



# Legends Haul

2024 CATALOG



# Legends Haul

Bestselling products curated by our team of Chefs to add inspiration to every meal.

As consumers, we felt these items were missing from retailers. Every day staples that become every home's essentials. From meatballs and macaroni to cookie dough. Meals that reinvigorate the freezer aisle and dinner tables everywhere.



# No Stress, Low Mess

## Vegan Tomato Coconut Soup



SKU ID 12797 / 700G

Ingredients: Tomatoes, Coconut milk, Onion, Garlic, Sugar, Coriander seed, Salt  
Case size: 12  
Dietary: Gluten Free, Vegan

Shelf life: 9 months

Location: Freezer



## Superfood Carrot & Ginger Soup



SKU ID 12869 / 700ML

Ingredients: Carrots, Coconut milk, Onion, White wine, Ginger, Brown sugar, Sherry vinegar, Coriander seed, Garlic, Turmeric, Serrano peppers, Cinnamon, Salt

Case size: 12

Dietary: Gluten Free, Vegan

Shelf life: 9 months

Location: Freezer



## Bison & Bean Protein Packed Chili



SKU ID 12870 / 700G

Ingredients: Tomatoes, Free-range bison, Black beans, White beans, Spices, Carrots, Onion, Celery, Salt, Garlic, Serrano peppers

Case size: 12

Dietary: Gluten Free, Dairy Free

Shelf life: 9 months

Location: Freezer



## Green Goddess Falafels



SKU ID 14101 / 8 x 50G

Ingredients: Chickpeas, White onion, Kale, Parsley, Mint, Spinach, Cilantro, Garlic, Kosher salt, Baking soda, Cumin, Coriander

Case size: 12

Dietary: Gluten Free, Vegan

Shelf life: 9 months

Location: Freezer



## Moroccan Beet Falafels



SKU ID 14103 / 8 x 50G

Ingredients: Chickpeas, White onion, Tomato paste, Beets, Garlic, Kosher salt, Baking soda, Chili flakes, Paprika, Cumin, Coriander, Cayenne

Case size: 12

Dietary: Gluten Free, Vegan

Shelf life: 9 months

Location: Freezer



## Sweet Potato & Turmeric Falafels



SKU ID 14102 / 8 x 50G

Ingredients: Chickpeas, Sweet potato, White onion, Curry powder, Turmeric, Ginger, Garlic, Salt, Baking soda, Cumin, Coriander

Case size: 12

Dietary: Gluten Free, Vegan

Shelf life: 9 months

Location: Freezer



# No Stress, Low Mess

## Mama's Famous Meatballs



SKU ID 12582 / 650G

Ingredients: Tomato sauce (tomatoes, olive oil, garlic, basil), Ground beef, Pork, Panko bread crumbs (wheat flour, yeast, water, salt), Onion, Egg, Kosher salt, Parsley, Garlic, Black pepper, Spices, Chili flakes, Zerto grana padano, Baking soda

Case size: 12

Shelf life: 9 months

Location: Freezer



## Chicken & Vegetable Bolognese



SKU ID 12548 / 700G

Ingredients: Tomatoes, Chicken, Celery, Carrots, Onion, Parsley, Garlic, Red wine, Grapeseed oil, Salt, Spices

Case size: 12

Dietary: Gluten Free, Dairy Free

Shelf life: 9 months

Location: Freezer



## Handcrafted Macaroni & Cheese



SKU ID 12754 / 650G

Ingredients: Macaroni (flour, water, salt), Cream cheese, Milk, Cheddar (milk, cultures, salt, enzymes, annatto (colour)), Swiss cheese (pasteurized milk, bacterial culture, salt, calcium chloride, microbial enzyme), Mozzarella, Flour, Butter, Black pepper

Case size: 12

Dietary: Vegetarian

Shelf life: 9 month

Location: Freezer



## Pulled Pork Macaroni & Cheese



SKU ID 12895 / 650G

Ingredients: Macaroni (flour, water, salt), Pork, Cream cheese, Milk, Cheddar (milk, cultures, salt, enzymes, annatto (colour)), Swiss cheese (pasteurized milk, bacterial culture, salt, calcium chloride, microbial enzyme), Mozzarella, Onion, Flour, Butter, Oranges, Garlic, Brown sugar, Spices, Chipotle in adobo (chipotle peppers, vinegar, tomatoes, onions, sugar, soybean oil), Black pepper

Case size: 12

Shelf life: 9 months

Location: Freezer



## Chocolate Chunk Cookie Dough



SKU ID 12658 / 8 X 50 G

Ingredients: Flour, Dark chocolate, Brown sugar, Soft butter, White sugar, Eggs, Vanilla paste, Kosher salt, Baking soda

Case size: 12

Dietary: Vegetarian

Shelf life: 9 months

Location: Freezer



## Salted Caramel Cookie Dough



SKU ID 14115 / 8 X 50 G

Ingredients: Flour, Caramel chips (sugar, skim milk, palm kernel oil, natural flavour, sea salt, corn starch, lecithin), Butter, Brown sugar, Cornflakes (corn, sugar, salt, barley malt extract, vitamins (vitamin E, niacin, vitamin B6, riboflavin, folate), minerals (iron, zinc oxide)), White sugar, Eggs, Baking soda, Baking powder, Kosher salt, Vanilla extract

Case size: 12

Dietary: Vegetarian

Shelf life: 9 months

Location: Freezer





# little leisure bites

flakey & delicious



## Pork & Leek Sausage Roll Bites



SKU ID 12756 / 10 x 40G

Ingredients: Enriched wheat flour, Pork, Butter, Oats, Leek, Spices, Vinegar, Egg

Case size: 12

Shelf life: 9 months

Location: Freezer



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## Spinach & Feta Bites



SKU ID 12698 / 10 x 40G

Ingredients: Enriched wheat flour, Butter, Cream cheese (milk ingredients, salt, bacterial culture, carob bean gum, sorbic acid), Rolled oats, Canola oil, Feta cheese (pasteurized milk, cream, milk protein concentrate, microbial enzyme, calcium chloride, lipase, bacterial culture, salt), Spinach, Spices, Corn starch, Potato flakes, Vinegar

