

# Sealand Quality Foods

Your Culinary Consultant:  
Consultant Phone Number:  
Promo Code:



## LEGEND



| FISH                                                |   |       | #21 Herb and Garlic Shrimp Skewers |                                                    |   | \$243 | <input type="checkbox"/> | PORK                                                   |       |                          |
|-----------------------------------------------------|---|-------|------------------------------------|----------------------------------------------------|---|-------|--------------------------|--------------------------------------------------------|-------|--------------------------|
| #79 Almond Crusted Sole Fillets                     | 🍴 | \$139 | <input type="checkbox"/>           | #25 Snow Crab Claws - Cap Off                      | 🔥 | \$221 | <input type="checkbox"/> | #3 Berkshire Pork Bacon                                | \$113 | <input type="checkbox"/> |
| #70 Arctic Char Fillets                             |   | \$157 | <input type="checkbox"/>           | #20 Large Cooked Black Tiger Shrimp                | 🔥 | \$154 | <input type="checkbox"/> | #8 Boneless Pork Steaks                                | \$129 | <input type="checkbox"/> |
| #94 Battered Haddock Fillets                        | 🍴 | \$139 | <input type="checkbox"/>           | #6 Large Raw Black Tiger Shrimp                    |   | \$149 | <input type="checkbox"/> | #38 Breaded Pork Schnitzels                            | 🍴     | \$139                    |
| #77 Black Cod Fillets                               |   | \$209 | <input type="checkbox"/>           | #68 Lobster Claws                                  | 🔥 | \$151 | <input type="checkbox"/> | #99 Canadian Peameal Bacon                             | \$129 | <input type="checkbox"/> |
| #69 Caribbean Crusted Tilapia Fillets               | 🍴 | \$134 | <input type="checkbox"/>           | #35 Lobster Seafood Cakes                          | 🍴 | \$147 | <input type="checkbox"/> | #85 French Cut Pork Chops                              | \$161 | <input type="checkbox"/> |
| #74 Chilean Sea Bass                                |   | \$262 | <input type="checkbox"/>           | #100 Raw Red Wild Argentinian Shrimp               |   | \$141 | <input type="checkbox"/> | #11 Fully Cooked Pork Souvlaki Skewers                 | 🍴     | \$118                    |
| #66 Coconut Crusted Tilapia Fillets                 | 🍴 | \$134 | <input type="checkbox"/>           | #87 Prime Rib and Lobster Tails Surf & Turf        |   | \$199 | <input type="checkbox"/> | #991 Gluten-Free Back Ribs in BBQ Sauce                | 🔥🍴🍴   | \$139                    |
| #101 Cod Loins                                      |   | \$139 | <input type="checkbox"/>           | #26 Natural Dry Scallops                           |   | \$239 | <input type="checkbox"/> | #986 Gluten-Free Pulled Pork                           | 🍴🍴    | \$139                    |
| #97 Crab Stuffed Salmon Pinwheels                   | 🍴 | \$169 | <input type="checkbox"/>           | #103 Shrimp Tempura                                |   | \$139 | <input type="checkbox"/> | #117 Sous Vide Pork Back Ribs                          | 🍴     | \$134                    |
| #990 Gluten-Free Cod Nuggets                        | 🍴 | \$124 | <input type="checkbox"/>           | #22 Split King Crab Legs                           |   | \$361 | <input type="checkbox"/> | #127 Canadian Maple Sausages                           |       | \$99                     |
| #116 Wild Caught Ontario White Perch Fillets        |   | \$109 | <input type="checkbox"/>           | #115 Lobster Tails - Colossal Warm Water           |   | \$319 | <input type="checkbox"/> | #62 Boneless Dry Pork Ribs                             |       | \$99                     |
| #993 Gluten-Free Salmon Burgers                     | 🍴 | \$149 | <input type="checkbox"/>           |                                                    |   |       | <input type="checkbox"/> | CHICKEN                                                |       |                          |
