Shrimp P&D T/on	5/2lb	Case
India		115	21/25ct Pacific White Shrimp P&D T/on	5/2lb	Case
India		816	16/20ct Raw Shrimp P&D T/on	5/2lb	Case
India		688	13/15ct Raw Shrimp P/D T/on	5/2lb	Case
India		561	90/130 Bistro Shrimp T/off	5/2lb	Case
		1108	Shrimp Meat 100-200 ct	5/2lb	Case
		COOKED			
		0684	26/30 Cooked P&D Shrimp 10/1lb	10/1lb	Case
		0946	16/20 Cooked P&D Shrimp	10/1lb	Case
		ARGENTINIAN			
Argentina/Peru		079	P/D Shrimp ARGENTINA L/G Broken	10/2lb	Case
Argentina/Peru		562	21/25ct Raw Shrimp Argentina P/D	10/2lb	Case
Argentina/Peru		027	13/15ct EZ Peel Argentina Shrimp	10/2lb	Case
Argentina/Peru		333	U15ct P/D Raw Shrimp Argentina	10/2lb	Case
		MISC SEAFOOD			
		009	300/500 Clam Meat in Natural juice	10/1lb	Case
Vietnam	MSC	456	17/22ct Clams Frozen VP	10/1lb	Case
Egypt		0911	U10 Crawfish Cooked, Unseasoned	2/5lb	Case
Canada-PEI	Ocean Wise	0527	17/22ct Mussels PEI Natural VP OW	20/1lb	Case
China		180	26/30ct Scampi Tails Split	10/1lb	Case
		SQUID			
China		0225	10/20ct Illex Squid Tubes -TEJA	1/10kg	Case
		1183	10/20ct Illex Squid Tubes -Echelon	2/5kg	Case
		773	4-6oz Squid Steak OW	1/5lb	Case
		0041	5/8ct Illex Squid T&T	4/2.5lb	Case
		CRAB AND LOBSTER			
USA		0168	9/12ct Golden King Crab L&C 1/20lb	1/20lb	Case
USA		0169	14/17ct Golden King Crab L&C 1/20lb	1/20lb	Case
USA		2001	16/20ct Golden King Crab Split 1/20lb	1/20lb	Case
		0038	8up Snow Crab 1/30lb	1/30lb	Case
		0851	Dungeness Crab Sections	1/25lb	Case
USA		0750	17-22ct Jonah Crab Claw Cap Off	10/1lb	Case
Canada		007	5-6oz Atlantic Lobster Tails	1/10lb	Case
		513	8oz Lobster Tail Warm Water	1/10lb	Case
		0955	9 oz Lobster Tail Warm Water 1/10lb	1/10lb	Case
		135	10-12oz Lobster Tails Warm Water	1/10lb	Case
		569	12-14oz Lobster Tail Warm Water 1/10lb	1/10lb	Case
		0956	14-16 oz Lobster Tail Warm Water	1/10lb	Case
		464	16-20oz Lobster Tail Warm Water	1/10lb	Case
		0983	10-12oz Lobster Tails Atlantic	1/10lb	Case
		0984	12-14oz Lobster Tails Atlantic	1/10lb	Case
		0985	14-16oz Lobster Tails Atlantic	1/10lb	Case
		0986	16-20oz Lobster Tails Atlantic	1/10lb	Case
Canada		0880	20-24 oz Atlantic Lobster Tail	1/10lb	Case



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Canada		0945	28-32 oz Atlantic Lobster tails, 10 lbs	1/10lb	Case
		736	Lobster Meat C.K Raw	12/8oz	Case
		0776	Lobster Meat C.K.L	12/1Lb	Case
		573	King/Prince Lobster Sensation	6/2lb	Case



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		PASTA - LET'S PASTA			
Canada		0635	Four Cheese Tortelloni	2/2.25 kg	Case
Canada		0636	Four Cheese & Spinach Ravioli	2/2.25 kg	Case
Canada		0637	Honey Glazed Butternut Squash Ravioli	2/2.25 kg	Case
Canada		0638	JUMBO Creamy Lobster&Crab Ravioli	2/2.25 kg	Case
Canada		0639	Lasagna Sheets 10.5" x 18"	2/2.25 kg	Case
Canada		0640	Gnocchi - Real Potato	2/2.25 kg	Case
Canada		0677	Beef Tortellioni	2/2.25 kg	Case
Canada		0678	Borolo Braised Beef Ravioli	2/2.25 kg	Case
Canada		0679	Lobster Shrimp & Lemon Ravioli	2/2.25 kg	Case
Canada		0691	Linguine	2/2.25 kg	Case
Canada		0692	Spaghetti	2/2.25 kg	Case
Canada		0693	Fettuccine	2/2.25 kg	Case
Canada		0694	Penne	2/2.25 kg	Case
Canada		0686	Gorgonzola & Pear Ravioli	2/2.25 kg	Case
Canada		0189	Wild Mushroom Tortelloni	2/2.25 kg	Case
Canada		1054	Beef and Cheese Lasagna (full pan)	2 x 5.2 kg	Case
Canada		1055	Roasted Vegetable and Cheese Lasagna (full pan)	2 x 5.2 kg	Case
		GROCERY			
		678	Escargot Tousain 8 dz/can	8 dz/can	Case