Case size: 12

Dietary: Vegetarian

Shelf life: 9 months

Location: Freezer



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# WOOZAS

UPDATED GTIN CODES LAUNCHING SS24

## Margherita Wooza



SKU ID 13914 / 500G

Ingredients: Wheat flour, Pomodoro sauce (tomatoes, olive oil, basil, garlic, chili flakes, salt), Fresh mozzarella (boconcini), Tomatoes, Rice flour, Soy flour, Olive oil, Sourdough starter (flour, water), Salt, Yeast, Basil

Case size: 6

Shelf life: 12 months

Location: Freezer



## Pepperoni Classico! Wooza



SKU ID 13915 / 625G

Ingredients: Wheat flour, Pomodoro sauce (tomatoes, olive oil, basil, garlic, chili flakes, salt), Fresh mozzarella (boconcini), Pepperoni (pork, beef, salt, water, spices, sugars (dextrose, turbinado sugar), cultured celery powder, lactic acid culture, paprika, cherry powder, sea salt, smoke flavour), Rice flour, Soy flour, Olive oil, Sourdough starter (flour, water), Yeast, Oregano, Salt

Case size: 6

Shelf life: 1 year

Location: Freezer



## Lemon Zucchini Wooza



SKU ID 13913 / 700G

Ingredients: Wheat flour, Zucchini, Lemons, Mozzarella (cultured pasteurized part-skim milk, salt, enzymes, potato starch), Chimichurri (garlic, parsley, olive oil, shallots, sherry vinegar, chili flakes, salt), Onions, Olive oil, Cream cheese, Sourdough starter (flour, water), Butter, Garlic, Salt, Yeast, Milk, Rice Flour, Soy flour

Case size: 6

Shelf life: 1 year

Location: Freezer



## Bacon Béchamel Wooza



SKU ID 13912 / 575G

Ingredients: Wheat flour, Bacon (pork, salt, sugar, celery extract, garlic, thyme), Mozzarella (cultured pasteurized part-skim milk, salt, enzymes, potato starch), Peas, Olive oil, Cream cheese, Sourdough starter (flour, water), Butter, Garlic, Parmesan, Salt, Yeast, Milk, Rice flour, Soy flour, Black pepper

Case size: 6

Shelf life: 1 year

Location: Freezer



## NEW Vegan Buffalo Cauliflower Wooza

PHOTO  
COMING  
SOON

Ingredients: Pinsa dough (wheat flour, rice flour, soy flour, sourdough starter, yeast, olive oil, salt), Hummus (chickpeas, tahini, olive oil, lemon juice, salt), Cauliflower, Buffalo sauce (cayenne pepper, vinegar, water, salt, garlic powder), Cilantro, Green onions

Case size: 6

Shelf life: 1 year

Location: Freezer



SKU ID 13913 / 700G





# CHATEAU

WATER

Canada is home to one of the largest renewable supplies of freshwater in the world. It has access to upwards of 20% of the world's surface freshwater and 7% of the world's renewable water flow. So why on earth are we shipping in water from Europe, the United States, and Fiji?

## Sparkling Water



750ML

Ingredients: Canadian Water  
 Dietary: GF, DF, Canadian  
 Location: Dry



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## Sparkling Water



750ML

Ingredients: Canadian Water  
 Case size: 12  
 Dietary: GF, DF, Canadian  
 Location: Dry



10875127000212

## Sparkling Water



SKU ID 13973 / 355ML

Ingredients: Canadian Water  
 Case size: 24  
 Dietary: GF, DF, Canadian  
 Location: Dry



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STILL LAUNCHING  
 SUMMER 2024

1% OF PROCEEDS OF CHATEAU ARE DONATED TO WATER FIRST. A CANADIAN CHARITY THAT WORKS WITH TRIBAL COUNCILS TO IMPLEMENT CLEAN DRINKING WATER PROGRAMS FOR INDIGENOUS NATIONS IN NEED.





# The Weekend



# Cottage Roll Hams

Handcrafted hams for hosting and coasting into the weekend. Shoppers can buy one for the family or two for a party. Clean ingredients and made in small batches using our new Fessmann ovens from Germany. Smoked in maple wood, ready to heat & eat.

## BROWN SUGAR GLAZE - WEEKEND COTTAGE ROLL HAM



Case size: 10

Ingredients: Fraser Valley pork, Brown sugar, Cloves, Cinnamon, Ginger, Black pepper, Garlic powder, Spices, Curing salt

Dietary: Gluten Free

Shelf life: 30 days+

Location: Deli / Fridge

RETAIL: SKU ID 14306 / 10 x AVG 800-825g



## BROWN SUGAR GLAZE - WEEKEND COTTAGE ROLL HAM



Case size: 10

Ingredients: Fraser Valley pork, Spices, Brown sugar, Curing salt

Dietary: Gluten Free

Shelf life: 30 days+

Location: Deli / Fridge

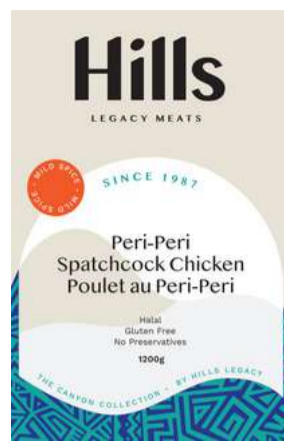
RETAIL: SKU ID 14306 / 10 x AVG 800-825g





NG SOON COMING SOON COMING SO

Spatchcocks



Burgers



Sausages



Grinds



NG SOON COMING SOON COMING SO

GET READY FOR A LEGENDARY LAUNCH  
HAPPENING SS24. NEW PRODUCTS ALONG WITH A  
LABEL FACELIFT FOR OUR HILLS LEGACY BRAND.

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CHICKEN APPLE BREAKFAST SAUSAGE  
CHICKEN PESTO PARMESAN SAUSAGE  
TURMERIC & CURRY CHICKEN THIGHS

MAUI RIBS  
BBQ BACK RIBS  
BROWN SUGAR GLAZE RIBS  
MAPLE BACON  
SUGAR FREE GARLIC PEPPER BACON

TURKEY HOT DOGS  
WAGYU BEEF FRANKFURTER  
BUFFALO HOT CHICKEN WINGS

HAWAIIAN BBQ CHICKEN WOOZA  
FOUR CHEESE WOOZA  
LEMON MEDITERRANEAN WOOZA

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Legends  
Haul

# Proteins & Value Add

In 2019, Legends Haul acquired Hills Foods - a long time Certified Organic facility and leader in ethical meat for 30+ years. Legends Haul kept the Hills brand in retailers with a fresh facelift until recently. This spring/summer 2024 the cult following products will all be receiving updated labels donning the Legends Haul brand on all proteins. The line consists [and also includes reworked recipes] of products that are true to the company's ethos: wholesome ingredients, consciously sourced meat, and good for you and the planet products.