| #72 Guinness Battered Cod                           | 🍴 | \$139 | <input type="checkbox"/>           |                                                    |   |       | <input type="checkbox"/> | #37 Seasoned Skin On BBQ Chicken Breasts               | \$134 | <input type="checkbox"/> |
| #65 Haddock Fillets                                 |   | \$124 | <input type="checkbox"/>           | BEEF                                               |   |       |                          | #32 Breaded Chicken Fingers                            | \$123 | <input type="checkbox"/> |
| #63 Haddock Loins                                   |   | \$139 | <input type="checkbox"/>           | #1 8oz New York Striploin Steaks                   |   | \$229 | <input type="checkbox"/> | #108 Sous Vide Half Chickens                           | \$104 | <input type="checkbox"/> |
| #13 Halibut Fillets                                 |   | \$199 | <input type="checkbox"/>           | #4 10oz Ribeye Steaks                              |   | \$226 | <input type="checkbox"/> | #48 Chicken & Vegetable Dumpling Gyozas                | \$117 | <input type="checkbox"/> |
| #83 Herb Crusted Cod Fillets                        | 🍴 | \$139 | <input type="checkbox"/>           | #52 12oz Top Sirloin Baseball Steaks               |   | \$205 | <input type="checkbox"/> | #113 Chicken Cordon Bleu                               | \$129 | <input type="checkbox"/> |
| #64 Mahi Mahi Fillets                               |   | \$159 | <input type="checkbox"/>           | #5 12oz New York Striploin Steaks                  |   | \$229 | <input type="checkbox"/> | #34 Chicken Kebab Skewers                              | \$143 | <input type="checkbox"/> |
| #45 Orange Roughy Fillets                           |   | \$141 | <input type="checkbox"/>           | #53 12oz Ribeye Steaks                             |   | \$241 | <input type="checkbox"/> | #105 Chicken Schnitzels                                | \$119 | <input type="checkbox"/> |
| #89 Personal Cedar Plank Salmon                     | 🍴 | \$149 | <input type="checkbox"/>           | #60 4oz Bacon Wrapped Tenderloin Steaks            |   | \$224 | <input type="checkbox"/> | #102 Brie, Apple and Cranberry Stuffed Chicken Breasts | \$129 | <input type="checkbox"/> |
| #9 Pickerel Fillets                                 |   | \$149 | <input type="checkbox"/>           | #128 Bison - Backyard Burgers                      |   | \$159 | <input type="checkbox"/> | #31 Chicken Thighs                                     | \$124 | <input type="checkbox"/> |
| #67 Potato Crusted Cod Fillets                      |   | \$137 | <input type="checkbox"/>           | #82 10oz Tenderloin Steaks - Chateaubriand for Two |   | \$309 | <input type="checkbox"/> | #985 Gluten-Free Breaded Chicken Burgers               | \$124 | <input type="checkbox"/> |
| #75 Rainbow Trout Fillets                           |   | \$139 | <input type="checkbox"/>           | #93 Beef Meatballs                                 |   | \$99  | <input type="checkbox"/> | #992 Gluten-Free Chicken Fingers                       | \$134 | <input type="checkbox"/> |
| #7 Red Grouper Fillets                              |   | \$163 | <input type="checkbox"/>           | #43 Wagyu Tenderloin Steaks                        |   | \$449 | <input type="checkbox"/> | #988 Gluten-Free Mediterranean Stuffed Chicken         | \$144 | <input type="checkbox"/> |
| #114 Skinless Centre Cut Norwegian Steelhead Salmon |   | \$174 | <input type="checkbox"/>           | #995 Gluten-Free Premium Prime Rib Burgers         |   | \$149 | <input type="checkbox"/> | #120 Brie & Apple Stuffed Chicken Breast               | \$119 | <input type="checkbox"/> |
| #86 Skin On Centre Cut Norwegian Steelhead Salmon   |   | \$158 | <input type="checkbox"/>           | #81 French Cut Prime Rib Steaks                    |   | \$224 | <input type="checkbox"/> | #24 Organic Boneless Chicken Breasts                   | \$163 | <input type="checkbox"/> |
