

Sealand Quality Foods

Your Culinary Consultant:
 Consultant Phone Number:
 Promo Code:

 **Sealand**
 QUALITY FOODS
 ALIMENTS DE QUALITÉ
 1-855-312-2677
 sealandqualityfoods.com

LEGEND

 **PREPARED**  **HEAT + SERVE**
 **GLUTEN-FREE**  **MEAL KIT**

| FISH | | | #21 Herb and Garlic Shrimp Skewers | | | PORK | | | | |
|---|--|-------|------------------------------------|--|--|-------|--------------------------|--|---|--------------------------|
| #79 Almond Crusted Sole Fillets |  | \$128 | <input type="checkbox"/> | #25 Jonah Crab Claws |  | \$194 | <input type="checkbox"/> | #3 Berkshire Pork Bacon | \$104 | <input type="checkbox"/> |
| #70 Arctic Char Fillets | | \$147 | <input type="checkbox"/> | #20 Large Cooked Black Tiger Shrimp |  | \$141 | <input type="checkbox"/> | #8 Boneless Pork Steaks | \$124 | <input type="checkbox"/> |
| #94 Battered Haddock Fillets |  | \$131 | <input type="checkbox"/> | #6 Large Raw Black Tiger Shrimp | | \$141 | <input type="checkbox"/> | #38 Breaded Pork Schnitzels |  | \$127 |
| #77 Black Cod Fillets | | \$204 | <input type="checkbox"/> | #68 Lobster Claws |  | \$146 | <input type="checkbox"/> | #99 Canadian Peameal Bacon | | \$121 |
| #69 Caribbean Crusted Tilapia Fillets |  | \$126 | <input type="checkbox"/> | #35 Lobster Seafood Cakes |  | \$138 | <input type="checkbox"/> | #85 French Cut Pork Chops | | \$156 |
| #74 Chilean Sea Bass | | \$229 | <input type="checkbox"/> | #100 Raw Red Wild Argentinian Shrimp | | \$136 | <input type="checkbox"/> | #11 Fully Cooked Pork Souvlaki Skewers |  | \$114 |
| #66 Coconut Crusted Tilapia Fillets |  | \$126 | <input type="checkbox"/> | #87 Prime Rib and Lobster Tails Surf & Turf | | \$191 | <input type="checkbox"/> | #991 Gluten-Free Back Ribs in BBQ Sauce |   | \$133 |
| #101 Cod Loins | | \$129 | <input type="checkbox"/> | #26 Natural Dry Scallops | | \$224 | <input type="checkbox"/> | #986 Gluten-Free Pulled Pork |   | \$134 |
| #97 Crab Stuffed Salmon Pinwheels |  | \$165 | <input type="checkbox"/> | #103 Shrimp Tempura |  | \$124 | <input type="checkbox"/> | #117 Sous Vide Pork Back Ribs |  | \$127 |
| #990 Gluten-Free Cod Nuggets |   | \$119 | <input type="checkbox"/> | #22 Split King Crab Legs |  | \$296 | <input type="checkbox"/> | CHICKEN | | |
| #993 Gluten-Free Salmon Burgers |   | \$144 | <input type="checkbox"/> | #19 Warm Water Lobster Tails | | \$248 | <input type="checkbox"/> | #102 Brie, Apple and Cranberry Stuffed Chicken Breasts |  | \$112 |
| #72 Guinness Battered Cod |  | \$134 | <input type="checkbox"/> | #84 Greenland Snow Crab Clusters | | \$126 | <input type="checkbox"/> | #32 Breaded Chicken Fingers |  | \$116 |
| #65 Haddock Fillets | | \$116 | <input type="checkbox"/> | #98 Coquilles Saint Jacques |  | \$126 | <input type="checkbox"/> | #108 Sous Vide Half Chickens |  | \$99 |
| #63 Haddock Loins | | \$131 | <input type="checkbox"/> | BEEF | | | <input type="checkbox"/> | #48 Chicken & Vegetable Dumpling Gyozas |   | \$111 |