The proteins are handcrafted in small batches at our facility in East Vancouver, BC. The ever expanding line consists of sausages, burgers, grinds, spatchcock chickens, and more. We source great quality meat, fresh ingredients, and spices for each recipe. Our meat products all include one or more of the following characteristics: Certified Organic, Antibiotic Free, Hormone Free, Non GMO, Pasture Raised, Free Range, Grass Fed, Free Run, Gluten and/or Dairy Free. All products under this umbrella are free from Preservatives and Artificial Colours / Flavours.



# Legends Haul

# Spatchcock Chickens

## Peri-Peri Spatchcock Chicken



SKU ID 13035 / ~3LB

Ingredients: Whole chicken (backbone removed), Tomatoes, Worcestershire, Tamari, Cayenne, Chili flakes, Black pepper, Brown sugar, Apple cider vinegar, Onions, Garlic

Case size: 6

Dietary: HALAL, GF, DF, Canadian

Shelf life: 1 year frozen, 3-4 weeks fresh\*

Location: Fridge or Freezer



## Green Goddess Chimichurri Spatchcock Chicken



SKU ID 13036 / ~3LB

Ingredients: Whole chicken (backbone removed), Parsley, Oregano, Garlic, Lemon juice, Grapeseed oil, Salt, Pepper, Chili flakes

Case size: 6

Dietary: HALAL, GF, DF, Canadian

Shelf life: 1 year 3-4 weeks\*

Location: Fridge or Freezer



## Lemon & Herb Spatchcock Chicken



SKU ID 13037 / ~3LB

SKU ID 13037 / ~3LB

Ingredients: Whole chicken (backbone removed), Lemon juice, Lemon zest, Garlic, Onion, Grapeseed oil, Fennel seed, Parsley, Rosemary, Thyme, Oregano, Salt, Pepper, Smoked paprika

Case size: 6

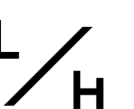
Dietary: HALAL, GF, DF, Canadian

Shelf life: 1 year frozen, 3-4 weeks fresh\*

Location: Fridge or Freezer



LOCAL BC HALAL CHICKEN TUMBLED WITH IN-HOUSE MARINADES.



# Sausages

## Legends Haul

### Chicken Breakfast Sausage



SKU ID 10785 / 213G

Ingredients: Chicken, Sea salt, Spices (includes mustard), Black pepper, Garlic, Soy protein, (Beef collagen casing)

Case size: 12

Dietary: GF, DF, No preservatives, No nitrates, Clean ingredients, Canadian

Shelf life: 1 year

Location: Freezer



0 51270 10785 2

### Sundried Tomatos & Chicken Sausage



SKU ID 10784 / 344G

Ingredients: Chicken, Sea salt, Spices (Includes mustard), Sundried tomatoes, Black pepper, Basil, Garlic, (Beef collagen casing)

Case size: 8

Dietary: GF, DF, No preservatives, No nitrates, Clean ingredients, Canadian

Shelf life: 1 year

Location: Freezer



0 51270 10784 5

### Salt & Pepper Turkey Sausage



SKU ID 10786 / 344G

Ingredients: Turkey, Sea salt, Spices (includes mustard), Garlic, (Beef collagen casing)

Case size: 8

Dietary: GF, DF, No preservatives, No nitrates, Clean ingredients, Canadian

Shelf life: 1 year

Location: Freezer



0 51270 10786 9

### Mediterranean Turkey Sausage



SKU ID 10771 / 344G

Ingredients: Turkey, Sundried tomatoes, Sea salt, Spices (includes mustard), Black pepper, Basil, Garlic, (Beef collagen casing)

Case size: 8

Dietary: GF, DF, No preservatives, No nitrates, Clean ingredients, Canadian

Shelf life: 1 year

Location: Freezer



0 51270 10771 5

### Butter Chicken Sausage



SKU ID 10792 / 344G

Ingredients: Chicken, Tomato, Cream, Yogurt, Salt, Butter, Pepper, Garlic, Lime, Coriander, Cloves, Spices, (Beef collagen casing)

Case size: 8

Dietary: GF, No preservatives, No nitrates, Clean ingredients, Canadian

Shelf life: 1 year

Location: Freezer



0 51270 10792 0

### Canadian Maple Breakfast Sausage



SKU ID 10793 / 213G

Ingredients: Pork, 100% Maple syrup, Whipping cream, Soy protein, Salt, Black pepper, Sage, Dry mustard, Nutmeg

Case size: 12

Dietary: GF, No preservatives, No nitrates, Clean ingredients, Canadian

Shelf life: 1 year

Location: Freezer



0 51270 10793 7



# Sausages

## Legends Haul

### Savoury Pork with Leek Sausage



Ingredients: Pork, Leeks, Salt, Pepper, (Natural pork casing)

Case size: 8

Dietary: GF, DF, No preservatives, No nitrates, Clean ingredients, Canadian

Shelf life: 1 year

Location: Freezer



SKU ID 10791 / 344G

### Pork & Bacon Bratwurst with Herbs



Ingredients: Pork, Smoked pork bacon, Salt, Pepper, Parsley, Spices, (Natural pork casing)

Case size: 8

Dietary: GF, DF, No preservatives, No nitrates, Clean ingredients, Canadian

Shelf life: 1 year

Location: Freezer



SKU ID 10798 / 344G

### Chorizo Verde Sausage



Ingredients: Pork, Fresh cilantro, Fresh parsley, Tomatillos, Jalapeños, Garlic, Black pepper, Spices, Kosher salt, Brown sugar

Case size: 8

Dietary: GF, Non GMO, No preservatives, No nitrates, Clean ingredients, Canadian

Shelf life: 1 year

Location: Freezer



SKU ID 12075 / 344G

### Espelette Chorizo Sausage



Ingredients: Pork, Pepper paste, Water, White Vinegar, Garlic, Paprika, Cayenne pepper, Milk powder, Black pepper, Curing salt, Golden yellow sugar, Course salt, Cinnamon, Espelette pepper, Parsley