| #76 Skinless Centre Cut Canadian Salmon             |   | \$169 | <input type="checkbox"/>           | #997 Gluten-Free Beef Short Ribs                   |   | \$193 | <input type="checkbox"/> | #33 Roaster Style Chicken Wings                        | \$123 | <input type="checkbox"/> |
| #119 Skin On Centre Cut Canadian Salmon             |   | \$159 | <input type="checkbox"/>           | #998 Gluten-Free Bison Burgers                     |   | \$167 | <input type="checkbox"/> | #28 Boneless Skinless Chicken Breasts                  | \$151 | <input type="checkbox"/> |
| #44 Red Snapper Fillets                             |   | \$146 | <input type="checkbox"/>           | #59 6oz Filet Mignon Steaks                        |   | \$289 | <input type="checkbox"/> | #29 Spicy Chicken Breast Burgers                       | \$119 | <input type="checkbox"/> |
| #80 Sockeye Salmon Fillets                          |   | \$164 | <input type="checkbox"/>           | #47 All Beef Grass Fed Hot Dogs                    |   | \$134 | <input type="checkbox"/> | #36 Lean Ground Chicken                                | \$113 | <input type="checkbox"/> |
| #96 Spinach Stuffed Salmon Pinwheels                |   | \$169 | <input type="checkbox"/>           | #55 Ground Beef                                    |   | \$124 | <input type="checkbox"/> | #987 Tandoori Chicken Skewers                          | \$114 | <input type="checkbox"/> |
| #56 Stuffed Orange Roughy Fillets                   |   | \$149 | <input type="checkbox"/>           | #57 Porterhouse Steaks                             |   | \$269 | <input type="checkbox"/> | #49 Chicken Souvlaki Skewers                           | \$129 | <input type="checkbox"/> |
| #104 Chinook Organic BC Salmon                      |   | \$151 | <input type="checkbox"/>           | #92 Tensderloin 6oz Steaks - Ontario               |   | \$249 | <input type="checkbox"/> |                                                        |       | <input type="checkbox"/> |
| #121 Salmon Wellington                              |   | \$134 | <input type="checkbox"/>           | #10 Premium Top Sirloin Roasts                     |   | \$219 | <input type="checkbox"/> | LAMB                                                   |       |                          |
| #71 Tuna Saku Steaks                                |   | \$189 | <input type="checkbox"/>           | #58 T-Bone Steaks                                  |   | \$214 | <input type="checkbox"/> | #15 2 Bone French Racks of Lamb                        | \$249 | <input type="checkbox"/> |
| #95 Tuna Saku Blocks                                |   | \$174 | <input type="checkbox"/>           | #51 Bavette Steaks                                 |   | \$161 | <input type="checkbox"/> | #40 Lamb Spiedini                                      | \$189 | <input type="checkbox"/> |
| #124 Halibut                                        |   | \$194 | <input type="checkbox"/>           | #90 6oz Bacon Wrapped Tenderloin Steaks            |   | \$214 | <input type="checkbox"/> | #14 French Cut New Zealand Racks of Lamb               | \$247 | <input type="checkbox"/> |
|                                                     |   |       | <input type="checkbox"/>           | #30 Wagyu Ribeye Steaks                            |   | \$303 | <input type="checkbox"/> | #54 Lamb Chops                                         | \$149 | <input type="checkbox"/> |
| SEAFOOD                                             |   |       |                                    | #41 Beef Tenderloin Pieces                         | 🍴 | \$149 | <input type="checkbox"/> | VEGETARIAN & PLANT-BASED                               |       |                          |
| #91 Bacon Wrapped Natural Dry Scallops              |   | \$224 | <input type="checkbox"/>           | #111 Wagyu Striploin Steaks - 10oz - End Cut       |   | \$192 | <input type="checkbox"/> | #999 Gluten-Free Beyond Meat Vegetarian Burgers        | 🍴     | \$129                    |