| #13 Halibut Fillets | | \$189 | <input type="checkbox"/> | #1 8oz New York Striploin Steaks | | \$199 | <input type="checkbox"/> | #113 Chicken Cordon Bleu |  | \$121 |
| #83 Herb Crusted Cod Fillets |  | \$134 | <input type="checkbox"/> | #4 10oz Ribeye Steaks | | \$214 | <input type="checkbox"/> | #34 Chicken Kebab Skewers |  | \$138 |
| #64 Mahi Mahi Fillets | | \$152 | <input type="checkbox"/> | #52 12oz Top Sirloin Baseball Steaks | | \$189 | <input type="checkbox"/> | #105 Chicken Parmigianas |  | \$114 |
| #45 Orange Roughy Fillets | | \$131 | <input type="checkbox"/> | #5 12oz New York Striploin Steaks | | \$199 | <input type="checkbox"/> | #49 Chicken Souvlaki Skewers |   | \$121 |
| #89 Personal Cedar Plank Salmon |  | \$144 | <input type="checkbox"/> | #53 12oz Ribeye Steaks | | \$231 | <input type="checkbox"/> | #31 Chicken Thighs | | \$116 |
| #9 Pickerel Fillets | | \$144 | <input type="checkbox"/> | #60 4oz Bacon Wrapped Tenderloin Steaks | | \$198 | <input type="checkbox"/> | #985 Gluten-Free Breaded Chicken Burgers |   | \$113 |
| #67 Potato Crusted Cod Fillets |  | \$128 | <input type="checkbox"/> | #90 6oz Bacon Wrapped Tenderloin Steaks | | \$210 | <input type="checkbox"/> | #992 Gluten-Free Chicken Fingers |   | \$123 |
| #75 Rainbow Trout Fillets | | \$134 | <input type="checkbox"/> | #82 10oz Tenderloin Steaks - Chateaubriand for Two |  | \$299 | <input type="checkbox"/> | #988 Gluten-Free Mediterranean Stuffed Chicken |   | \$134 |
| #7 Red Grouper Fillets | | \$153 | <input type="checkbox"/> | #93 Beef Meatballs |  | \$99 | <input type="checkbox"/> | #28 Sweetheart Boneless Skinless Chicken Breasts | | \$142 |
| #114 Skinless Centre Cut Norwegian Steelhead Salmon | | \$169 | <input type="checkbox"/> | #43 Wagyu Tenderloin Steaks | | \$442 | <input type="checkbox"/> | #24 Organic Boneless Chicken Breasts | | \$154 |
| #86 Skin On Centre Cut Norwegian Steelhead Salmon | | \$153 | <input type="checkbox"/> | #42 Cooked Beef Roasts |   | \$171 | <input type="checkbox"/> | #33 Roaster Style Chicken Wings | | \$118 |
| #76 Skinless Centre Cut Canadian Salmon | | \$163 | <input type="checkbox"/> | #81 French Cut Prime Rib Steaks | | \$214 | <input type="checkbox"/> | #37 Seasoned Skin On BBQ Chicken Breasts | | \$126 |
| #119 Skin On Centre Cut Canadian Salmon | | \$147 | <input type="checkbox"/> | #997 Gluten-Free Beef Short Ribs | | \$183 | <input type="checkbox"/> | #29 Spicy Chicken Breast Burgers |  | \$106 |
| #44 Red Snapper Fillets | | \$136 | <input type="checkbox"/> | #998 Gluten-Free Bison Burgers |   | \$146 | <input type="checkbox"/> | #36 Lean Ground Chicken |  | \$104 |
| #80 Sockeye Salmon Fillets | | \$161 | <input type="checkbox"/> | #59 6oz Filet Mignon Steaks |   | \$279 | <input type="checkbox"/> | #987 Tandoori Chicken Skewers | | \$107 |
| #96 Spinach Stuffed Salmon Pinwheels |  | \$165 | <input type="checkbox"/> | #47 All Beef Grass Fed Hot Dogs |  | \$122 | <input type="checkbox"/> | LAMB | | |