Case size: 8

Dietary: GF, No preservatives, No nitrates, Clean ingredients, Canadian

Shelf life: 1 year

Location: Freezer



SKU ID 11929 / 344G

### Garlic Venison & Pork Sausage



Ingredients: Venison, Pork, Salt, Pepper, Garlic, Thyme, (Beef collagen casing)

Case size: 8

Dietary: GF, DF, No preservatives, No nitrates, Clean ingredients

Shelf life: 1 year

Location: Freezer



SKU ID 10790 / 344G

### Duck L'Orange Sausage with Pork & Grand Marnier



Ingredients: Duck, Pork, Oranges, Salt, Triple Sec, Grand Marnier, Brown sugar, Black pepper, Cayenne pepper, Cloves, Garlic, Dried cherries

Case size: 8

Dietary: GF, DF, No preservatives, No nitrates, Clean ingredients

Shelf life: 1 year

Location: Freezer



SKU ID 10797 / 344G

### Lamb & Rosemary Sausage



Ingredients: Lamb, Salt, Garlic, Rosemary, Black Pepper, Oregano, (Beef collagen casing)

Case size: 8

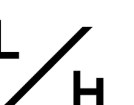
Dietary: GF, DF, No preservatives, No nitrates, Clean ingredients, Halal

Shelf life: 1 year

Location: Freezer



SKU ID 10787 / 344G



# Burgers

## Legends Haul

### Fresh Herb Chicken Burgers



SKU ID 10804 / 2 x 4OZ

Ingredients: Chicken, Salt, Pepper, Spices

Case size: 12

Dietary: GF, DF, Non GMO, Canadian

Shelf life: 1 year

Location: Freezer



### Cranberry & Herb Turkey Burger



SKU ID 10806 / 2 x 4OZ

Ingredients: Turkey, Sweetened dried cranberries, Cranberry sauce, Salt, Pepper, Herbs

Case size: 12

Dietary: GF, DF, Non GMO, Canadian

Shelf life: 1 year

Location: Freezer



### Organic Beef Burger



SKU ID 10803 / 2 x 4OZ

Ingredients: Certified Organic Beef

Case size: 12

Dietary: GF, DF, Certified Organic, Canadian

Shelf life: 1 year

Location: Freezer



### Bison Burger



SKU ID 10801 / 2 x 4OZ

Ingredients: Free Range bison

Case size: 12

Dietary: GF, DF, Free Range, Canadian

Shelf life: 1 year

Location: Freezer



### Wagyu Burger



SKU ID 12348 / 2 x 5OZ

Ingredients: Wagyu beef

Case size: 7

Dietary: GF, DF

Shelf life: 1 year

Location: Freezer



# Grinds

## Legends Haul

### Non GMO Ground Chicken



SKU ID 10825 / 454G

Ingredients: Chicken

Case size: 9

Dietary: GF, DF, Non GMO

Shelf life: 1 year

Location: Freezer



### Non GMO Ground Turkey



SKU ID 10824 / 454G

Ingredients: Turkey

Case size: 9

Shelf life: 1 year

Location: Freezer



### Grass Fed Ground Beef



SKU ID 10956 / 454G

Ingredients: Grass fed beef

Case size: 9

Shelf life: 1 year

Location: Freezer



### Fresh Organic Lean Ground Beef



SKU ID 10922 / 454G

Ingredients: Certified Organic beef

Case size: 9

Dietary: GF, DF, Certified , Canadian

Shelf life: 7 days

Location: Fridge



### Organic Lean Ground Beef



SKU ID 10930 / 454G

Ingredients: Certified Organic beef

Case size: 9

Dietary: GF, DF, Certified Organic, Canadian

Shelf life: 1 year

Location: Freezer



### Lean Ground PEI Beef



SKU ID 11375 / 454G

Ingredients: Beef

Case size: 9

Dietary: GF, DF, Canadian

Shelf life: 1 year

Location: Freezer



### Organic Extra Lean Ground Beef



SKU ID 10931 / 454G

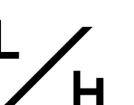
Ingredients: Certified Organic beef

Case size: 9

Dietary: GF, DF, Certified Organic

Shelf life: 1 year

Location: Freezer



# Grinds

## Legends Haul

### Ground Bison



SKU ID 11088 / 454G

Ingredients: Free Range bison  
Case size: 9  
Dietary: GF, DF, Free Range, Canadian  
Shelf life: 1 year  
Location: Freezer



### Ground Venison



SKU ID 10820 / 454G

Ingredients: Free range venison  
Case size: 9  
Dietary: GF, DF, Free Range  
Shelf life: 1 year  
Location: Freezer



### Ground Elk



SKU ID 10926 / 454G

Ingredients: Free range elk  
Case size: 9  
Dietary: GF, DF, Free Range  
Shelf life: 1 year  
Location: Freezer



### Ground Kangaroo



SKU ID 10819 / 454G

Ingredients: Kangaroo  
Case size: 9  
Dietary: GF, DF, Free Range  
Shelf life: 1 year  
Location: Freezer



### Grass Fed Ground Lamb



SKU ID 10941 / 454G

Ingredients: Grass fed lamb  
Case size: 9  
Dietary: GF, DF, Grass Fed  
Shelf life: 1 year  
Location: Freezer







Legends  
Haul

# Thick Sliced Bacon

We've taken bacon back to the basics. Stripped it of its over processed chemicals and brought it back to its glory. Small batch, thick sliced bacon, handcrafted in our East Vancouver facility using our Fessmann ovens from Germany.

We hand rub the product, dry cure it for 7 days, then use a real maple wood smoke. No water or nitrates added, only all natural ingredients and it's of course made with Free Range premium quality pork. Tip when cooking: cook low & slow. It's always a good thyme to enjoy Spades.

## Good Thyming Bacon

PHOTO  
COMING  
SOON

Ingredients: Pork, Kosher salt, Brown sugar, Thyme, Garlic powder, Celery salt

Case size: 10

Dietary: GF, DF, Canadian

Shelf life: 21 days

Location: Fridge



SKU ID 14233 / 454G

> SUGAR FREE GARLIC  
& PEPPER BACON  
> MAPLE BACON  
LAUNCHING SS24



# Legends Haul

DISTRIBUTION

Distributing locally sourced and sought after products.  
We pride ourselves on constantly innovating new  
brands and categories within the retail food space.





