

FoodService

Nova Scotia Owned and Operated



Full Food Service Distributors



Pricing valid January 1st to 31st, 2012



ITEM #		SIZE	CASE	PORTION	KG
OHA LOCAL RED BRAND STEAKS					
1	Rib Eye RB	30 x 170g	\$110.00	\$3.67	
2	Rib Steak RB	20 x 225g	\$92.00	\$4.60	
3	Striploin Steak RB	\$44 x 115g	\$109.00	\$2.47	
4	CC Striploin Steak RB	20 x 280g	\$134.00	\$6.70	
ROASTS					
5	3 x 8 kg AAA Prime Rib	8 kg Avg			\$16.51
6	Top Butt Sirloin	5 kg Avg			\$5.51
POULTRY					
7	9 Cut Fryers	28 kg Avg			\$4.74
8	IQF Split Chicken Wings	4 kg Box	\$26.60		
DELI DELIGHTS					
9	Deli Pepperoni 2-1/4"	2 kg Avg			\$3.99
10	Toupie Ham Lean - Boneless	5 kg Avg			\$4.89
11	Back Bacon PC	2 kg Avg			\$8.75
EXTRAS					
12	90% Lean Ground Beef	2.5 kg	\$13.95		
13	Large Pure Pork Maple Sausage	5 kg Avg	\$19.90		
14	Apple Breakfast Sausage	5 kg Avg	\$22.21		
15	Smoked Boneless Ham Round	10 x 2 kg			\$5.14
16	Viau Dry Cured Pepperoni	2 x 3.4 kg	\$57.50		


Pricing Valid January 1st to 31st, 2012
We Reserve the right to correct any pricing errors.
All prices are subject to stock availability.

	ITEM #	DESCRIPTION	PACK SIZE	SALE PRICE
	17	Pure Grated Parm Cheese	2.5 kg	\$47.23
	18	Phil Cream Cheese Herb & Garlic	120x26g	\$37.51
	19	Light Italian Dressing	100x40 ml	\$22.88
	20	Cal-Wise French Dressing	2x3.78L	\$29.80
	21	Zesty Italian Dressing	2x3.78L	\$29.80


	22	Creamy Island Coleslaw	5 KG Pail	\$19.68
--	----	------------------------	-----------	---------

	23	Hot Chicken Wing Sauce	2x4 L	\$43.54
--	----	------------------------	-------	---------

	24	Fling Buffalo Chicken	4 kg	\$58.66
--	----	-----------------------	------	---------

	25	Exclusive Roasted Coffee	64x2.25oz	\$86.15
	26	Mountain Grown Coffee	42x39g	\$24.36

	27	Onion Rings	4 kg	\$24.50
--	----	-------------	------	---------

	28	Low Sodium Chicken Gravy	6 x 560 g	\$45.14
	29	Regular Brown Gravy	6 x 480 g	\$34.54
	30	Pomodoro Sauce Mix	4 x 540 g	\$37.85
	31	Alfredo Sauce Mix	4 x 510 g	\$45.25

ITEM #	DESCRIPTION	PACK SIZE	SALE PRICE
--------	-------------	-----------	------------



32	Chocolate Heaven Cheesecake	6x9" Cakes	\$62.33
33	Festive Favorite Cheesecake	6x9" Cakes	\$60.81
34	Fruitstand Cheesecake	6x9" Cakes	\$60.81
35	Strawberry Swirl Cheesecake	12x2 Slice	\$30.00
36	Triple Chocolate Cheesecake	12x2 Slice	\$30.00



37	Roasted Red Pepper Soup	4x8 LB	\$65.90
38	Garden Vegetable Soup	4x8LB	\$44.89
39	Butternut Squash Soup	4x8LB	\$59.39



40	Chicken Breast Strip Thick	2x2 KG	\$75.66
41	Sirloin Steak Strip Grilled	4 KG	\$61.55
42	Chicken Wing Zinger FC Mild	2x2 KG	\$52.27



43	Always Crisp Fries 3/8 SC	6x5 lb	\$45.65
----	---------------------------	--------	---------



44	8oz Unbaked Pie Shell	4 x 5's	\$29.14
45	Caramel Pecan Cheesecake	2 x 10"	\$57.49
46	Chocolate Uniced Sheet Cake	4 x (12" x 16")	\$47.51