| #56 Stuffed Orange Roughy Fillets | | \$137 | <input type="checkbox"/> | #55 Ground Beef | | \$119 | <input type="checkbox"/> | #15 2 Bone French Racks of Lamb | | \$239 |
| #104 Tuna Ahi Steaks | | \$147 | <input type="checkbox"/> | #57 Porterhouse Steaks | | \$264 | <input type="checkbox"/> | #40 Lamb Spiedini |  | \$184 |
| #71 Tuna Saku Steaks | | \$153 | <input type="checkbox"/> | #10 Premium Top Sirloin Roasts | | \$204 | <input type="checkbox"/> | #54 Lamb Chops | | \$143 |
| #95 Tuna Saku Blocks | | \$171 | <input type="checkbox"/> | #58 T-Bone Steaks | | \$209 | <input type="checkbox"/> | #14 French Cut New Zealand Racks of Lamb | | \$242 |
| #116 Wild Caught Ontario White Perch Fillets | | \$106 | <input type="checkbox"/> | #51 Bavette Steaks | | \$148 | <input type="checkbox"/> | VEGETARIAN & PLANT-BASED | | |
| SEAFOOD | | | <input type="checkbox"/> | #995 Gluten-Free Premium Prime Rib Burgers | | \$146 | <input type="checkbox"/> | #999 GF Beyond Meat Vegetarian Burgers |   | \$121 |
| #91 Bacon Wrapped Natural Dry Scallops |  | \$189 | <input type="checkbox"/> | #30 Wagyu Ribeye Steaks | | \$294 | <input type="checkbox"/> | #996 Gluten-Free Chipotle Black Bean Burgers |   | \$121 |
| #62 Breaded Bar Clams |  | \$121 | <input type="checkbox"/> | #41 Beef Tenderloin Tips |  | \$176 | <input type="checkbox"/> | #106 Potato Au Gratin |  | \$89 |
| #78 Breaded Calamari Rings |  | \$109 | <input type="checkbox"/> | #111 Wagyu Striploin Steaks - 10oz - End Cut | | \$164 | <input type="checkbox"/> | SPECIALTY | | |
| #16 Canadian Lobster Tails | | \$243 | <input type="checkbox"/> | #112 Flank Steaks | | \$134 | <input type="checkbox"/> | #700 Ready in Minutes Variety Box |    | \$129 |
| #61 Colossal Raw Black Tiger Shrimp | | \$216 | <input type="checkbox"/> | #118 Organic Beef Bone Broth | | \$108 | <input type="checkbox"/> | #701 Vegetarian Ready in Minutes Variety Box | | \$129 |
| #2 Extra Large Cooked Black Tiger Shrimp |  | \$178 | <input type="checkbox"/> | #989 Handmade Beef Burgers | | \$107 | <input type="checkbox"/> | #46 Pepperoni Pizza Fingers |    | \$129 |
| #109 Firecracker Calamari Bites |  | \$121 | <input type="checkbox"/> | VEAL | | | <input type="checkbox"/> | #110 Wood Fired Personal Pizzas |   | \$94 |
| #39 Frog Legs | | \$119 | <input type="checkbox"/> | #107 French Cut Grain Fed Veal Chops | | \$169 | <input type="checkbox"/> | #88 Turkey Tenderloins |  | \$109 |
| #50 Green Lipped Mussels |  | \$94 | <input type="checkbox"/> | #18 French Cut Milk Fed Veal Chops |  | \$232 | <input type="checkbox"/> | #118 Organic Beef Bone Broth | | \$108 |
| #994 Gluten-Free Coconut Shrimp |   | \$121 | <input type="checkbox"/> | #12 Veal Scallopini | | \$164 | <input type="checkbox"/> | #118 Organic Beef Bone Broth | | \$108 |
| #73 Herb and Garlic Butterfly Shrimp | | \$149 | <input type="checkbox"/> | #27 Breaded Veal Schnitzels | | \$143 | <input type="checkbox"/> | | | |