# nūba

## Classic Hummus



SKU ID 14297 / 280G

Ingredients: Chickpeas, Tahini (sesame) paste, Lemon juice, Pomace oil, Sea salt, Garlic, Paprika

Case size: 20

Dietary: GF, Vegan, Canadian

Shelf life: 30+ Days

Location: Fridge



6 28942 44003 8

## Jalapeno & Herb Hummus



SKU ID 14299 / 280G

Ingredients: Chickpeas, Tahini (sesame) paste, Lemon juice, Pomace oil, Sea salt, Garlic, Cilantro, Parsley, Jalapeno, Shallot, Cumin, Black pepper

Case size: 20

Dietary: GF, Vegan, Canadian

Shelf life: 30+ Days

Location: Fridge



6 28942 44005 2

## Pomegranate & Sumac Hummus



SKU ID 14298 / 280G

Ingredients: Chickpeas, Tahini (sesame) paste, Lemon juice, Pomace oil, Sea salt, Garlic, Pomegranate molasses, Sumac

Case size: 20

Dietary: GF, Vegan, Canadian

Shelf life: 30+ Days

Location: Fridge



6 28942 44006 9

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**Pacific - Juniper & Bitter Orange Sparkling Water**



SKU ID 12236 / 4 x 330ML

Ingredients: Sparkling water, Juniper, Sage, Bitter orange, Astragalus root

Case size: 6 x 4pc

Dietary: GF, Canadian

Shelf life: 1 year

Location: Dry



**Heart - Rosehip & Hibiscus Sparkling Water**



SKU ID 12238 / 4 x 330ML

Ingredients: Rosehip, Hibiscus, Lemon zest, Grains of paradise, Holy basil

Case size: 6 x 4pc

Dietary: GF, Canadian

Shelf life: 1 year

Location: Dry



**Sunrise - Citrus & Blossom Sparkling Water**



SKU ID 12235 / 4 x 330ML

Ingredients: Sparkling water, Chamomile, Orange zest, Orange blossom, Vitamin D, Ashwaghandha

Case size: 6 x 4pc

Dietary: GF, Canadian

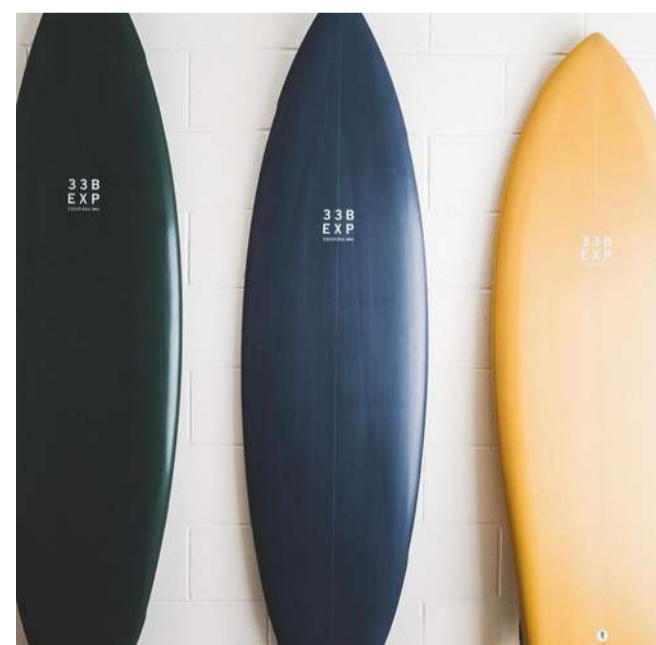
Shelf life: 1 year

Location: Dry



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### Chicken Ramen



SKU ID 13559 / 500G

**NOODLE:** Wheat flour (Flour, Niacin, Iron, Thiamine mononitrate, Riboflavin and Folic acid), Water, Salt, Alkaline water (Water, Potassium carbonate, Sodium carbonate, Propylene glycol), Tartrazine, Corn starch  
**SOUP:** Water, Chicken bone, Chicken, Chilli, Kelp, Bonito, Onion, Shiitake, Mackerel, Kelp extract, (Sorbitol, Maltitol, Hydrogenated starch hydrolysates, Corn, Potato, Sweet potato, cassava), Shio koji, Yeast extract (Yeast extract, Dextrin, Ethyl alcohol, Xanthan gum), Salted mirin, Soy sauce.  
**GARNISH:** Chicken (Soy sauce, Sugar, Water, Vinegar), Bamboo shoot (Salted bamboo shoots, Vegetable oil, Soy sauce, Salted Sake, Ginger, Mirin), Green onion, Wood ear mushroom