| #78 Breaded Calamari Rings                          |   | \$114 | <input type="checkbox"/>           | #112 Flank Steaks                                  |   | \$141 | <input type="checkbox"/> | #996 Gluten-Free Chipotle Black Bean Burgers           | 🍴     | \$129                    |
| #16 Canadian Lobster Tails                          |   | \$253 | <input type="checkbox"/>           | #118 Organic Beef Bone Broth                       |   | \$114 | <input type="checkbox"/> | #106 Potato Au Gratin                                  | \$94  | <input type="checkbox"/> |
| #61 Colossal Raw Black Tiger Shrimp                 |   | \$224 | <input type="checkbox"/>           | #989 Handmade Beef Burgers                         |   | \$114 | <input type="checkbox"/> | SPECIALTY                                              |       |                          |
| #2 Extra Large Cooked Black Tiger Shrimp            |   | \$189 | <input type="checkbox"/>           | #122 Extra Thick Cut Ribeye Steaks                 |   | \$164 | <input type="checkbox"/> | #700 Ready in Minutes Variety Box                      | \$134 | <input type="checkbox"/> |
| #109 Firecracker Calamari Bites                     |   | \$129 | <input type="checkbox"/>           | #42 Cooked Beef Roasts                             |   | \$181 | <input type="checkbox"/> | #701 Vegetarian Ready in Minutes Variety Box           | \$134 | <input type="checkbox"/> |
| #39 Frog Legs                                       |   | \$126 | <input type="checkbox"/>           | #800 Tenderloin 10oz Steaks - Ontario              |   | \$269 | <input type="checkbox"/> | #46 Pepperoni Pizza Fingers                            | \$129 | <input type="checkbox"/> |
| #50 Green Lipped Mussels                            |   | \$99  | <input type="checkbox"/>           |                                                    |   |       | <input type="checkbox"/> | #110 Wood Fired Personal Pizzas                        | \$99  | <input type="checkbox"/> |
| #994 Gluten-Free Coconut Shrimp                     |   | \$134 | <input type="checkbox"/>           | VEAL                                               |   |       | <input type="checkbox"/> | #88 Turkey Tenderloins                                 | \$119 | <input type="checkbox"/> |
| #73 Herb and Garlic Butterfly Shrimp                |   | \$158 | <input type="checkbox"/>           | #18 French Cut Milk Fed Veal Chops                 |   | \$239 | <input type="checkbox"/> | #123 Turkey Breasts                                    | \$124 | <input type="checkbox"/> |
| #23 Colossal king Crab Legs                         |   | \$499 | <input type="checkbox"/>           | #12 Veal Scallopini                                |   | \$176 | <input type="checkbox"/> | #118 Organic Beef Bone Broth                           | \$118 | <input type="checkbox"/> |
| #125 Lobster Ravioli                                |   | \$139 | <input type="checkbox"/>           | #27 Breaded Veal Schnitzels                        |   | \$149 | <input type="checkbox"/> |                                                        |       | <input type="checkbox"/> |
| #98 Coquilles Saint Jacques                         |   | \$131 | <input type="checkbox"/>           | #126 Breaded Veal Parmesan in Tomato Sauce         |   | \$119 | <input type="checkbox"/> |                                                        |       | <input type="checkbox"/> |
| #84 Greenland Snow Crab Clusters                    |   | \$141 | <input type="checkbox"/>           | #107 French Cut Grain Fed Veal Choops              |   | \$179 | <input type="checkbox"/> |                                                        |       | <input type="checkbox"/> |
| #19 Warm Water Lobster Tails                        |   | \$259 | <input type="checkbox"/>           |                                                    |   |       | <input type="checkbox"/> |                                                        |       | <input type="checkbox"/> |

Prices and products listed are subject to change without notice. For the most up-to-date pricing, visit [www.sealandqualityfoods.com](http://www.sealandqualityfoods.com).