Prices and products listed are subject to change without notice. For the most up-to-date pricing, visit www.sealandqualityfoods.com.

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LÉGENDE

 PRÉPARÉ  CHAUFFER + SERVIR
 SANS GLUTEN  KIT DE REPAS

| POISSON | | #50 Moules à Lèvres Vertes | | #12 Escalope de Veau | |
|--|-------|---|-------|---|-------|
| #79 Sole en croûte d'amandes | \$128 | #994 Crevettes à la noix de coco sans gluten | \$121 | | |
| #70 Filets d'omble chevalier | \$147 | #73 Crevettes Papillon (ail et fines herbes) | \$149 | PORC | |
| #94 Haddock pané (Aiglefin) | \$131 | #21 Brochettes de Crevettes (ail et fines herbes) | \$131 | #3 Bacon du Berkshire | \$104 |
| #77 Filets de Morue noire | \$204 | #25 Pincas de Crabe Jonas | \$194 | #8 Steaks de Porc | \$124 |
| #69 Filets de Tilapia pané façon Caraïbes | \$126 | #20 Grosses Crevettes Tigrées Noires Cuites | \$141 | #38 Escalopes de Porc Panée (Schnitzel) | \$127 |
| #74 Bar du Chili | \$229 | #6 Grosses Crevettes Tigrées Noires Crues | \$141 | #99 Peameal Bacon Canadien | \$121 |
| #66 Filets de Tilapia pané à la noix de coco | \$126 | #68 Pincas de Homard | \$146 | #85 Côtelettes de Porc à la Française | \$156 |
| #101 Longes de morue | \$129 | #35 Croquettes de Homard et Fruits de Mer | \$138 | #11 Souvlakis de Porc Cuit | \$114 |
| #97 Roulades de Saumon au Crabe | \$165 | #26 Pétoncles Naturels | \$224 | #991 Côtes Levées Sauce BBQ Sans Gluten | \$133 |
| #67 Filets de Morue en Croûte de Pommes de Terre | \$128 | #87 Côte de Bœuf et Queues de Homard Surf & Turf | \$191 | #986 Porc Effiloché Sans Gluten | \$134 |
| #993 Burgers de Saumon Sans Gluten | \$144 | #100 Crevettes Sauvages Rouges Crues d'Argentine | \$136 | #117 Côtes de Porc Sous Vide | \$127 |
| #72 Filets de Morue en Batture de Guinness | \$134 | #103 Crevettes Tempura | \$124 | POULET | |
| #65 Filets de Haddock (Aiglefin) | \$116 | #22 Pattes de Crabe Royal Fendues | \$296 | #102 Poulet Farci (crème, brie, pomme, canneberge) | \$112 |
| #63 Longes d'Aiglefin | \$131 | #19 Queues de Langouste (eaux tropicales) | \$248 | #32 Doigts de Poulet Panés | \$116 |
| #13 Filets de Flétan | \$189 | BOEUF | | #108 Sous Vide Demi-Poulets | \$99 |
| #83 Filets de Morue en Croûte d'Herbes | \$134 | #60 Filets-Mignons Bardés de Bacon 4oz | \$210 | #48 Dumplings de Poulet | \$111 |
| #64 Filets de Mahi Mahi | \$152 | #90 Filets-Mignons Bardés de Bacon 6oz | \$209 | #113 Poulet Cordon Bleu | \$121 |
| #45 Filets d'Hoplostète Orange | \$131 | #59 6oz Steaks de Filet Mignon | \$279 | #34 Brochettes de Poulet | \$138 |
| #89 Planchettes Cèdre Individuelles de Saumon | \$144 | #1 Contre-Filets New York 8oz | \$199 | #105 Poulet Parmigiana | \$114 |
| #9 Filets de Doré | \$144 | #4 10oz Entrecôtes Mincées | \$214 | #49 Brochettes de Poulet Souvlaki Précuites | \$121 |
| #990 Pépites de Morue Sans Gluten | \$119 | #82 10oz Châteaubriands | \$299 | #985 Burgers de Poulet Panés Sans Gluten | \$113 |
| #75 Filets de Truite Arc-en-ciel | \$134 | #5 Contre-Filets New York Large 12oz | \$199 | #31 Cuisses de Poulet | \$116 |
| #7 Filets de Mérou Rouge | \$153 | #53 12oz Entrecôtes Épaisses | \$231 | #992 Doigts de Poulet Sans Gluten | \$123 |
| #44 Filets de Vivaneau | \$136 | #93 Boulettes de Viande de Boeuf | \$99 | #988 Poulet Méditerranéen Sans Gluten | \$134 |