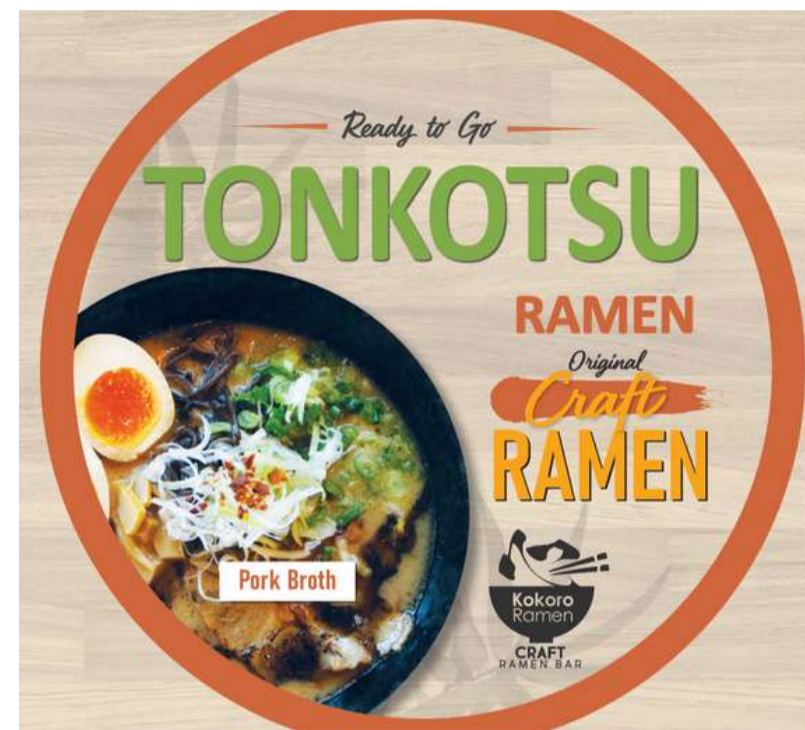
Case size: 18

Shelf life: 6 months

Location: Freezer



### Tonkotsu [Pork] Ramen



SKU ID 13560 / 500G

**NOODLE:** Wheat flour, (flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Alkaline water (water, potassium carbonate, sodium carbonate, propylene glycol), Tartrazine, Corn starch  
**SOUP:** Water, Pork bone, Chilli, Soy sauce, Kelp, Bonito, Mackerel, Kelp extract (Sorbitol, Maltitol, Hydrogenated starch hydrolysates, Corn, Potato, Sweet potato, cassava), Yeast extract (yeast extract, dextrin, Ethyl alcohol, Xanthan gum), Salted mirin  
**GARNISH:** Pork (Pork, soy sauce, sugar, water, Vinegar), Bamboo shoot (salted bamboo shoots), Vegetable oil, Soy sauce, Salted Sake, Ginger, Mirin), Green onion, Wood ear mushroom

Case size: 18

Shelf life: 6 months

Location: Freezer



### Spicy Paitan Chicken Ramen



SKU ID 13561 / 500G

**NOODLE:** Wheat flour, (Flour, Niacin, Iron, Thiamine mononitrate, Riboflavin, Folic acid), Water, Salt, Alkaline water (Water, Potassium carbonate, Sodium carbonate, Propylene glycol), Tartrazine, Corn starch  
**SOUP:** Water, Chicken bone, Chicken, Chilli, Kelp, Bonito, Onion, Shiitake, Mackerel, Kelp extract (Sorbitol, Maltitol, Hydrogenated starch hydrolysates, corn, potato, sweet potato, cassava), Shio Koji, Yeast extract (yeast extract, dextrin, Ethyl alcohol, Xanthan gum), Salted Mirin, Sweet pea paste, water, Wheat flour, Soybean, Salt, sugar, Sesame paste, monosodium glutamate, Acetylated distract adipate, Disodium inosinate Potassium sorbate, surcalosem, Salted Chili pepper, Fermented soybean paste, Water, Salt, Sugar, Dehydrated garlic, Soybean oil, Miso (water, soybeans, rice, salt)  
**GARNISH:** Chicken (Soy sauce, Sugar, Water, Vinegar), Bamboo shoot, (Salted bamboo shoots, vegetable oil, soy sauce, Salted Sake, ginger, Mirin), Green onion, Wood ear mushroom

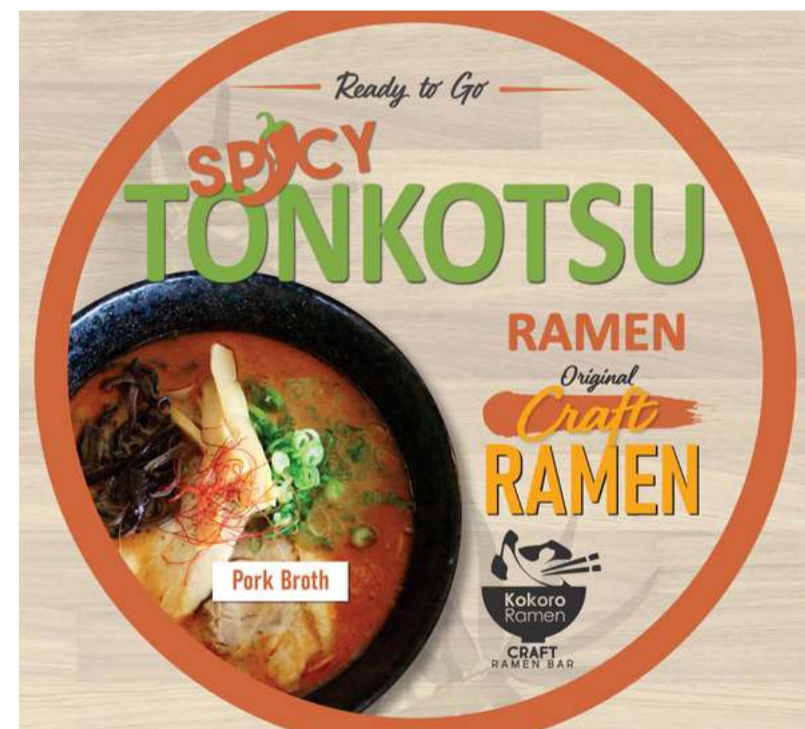
Case size: 18

Shelf life: 6 months

Location: Freezer



### Spicy Tonkotsu [Pork] Ramen



SKU ID 13562 / 500G

**NOODLE:** Wheat flour, (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Alkaline water ( Water, Potassium carbonate, Sodium Carbonate, Propylene Glycol), Tartrazine, Corn starch  
**SOUP:** Water, Pork bone, Chilli, Soy sauce, Kelp, Bonito, Mackerel, Kelp extract (Sorbitol, Maltitol, Hydrogenated starch hydrolysates, corn, potato, sweet potato, cassava), Yeast extract (yeast extract, dextrin, Ethyl alcohol, Xanthan gum), salted Mirin, Sweet bean paste water, Wheat flour, Soybean, Salt, Sugar, Sesame paste, Monosodium glutamate, Acetylated distract adipate, Disodium inosinate potassium sorbate, Surcalosem salted chili pepper, Fermented soybean paste, Water, Salt, Sugar, Dehydrated garlic, Soybean oil, Miso (water, soybeans, rice, salt, alcohol)  
**GARNISH:** Pork (Pork, Soy sauce, Sugar, Water, Vinegar), Bamboo shoot, (Salted bamboo shoots, Vegetable oil, Soy sauce, Salted Sake, ginger, Mirin), Green onion, wood ear mushroom

Case size: 18

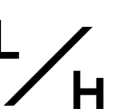
Shelf life: 6 months

Location: Freezer



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 READY IN LESS THAN 10 MINUTES. JUST ADD HEAT

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# Culture

## Strawberry Mojito



SKU ID 13890 / 355ML

Ingredients: Filtered Water, Green Tea, Kombucha Culture, Cane Sugar, Strawberry, Lime, Mint

