

A' la Carte Grocery Items

Armstrong Food Service

Ordering instructions are below - the minimum order for pick up is \$100



Protien

160115	THE TASTY BURGER PATTIES	EASTERN	40x113 GM	\$38.00	CASE
100225	RED BRAND STRIPLOIN STEAK	EASTERN	20x225 GM	\$174.00	CASE
112190	PORK CHOP END TO END	OHA	5.6KG	\$59.00	CASE
113077	BACON LAYER SWEET HEAT	OHA	5 KG	\$59.00	CASE
111755	BURGER BLEND	OHA	2X2.5KG	\$36.50	CASE
113364	SAUSAGE HONEY GARLIC	OHA	5 KG	\$35.00	CASE
113261	SAUSAGE B'FAST PORK BEEF	OHA	5 KG	\$35.00	CASE
113345	SAUSAGE ITALIAN	OHA	5KG	\$35.00	CASE
166482	FISH CAKES	COMEAU	5 LB	\$36.00	CASE
3133	HADDOCK PCS BREADED	SEA FRESH	10 LB	\$38.00	CASE
299132	BREADED CHICKEN CUTLETTE SPICY	CARGILL	4 kg	\$22.50	CASE
170136	CHIC BREAST FILLET BREADED SEASONED	ERIE	4 kg	\$20.00	CASE
117286	CHIC BREAST NUGGET PF	NIKOLAOS	200x20gm 4kg	\$49.00	CASE
531019	CHIC BRST BNLS RANDOM 19%	OHA	4kg	\$61.00	CASE
505212	CHIC BREAST STRIP GRILLED	DIRECT POULTRY	4 KG	\$66.00	CASE

Dry Goods

310741	CRISPERS RANCH	CHRISTIE	12x70 GM	\$16.00	UNIT
311421	CRISPERS BBQ	CHRISTIE	12x70 GM	\$16.00	UNIT
310751	CRISPERS ALL DRESSED	CHRISTIE	12x70 GM	\$16.00	UNIT
195425	ICE TEA LEMON	SNAPPLE	12x473 ML	\$20.00	CASE
189851	BAR GRANOLA CHEWY CHOC CHIP	QUAKER	12x5x31 GM	\$41.00	CASE
189357	BAR NUTRI-GRAIN STRAWBERRY	KELLOGGS	16x37 GM	\$8.50	CASE
184912	CHEESE MARBLE NIBBLERS	ARMSTRONG	50x21gm	\$26.50	CASE
36547	FLOUR ALL PURPOSE	PH MILLING	20kg	\$22.00	BAG
575088	WATER SPRING	NAYA	24X600ML	\$7.00	CASE

Frozen Foods

124571	WIENER 7" 5LB RG	SCHNEIDERS	5.44KG	\$47.00	CASE
123355	DONAIR DIPPER	BONTE	4 KG	\$43.50	CASE
106110	MEATBALL ITALIAN FC 1/2oz	ROSEMOUNT	2X5LB	\$61.00	CASE
203110	BAGEL VARIETY CASE	STONE HEARTH	36 PC	\$20.00	CASE
174249	ONION RINGS	CAVENDISH	4KG	\$29.00	CASE
26353	VEG PEI MIX	ALASKO	8x1 KG	\$34.00	CASE
169521	YOGURT FROZ VANILLA CUP	CHAPMANS	2x12x115 ML	\$11.75	CASE
490	LOLLY ROCKET ASST	CHAPMANS	4x28x50 ML	\$19.00	CASE

Fruits and Vegetables

302014	LETTUCE ROMAINE	FRESH	3 HEADS	\$5.50	BAG
300361	POTATOES #1	BASINVIEW FARMS	10lb	\$4.75	BAG
300235	CARROTS	SAWLER	2LB	\$2.00	UNIT
300315	ONIONS REGULAR	SAWLER	2LB	\$2.00	UNIT
302028	CUCUMBER ENGLISH	FRESH	3 EACH	\$4.50	UNIT
300522	APPLES RED DELICIOUS	SCOTIAN GOLD	3 LB	\$4.25	UNIT

Paper/Cleaning

214684	TOILET TISSUE ECOSOFT 2PL WRAPPED	TORK	48	\$45.25	CASE
210685	WHITE PAPER TOWELS 8"	CASCADE	12x425'	\$50.25	CASE
202431	HAND SANITIZER GEL	SOLVABLE	3.78 LT	\$42.00	UNIT
232704	ALL PURPOSE CLEANER	MENU	2X4LT	\$19.75	CASE

Order at 1-800-661-6331 (Nova Scotia) or 902-876-2356 (Halifax)

E-Transfer email: Ric.Hamilton@oharmstrong.ca

Pick Up Locations/Days/Times:

Kingston (Armstrong) - Wednesdays and Fridays 10:00 AM - 2:00 PM

Lakeside (Eastern) - Wednesdays and Fridays 10:00 AM - 2:00 PM

Sydney (Ideal) - Tuesdays and Fridays 10:00 AM - 2:00 PM

***All orders must be placed at least 1 day in advance**

Call the plant and our staff will be happy to assist.

Thank you for supporting locally owned businesses like ours!