| #86 Filets de Saumon Steelhead Norvégien avec Peau en Coupe Centrale | \$153 | #47 Hotdogs (bœuf nourri à l'herbe) | \$122 | #36 Poulet Haché Maigre | \$104 |
| #76 Saumon Canadien en Coupe Centrale sans Peau | \$163 | #51 Steaks de Bavette | \$148 | #24 Poitrines de Poulet Certifié Biologique | \$154 |
| #119 Saumon Canadien en Coupe Centrale avec Peau | \$147 | #52 12oz Hauts de Surlonge Coupe Baseball | \$189 | #33 Ailes de Poulet à la Rôtissoire | \$118 |
| #114 Saumon Steelhead Norvégien en Coupe Centrale sans Peau | \$169 | #997 Côtes Courtes de Bœuf Sans Gluten | \$183 | #37 Poulet BBQ | \$126 |
| #80 Filets de Saumon Sockeye | \$161 | #42 Rôti de Bœuf Cuit | \$171 | #28 Poitrines de Poulet Sans Peau/Os Sweetheart | \$142 |
| #56 Filets d'Hoplostète Orange Farcis | \$129 | #81 Côtes de Bœuf à la Française | \$214 | #29 Burgers de Poitrine de Poulet Épicés | \$106 |
| #96 Roulades de Saumon Farcies aux Épinards | \$165 | #43 Filets-Mignons Wagyu Premium | \$442 | #987 Brochettes de poulet Tandoori | \$107 |
| #104 Steaks de thon Ahi | \$147 | #998 Burgers de Bison Sans Gluten | \$146 | AGNEAU | |
| #71 Steaks de Thon Saku (qualité sushi) | \$153 | #57 Steaks de Porterhouse | \$264 | #14 Carrés d'Agneau de Nouvelle-Zélande Coupés à la Française | \$242 |
| #95 Blocs de Thon Saku | \$171 | #55 Boeuf Haché | \$119 | #15 Carré d'Agneau (morceaux à 2 os) | \$239 |
| #116 Filets de Perchaude Blanche Sauvage de l'Ontario | \$106 | #995 Burgers de Côtes de Bœuf Sans Gluten | \$146 | #54 Côtelettes d'agneau | \$143 |
| FRUITS DE MER | | #58 Biftecks d'Aloyau (T-bone) | \$209 | #40 Brochettes d'Agneau Spiedini | \$184 |
| #115 Queues de Homard d'Eau Chaude Colossales | \$305 | #10 Rôti de Haut de Surlonge Premium | \$204 | #106 Potato Au Grati | \$89 |
| #62 Palourdes Panées | \$121 | #30 Entrecôtes de Wagyu | \$294 | #996 Burgers Chipotle et Haricots Noirs Sans Gluten | \$121 |
| #78 Calmars Frits | \$109 | #17 Contre-Filets Wagyu - 10oz - Coupe Centrale | \$360 | #999 Burgers Simili-Viande Sans Gluten (Beyond Meat) | \$121 |
| #23 Pattes de Crabe Royal Colossales | \$379 | #41 Queues de Filet | \$176 | SPÉCIALITÉ | |
| #61 Crevettes Tigrées Noires Crues Colossales | \$216 | #111 Contre-Filets Wagyu - 10oz - Coupe En Bout | \$164 | #700 Boîte Variée Prête en Minutes | \$129 |
| #91 Pétoncles Bardés de Bacon | \$189 | #112 Bavettes | \$134 | #701 Boîte Variée Végétarienne Prête en Minutes | \$129 |
| #98 Coquilles Saint Jacques | \$126 | #118 Bouillon d'Os de Bœuf Bio | \$108 | #110 Pizzas Personnelles au Feu de Bois | \$94 |
| #2 Crevettes Tigrées Noires Cuites XL | \$178 | #989 Burgers de bœuf faits à la main | \$107 | #88 Filets de Dinde | \$109 |
| #109 Bouchées de Calamars Piquants | \$121 | VEAU | | #46 Languettes de Pizza au Pepperoni | \$129 |
| #39 Cuisses de Grenouilles | \$112 | #27 Escalopes de Veau Panées | \$143 | #118 Bouillon d'Os de Bœuf Bio | \$108 |
| #84 Grappes de crabe des neiges du Groenland | \$126 | #107 Côtelettes de Veau de Grain Coupées à la Française | \$169 | | |
| | | #18 Côtelettes de Veau de Lait Coupées à la Française | \$232 | | |

Les prix et les produits indiqués sont sujets à changement sans préavis. Pour les prix les plus récents, visitez www.sealandqualityfoods.com.