| Sealand Quality Foods                                                |       |  | <br>1-855-312-2677<br>sealandqualityfoods.com |       | LÉGENDE                                                                                                                                                                                                                                                                                                                                                                                                                           |       |
|----------------------------------------------------------------------|-------|--|--------------------------------------------------------------------------------------------------------------------------------|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Votre Consultant Culinaire:<br>Télé de Consultant:<br>Code Promo:    |       |  |                                                                                                                                |       |  <b>PRÉPARÉ</b>  <b>CHAUFFER + SERVIR</b><br> <b>SANS GLUTEN</b>  <b>KIT DE REPAS</b> |       |
| POISSON                                                              |       |  | #50 Moules à Lèvres Vertes                                                                                                     |       | PORC                                                                                                                                                                                                                                                                                                                                                                                                                              |       |
| #79 Sole en croûte d'amandes                                         | \$139 |  | #994 Crevettes à la noix de coco sans gluten                                                                                   | \$134 | #3 Bacon du Berkshire                                                                                                                                                                                                                                                                                                                                                                                                             | \$113 |
| #70 Filets d'omble chevalier                                         | \$157 |  | #73 Crevettes Papillon (ail et fines herbes)                                                                                   | \$158 | #38 Escalopes de Porc Panée (Schnitzel)                                                                                                                                                                                                                                                                                                                                                                                           | \$139 |
| #94 Haddock pané (Aiglefin)                                          | \$139 |  | #21 Brochettes de Crevettes (ail et fines herbes)                                                                              | \$143 | #8 Steaks de Porc                                                                                                                                                                                                                                                                                                                                                                                                                 | \$129 |
| #77 Filets de Morue noire                                            | \$209 |  | #25 Pincas de crabe des neiges - capuchon                                                                                      | \$221 | #62 Côtes levées de porc désossées                                                                                                                                                                                                                                                                                                                                                                                                | \$99  |
| #69 Filets de Tilapia pané façon Caraïbes                            | \$134 |  | #20 Grosses Crevettes Tigrées Noires Cuites                                                                                    | \$154 | #99 Peameal Bacon Canadien                                                                                                                                                                                                                                                                                                                                                                                                        | \$129 |
| #74 Bar du Chili                                                     | \$262 |  | #6 Grosses Crevettes Tigrées Noires Crues                                                                                      | \$149 | #85 Côtelettes de Porc à la Française                                                                                                                                                                                                                                                                                                                                                                                             | \$161 |
| #66 Filets de Tilapia pané à la noix de coco                         | \$134 |  | #68 Pincas de Homard                                                                                                           | \$151 | #11 Souvlakis de Porc Cuit                                                                                                                                                                                                                                                                                                                                                                                                        | \$118 |
| #101 Longes de morue                                                 | \$139 |  | #35 Croquettes de Homard et Fruits de Mer                                                                                      | \$147 | #991 Côtes Levées Sauce BBQ Sans Gluten                                                                                                                                                                                                                                                                                                                                                                                           | \$139 |
| #97 Roulades de Saumon au Crabe                                      | \$169 |  | #26 Pétoncles Naturels                                                                                                         | \$239 | #986 Porc Effiloché Sans Gluten                                                                                                                                                                                                                                                                                                                                                                                                   | \$139 |
| #124 Flétan                                                          | \$194 |  | #84 Grappes de crabe des neiges du Groenland                                                                                   | \$141 | #127 Saucisses canadiennes à l'érable                                                                                                                                                                                                                                                                                                                                                                                             | \$99  |
| #75 Filets de Truite Arc-en-ciel                                     | \$139 |  | #87 Côte de Bœuf et Queues de Homard Surf & Turf                                                                               | \$199 | #117 Côtes de Porc Sous Vide                                                                                                                                                                                                                                                                                                                                                                                                      | \$134 |
| #67 Filets de Morue en Croûte de Pommes de Terre                     | \$137 |  |                                                                                                                                |       | POULET                                                                                                                                                                                                                                                                                                                                                                                                                            |       |