Case size: 12

Dietary: GF, DF, Vegan

Shelf life: 6 months

Location: Fridge



## Peach Basil



SKU ID 13887 / 355ML

Ingredients: Filtered Water, Green Tea, Rooibos Tea, Kombucha Culture, Cane Sugar, Peach, Basil

Case size: 12

Dietary: GF, DF, Vegan

Shelf life: 6 months

Location: Fridge



## Lavender Lemonade



SKU ID 13888 / 355ML

Ingredients: Filtered Water, Green Tea, Kombucha Culture, Cane Sugar, Lavender, Lemon

Case size: 12

Dietary: GF, DF, Vegan

Shelf life: 6 months

Location: Fridge



## Cherry Cream Soda



SKU ID 13886 / 355ML

Ingredients: Filtered Water, Green Tea, Kombucha Culture, Cane Sugar, Sour Cherry, Vanilla, Marshmallow Root

Case size: 12

Dietary: GF, DF, Vegan

Shelf life: 6 months

Location: Fridge



## Blueberry Ginger



SKU ID 13889 / 355ML

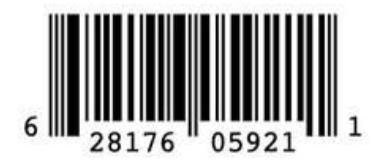
Ingredients: Filtered Water, Green Tea, Kombucha Culture, Cane Sugar, Blueberries, Ginger

Case size: 12

Dietary: GF, DF, Vegan

Shelf life: 6 months

Location: Fridge



## Raspberry Rose



SKU ID 14377 / 355ML

Ingredients: Filtered Water, Green Tea, Kombucha Culture, Cane Sugar, Raspberry, Rose Petals

Case size: 12

Dietary: GF, DF, Vegan

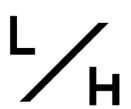
Shelf life: 6 months

Location: Fridge



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### Maple Blueberry Bison Pemmican Strip - Peppered



Ingredients: Bison, Blueberries, Maple syrup, Sea salt, Pepper, Smoke

Case Size: 108 x 23G

Dietary: GF, DF, CANADIAN

Shelf life: 1 year

Location: Dry



6 28176 13617 2

SKU ID 13881 / 108 x 23G  
18 packs per display box  
6 boxes per case

### Maple Saskatoon Berry Bison Pemmican Strip - Peppered



Ingredients: Bison, Saskatoon berry, Maple syrup, Sea salt, Pepper, Smoke

Case Size: 108 x 23G

Dietary: GF, DF, CANADIAN

Shelf life: 1 year

Location: Dry



6 28176 13619 6

SKU ID 13882 / 108 x 23G  
18 packs per display box  
6 boxes per case

### Original Maple Blueberry Bison Pemmican Strip



Ingredients: Bison, Blueberries, Maple syrup, Sea salt, Smoke

Case Size: 108 x 23G

Dietary: GF, DF, CANADIAN

Shelf life: 1 year

Location: Dry



6 28176 13629 5

SKU ID 14341 / 108 x 23G  
18 packs per display box  
6 boxes per case

### Maple Strawberry Bison Pemmican Strip



Ingredients: Bison, Strawberries, Maple syrup, Sea salt, Smoke

Case Size: 108 x 23G

Dietary: GF, DF, CANADIAN

Shelf life: 1 year

Location: Dry



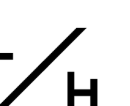
6 28176 13632 5

SKU ID 14340 / 108 x 23G  
18 packs per display box  
6 boxes per case

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## Wagyu Beef Frankfurter Hot Dogs



SKU ID 10323 / 4 LINKS - 375G

Ingredients: Wagyu beef, Dextrose, Spices, Sugar, Salt, Diphosphate, Ascorbix acid, Soduim ascorbate, Sodium nitrite, Spice extracts, Liquid smoke

Case size: 16

Dietary: GF, DF

Shelf life: 1 year

Location: Freezer



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# Range & Co.

## BC Mushroom Chili



SKU ID 12344 / 650G

Ingredients: Tomato (Tomato, Water, Salt, Citric acid), Black beans, Lentils, BC mushrooms (May include Shiitake, Oyster, Cremini, Portobello, Velvet oyster, King oyster, Yellowfoot), Water, Smoked onion, Corn, Coffee, Carrot, Sunflower oil, Jalapeño, Garlic, Salt, Spices

Case size: 12

Dietary: GF, DF, Vegan, Nut Free, Canadian

Shelf life: 1 year

Location: Freezer



## 100% BC Beef Chili



SKU ID 12343 / 650G

Ingredients: Grass fed BC beef, Tomato (Tomato, Salt, Citric acid), Smoked onion, Black beans, Corn, Coffee, Carrot, Jalapeño, Garlic, Salt, Spices

Case size: 12

Dietary: GF, DF, Grass Fed, Raised Without Antibiotics, Nut Free, Canadian

Shelf life: 1 year

Location: Freezer



## West Coast Seafood Chowder



SKU ID 12342 / 600G

Ingredients: Oyster stock, Milk, Smoked salmon (Salmon, Natural wood smoke, Salt), Onion, Pemberton potato, Carrot, Beach oysters, Cream, Butter, Wheat flour, Kale, Garlic, Salt, Black pepper

Case size: 12

Dietary: Nut Free, Canadian

Shelf life: 1 year

Location: Freezer



## Roasted Chicken & Smoked Corn Pie



SKU ID 12614 / 365G

Ingredients: Filling: BC specialty chicken thigh, Chicken stock (Water, Chicken bones, Onion, Carrots, Garlic, Olive oil, Spices), Pemberton potato, Butter, Milk, Carrot, Armstrong extra old white cheddar, Smoked corn, Scallions, Salt, Mustard, Garlic, Spices, Herbs. Crust: Wheat flour, Butter, Water, Sugar, Salt, Egg (Liquid whole egg, Citric acid)

Case size: 20

Dietary: Non GMO, Raised Without Antibiotics, Canadian

Shelf life: 1 year

Location: Freezer



## Steak and Mushroom Pie



SKU ID 12431 / 365G

Ingredients: Filling: Grass fed BC beef, Onion, Mushroom stock (water, mushroom, onion, carrot, spices), Carrot, Tomato (tomato, water, salt, citric acid), BC mushrooms (may include shiitake, oyster, cremini, portobello, velvet oyster, king oyster, yellowfoot), Canola oil, Salt, Cider vinegar, Garlic, Thyme, Spices. Crust: Wheat flour, Butter, Water, Sugar, Salt, Egg (liquid whole egg, citric acid)