| #7 Filets de Mérou Rouge                                             | \$163 |  |                                                                                                                                |       | #28 Poitrines de poulet désossées et sans peau                                                                                                                                                                                                                                                                                                                                                                                    | \$151 |
| #993 Burgers de Saumon Sans Gluten                                   | \$149 |  |                                                                                                                                |       | #102 Poulet Farci (crème, brie, pomme, canneberge)                                                                                                                                                                                                                                                                                                                                                                                | \$129 |
| #72 Filets de Morue en Batture de Guinness                           | \$139 |  |                                                                                                                                |       | #32 Doigts de Poulet Panés                                                                                                                                                                                                                                                                                                                                                                                                        | \$123 |
| #65 Filets de Haddock (Aiglefin)                                     | \$124 |  | BOEUF                                                                                                                          |       | #108 Sous Vide Demi-Poulets                                                                                                                                                                                                                                                                                                                                                                                                       | \$104 |
| #63 Longes d'Aiglefin                                                | \$139 |  | #60 Filets-Mignons Bardés de Bacon 4oz                                                                                         | \$224 | #48 Dumplings de Poulet                                                                                                                                                                                                                                                                                                                                                                                                           | \$117 |
| #13 Filets de Flétan                                                 | \$199 |  | #90 Filets-Mignons Bardés de Bacon 6oz                                                                                         | \$214 | #113 Poulet Cordon Bleu                                                                                                                                                                                                                                                                                                                                                                                                           | \$129 |
| #83 Filets de Morue en Croûte d'Herbes                               | \$139 |  | #59 6oz Steaks de Filet Mignon                                                                                                 | \$289 | #34 Brochettes de Poulet                                                                                                                                                                                                                                                                                                                                                                                                          | \$143 |
| #64 Filets de Mahi Mahi                                              | \$159 |  | #1 Contre-Filets New York 8oz                                                                                                  | \$229 | #105 Escalope de poulet                                                                                                                                                                                                                                                                                                                                                                                                           | \$119 |
| #45 Filets d'Hoplostète Orange                                       | \$141 |  | #4 10oz Entrecôtes Minces                                                                                                      | \$226 | #49 Brochettes de Poulet Souvlaki Précuites                                                                                                                                                                                                                                                                                                                                                                                       | \$129 |
| #89 Planchettes Cèdre Individuelles de Saumon                        | \$149 |  | #82 10oz Châteaubriands                                                                                                        | \$309 | #985 Burgers de Poulet Panés Sans Gluten                                                                                                                                                                                                                                                                                                                                                                                          | \$124 |
| #9 Filets de Doré                                                    | \$149 |  | #5 Contre-Filets New York Large 12oz                                                                                           | \$229 | #31 Cuisses de Poulet                                                                                                                                                                                                                                                                                                                                                                                                             | \$124 |
| #990 Gulten Pépites de morue libres                                  | \$124 |  | #53 12oz Entrecôtes Épaisses                                                                                                   | \$241 | #992 Doigts de Poulet Sans Gluten                                                                                                                                                                                                                                                                                                                                                                                                 | \$134 |
| #104 Saumon biologique Chinook de la Colombie-Britannique            | \$189 |  | #93 Boulettes de Viande de Boeuf                                                                                               | \$99  | #988 Poulet Mediterranean Sans Gluten                                                                                                                                                                                                                                                                                                                                                                                             | \$144 |
| #44 Filets de Vivaneau                                               | \$146 |  | #47 Hotdogs (bœuf nourri à l'herbe)                                                                                            | \$134 | #36 Poulet Haché Maigre                                                                                                                                                                                                                                                                                                                                                                                                           | \$113 |
| #86 Filets de Saumon Steelhead Norvégien avec Peau en Coupe Centrale | \$158 |  | #51 Steaks de Bavette                                                                                                          | \$161 | #24 Poitrines de Poulet Certifié Biologique                                                                                                                                                                                                                                                                                                                                                                                       | \$163 |
| #76 Saumon Canadien en Coupe Centrale sans Peau                      | \$169 |  | #52 12oz Hauts de Surlonge Coupe Baseball                                                                                      | \$205 | #33 Ailes de Poulet à la Rôtissoire                                                                                                                                                                                                                                                                                                                                                                                               | \$123 |
| #119 Saumon Canadien en Coupe Centrale avec Peau                     | \$159 |  | #997 Côtes Courtes de Bœuf Sans Gluten                                                                                         | \$193 | #37 Poulet BBQ                                                                                                                                                                                                                                                                                                                                                                                                                    | \$134 |
| #114 Saumon Steelhead Norvégien en Coupe Centrale sans Peau          | \$174 |  | #42 Rôti de Boeuf Cuit                                                                                                         | \$181 | #120 Poitrines de poulet farcies au brie et aux pommes                                                                                                                                                                                                                                                                                                                                                                            | \$119 |
| #80 Filets de Saumon Sockeye                                         | \$164 |  | #81 Côtes de Boeuf à la Française                                                                                              | \$224 | #29 Burgers de Poitrine de Poulet Épicés                                                                                                                                                                                                                                                                                                                                                                                          | \$119 |
| #121 Saumon Wellington                                               | \$134 |  | #43 Filets-Mignons Wagyu Premium                                                                                               | \$449 | #987 Brochettes de poulet Tandoori                                                                                                                                                                                                                                                                                                                                                                                                | \$114 |
| #95 Blocs de Thon Saku                                               | \$174 |  | #92 Steaks de Filet 6oz - Ontario                                                                                              | \$249 |                                                                                                                                                                                                                                                                                                                                                                                                                                   |       |
| #56 Filets d'Hoplostète Orange Farcis                                | \$149 |  | #800 Steaks de filet 10oz - Ontario                                                                                            | \$269 |                                                                                                                                                                                                                                                                                                                                                                                                                                   |       |
| #96 Roulades de Saumon Farcies aux Épinards                          | \$169 |  | #998 Burgers de Bison Sans Gluten                                                                                              | \$167 | AGNEAU                                                                                                                                                                                                                                                                                                                                                                                                                            |       |
| #116 Filets de Perchaude Blanche Sauvage de l'Ontario                | \$109 |  | #57 Steaks de Porterhouse                                                                                                      | \$269 | #54 Côtelettes d'agneau                                                                                                                                                                                                                                                                                                                                                                                                           | \$149 |
| #71 Steaks de Thon Saku (qualité sushi)                              | \$159 |  | #55 Boeuf Haché                                                                                                                | \$124 | #14 Carrés d'Agneau de Nouvelle-Zélande Coupés à la Française                                                                                                                                                                                                                                                                                                                                                                     | \$247 |
|                                                                      |       |  | #995 Burgers de Côtes de Bœuf Sans Gluten                                                                                      | \$149 | #15 Carré d'Agneau (morceaux à 2 os)                                                                                                                                                                                                                                                                                                                                                                                              | \$249 |
|                                                                      |       |  | #58 Biftecks d'Aloyau (T-bone)                                                                                                 | \$214 | #40 Brochettes d'Agneau Spiedini                                                                                                                                                                                                                                                                                                                                                                                                  | \$189 |
|                                                                      |       |  | #10 Rôti de Haut de Surlonge Premium                                                                                           | \$219 | VÉGÉTARIEN ET À BASE DE PLANTES                                                                                                                                                                                                                                                                                                                                                                                                   |       |
|                                                                      |       |  | #30 Entrecôtes de Wagyu                                                                                                        | \$303 | #106 Potato Au Gratin                                                                                                                                                                                                                                                                                                                                                                                                             | \$94  |
| FRUITS DE MER                                                        |       |  | #17 Contre-Filets Wagyu - 10oz - Coupe Centrale                                                                                | \$369 | #996 Burgers Chipotle et Haricots Noirs Sans Gluten                                                                                                                                                                                                                                                                                                                                                                               | \$129 |