Case size: 20

Dietary: Grass Fed, Raised Without Antibiotics, Nut Free, Canadian

Shelf life: 1 year

Location: Freezer



## Jamaican Beef Pie



SKU ID 12432 / 365G

Ingredients: Filling: Grass fed BC ranch beef, Onion, Water, Scallions, Panko breadcrumbs (Wheat flour, Sugar, Yeast, Salt), Spinach, Salt, Garlic, Spices. Crust: Wheat flour, Butter, Water, Sugar, Salt, Egg (Liquid whole egg, Citric acid)

Case size: 20

Dietary: Grass Fed, Raised Without Antibiotics, Nut Free, Canadian

Shelf life: 1 year

Location: Freezer



# Range & Co.

## Potato Lentil Curry Pie



SKU ID 12615 / 365G

Ingredients: Filling: Mushroom stock (Water, Mushroom, Onion, Carrot, Spices), Pemberton potato, Onion, Carrot, Lentils, Spinach, Garlic, Salt, Olive oil, Spices. Crust: Wheat flour, Butter, Water, Sugar, Salt, Egg (liquid whole egg, citric acid)

Case size: 20

Dietary: Vegetarian, Nut Free, Canadian

Shelf life: 1 year

Location: Freezer



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## Rancher Pie [Grass Fed Beef and Molten Cheese]



SKU ID 13745 / 365G

Ingredients: Filling: Grass finished BC ranch beef, mushroom stock (water, mushroom, onion, carrot, spices), onion, carrot, Pemberton potato, corn, Armstrong extra old white cheddar (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, may contain color), tomato (tomato, water, salt, citric acid), garlic, scallion, wheat flour, sugar, thyme, rosemary, salt, pepper Crust: Wheat flour, butter, water, sugar, salt, egg (liquid whole egg, citric acid)

Case size: 20

Dietary: Nut Free, Canadian

Shelf life: 1 year

Location: Freezer



7 87790 85996 3

## Apple Pie



SKU ID 13093 / 415G

Ingredients: Filling: Grannysmith apple, Golden yellow sugar, Sugar, Cornstarch, Spices. Crust: Wheat flour, Butter, Water, Sugar, Salt, Egg (Liquid whole egg, Citric acid)

Case size: 20

Dietary: Vegetarian, Nut Free, Canadian

Shelf life: 1 year

Location: Freezer



7 87790 11446 8

## Blueberry Pie



SKU ID 13094 / 345G

Ingredients: Filling: Blueberries, Sugar, Cornstarch, Wheat flour, Apple cider vinegar, Salt, Spices. Crust: Wheat flour, Butter, Water, Sugar, Salt, Egg (liquid whole egg, citric acid)

Case size: 20

Dietary: Vegetarian, Nut Free, Canadian

Shelf life: 1 year

Location: Freezer



7 87790 86016 7

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**Chicken with Burnt Honey & Apple Geleé**



SKU ID 11987 / 125G

Ingredients: Chicken liver, Butter (cream, natural flavour), Eggs, Onion, Brandy, Red wine, Apple juice, Honey, Apple cider vinegar, Black pepper, Kosher salt, Curing salt, Gelatin

Case size: 12

Dietary: GF

Shelf life: 8 weeks

Location: Fridge



**Duck with Cranberry & Port Geleé**



SKU ID 11986 / 125G

Ingredients: Duck liver, Butte (cream, natural flavour), Eggs, Onion, Brandy, Red wine, Port, Unsweetened cranberry juice, Pate spice (black pepper, nutmeg, cinnamon, cloves), Kosher salt, Sugar, Curing salt, Gelatin

Case size: 12

Dietary: GF

Shelf life: 8 weeks

Location: Fridge



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### Original Coconut Yogurt



SKU ID 13667 / 3.5KG

Ingredients: Organic Coconut Cream, Agar, Non-Dairy Probiotic Cultures (Contains 1 billion cfu of probiotics per 125 g serving: L. acidophilus, L. paracasei)

Case size: 1

Dietary: GF, DF, Vegan

Shelf life: 65 days

Location: Fridge



### Vanilla Coconut Yogurt



SKU ID 13800 / 3.5KG

Ingredients: Organic Coconut Cream, Water, Organic Coconut Nectar, Vanilla Extract, Non-Dairy Probiotic Cultures (Contains 1 billion cfu of probiotics per 125 g serving: L. acidophilus, L. paracasei)

Case size: 1

Dietary: GF, DF, Vegan

Shelf life: 65 days

Location: Fridge



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### Beef Demi-Glace Cubes



SKU ID 11925 / 180G

Ingredients: Water, Veal bone, Carrot, Onion, Celery, Tomato paste, Parsley, Thyme, Bay leaf, Black pepper

Case size: 12

Dietary: GF, DF, Canadian

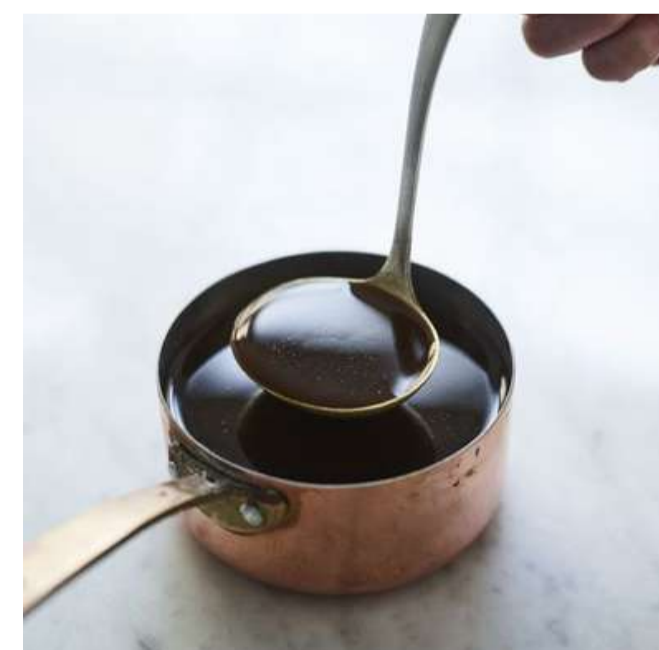
Shelf life: 1 year

Location: Freezer



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