| #125 Raviolis de homard                                              | \$139 |  | #41 Morceaux de filet de bœuf                                                                                                  | \$149 | #999 Burgers Simili-Viande Sans Gluten (Beyond Meat)                                                                                                                                                                                                                                                                                                                                                                              | \$129 |
| #109 Bouchées de Calamars Piquants                                   | \$129 |  | #111 Contre-Filets Wagyu - 10oz - Coupe En Bout                                                                                | \$192 | SPÉCIALITÉ                                                                                                                                                                                                                                                                                                                                                                                                                        |       |
| #78 Calmars Frits                                                    | \$114 |  | #112 Steaks de flanc                                                                                                           | \$141 | #118 Bouillon d'Os de Bœuf Bio                                                                                                                                                                                                                                                                                                                                                                                                    | \$114 |
| #23 Pattes de Crabe Royal Colossales                                 | \$499 |  | #122 Steaks de faux-filet très épais                                                                                           | \$164 | #700 Boîte Variée Prête en Minutes                                                                                                                                                                                                                                                                                                                                                                                                | \$134 |
| #61 Crevettes Tigrées Noires Crues Colossales                        | \$224 |  | #989 Burgers de bœuf faits à la main                                                                                           | \$114 | #701 Boîte Variée Végétarienne Prête en Minutes                                                                                                                                                                                                                                                                                                                                                                                   | \$134 |
| #91 Pétoncles Bardés de Bacon                                        | \$224 |  | #128 Bison - Burgers d'arrière-cour                                                                                            | \$159 |                                                                                                                                                                                                                                                                                                                                                                                                                                   |       |
| #22 Pattes de Crabe Royal Fendues                                    | \$361 |  |                                                                                                                                |       |                                                                                                                                                                                                                                                                                                                                                                                                                                   |       |
| #98 Coquilles Saint Jacques                                          | \$131 |  | VEAU                                                                                                                           |       | #110 Pizzas Personnelles au Feu de Bois                                                                                                                                                                                                                                                                                                                                                                                           | \$99  |
| #2 Crevettes Tigrées Noires Cuites XL                                | \$189 |  | #107 Côtelettes de Veau de Grain Coupées à la Française                                                                        | \$179 | #88 Filets de Dinde                                                                                                                                                                                                                                                                                                                                                                                                               | \$119 |
| #115 Queues de Homard d'Eau Chaude Colossales                        | \$319 |  | #18 Côtelettes de Veau de Lait Coupées à la Française                                                                          | \$239 | #123 Poitrines de dinde                                                                                                                                                                                                                                                                                                                                                                                                           | \$124 |
| #39 Cuisses de Grenouilles                                           | \$126 |  | #12 Escalope de Veau                                                                                                           | \$176 | #46 Languettes de Pizza au Pepperoni                                                                                                                                                                                                                                                                                                                                                                                              | \$129 |
| #19 Queues de Langoustine (eaux tropicales)                          | \$259 |  | #27 Escalopes de Veau Panées                                                                                                   | \$149 |                                                                                                                                                                                                                                                                                                                                                                                                                                   |       |
| #103 Crevettes Tempura                                               | \$139 |  | #126 Parmesan de veal pané dans la sauce tomate                                                                                | \$119 |                                                                                                                                                                                                                                                                                                                                                                                                                                   |       |
| #100 Crevettes Sauvages Rouges Crues d'Argentine                     | \$141 |  |                                                                                                                                |       |                                                                                                                                                                                                                                                                                                                                                                                                                                   |       |

Les prix et les produits indiqués sont sujets à changement sans préavis. Pour les prix les plus récents, visitez [www.sealandqualityfoods.com](http://www.sealandqualityfoods.com).