

QTY CODE PRICE TOTAL

**POUTINERIE**

Make your own poutine from scratch with these authentic and delicious ingredients!

QTY	CODE	PRICE	TOTAL
1010	Montreal Poutine Sauce (200g)	\$7.90	
3001	White Cheddar Cheese Curds (300g)	\$10.90	
3002	Straight Cut Skin-On French Fries (2.27 kg)	\$9.90	

**PIZZA SHOP**

Just add your favourite toppings to our frozen crusts, and bake for 10-15 minutes. New and improved recipe!

QTY	CODE	PRICE	TOTAL
2901	Mom's Own Pizza Crusts (8 x 12")	\$34.50	

Want to get a little more creative? Try rolling your own crust with our brand new dough balls. Or forget the pizza, and create something entirely original from scratch!

QTY	CODE	PRICE	TOTAL
2900	Dough Balls (4 x 450 g)	\$15.00	

Looking for something even easier? Our superb mini-calzone style pizza snack. Just pop them in the microwave and they're done!

QTY	CODE	PRICE	TOTAL
2902	Panzerotti Pizza Snacks (3 x 935g)	\$29.90	

QTY	CODE	PRICE	TOTAL
2904	Individual 5" Cheese & Pepperoni Pizzas (16 x 85g)	\$27.90	

QTY	CODE	PRICE	TOTAL
2903	Gluten Free Pizza Crusts (4 x 12")	\$29.90	

**SPRING ROLLS & SAMOSAS**

Approximately 50 spring rolls (1.1kg per case)

QTY	CODE	PRICE	TOTAL
2801	Mini Veggie Spring Rolls	\$36.00	
2802	Mini Chicken Spring Rolls	\$36.00	

QTY	CODE	PRICE	TOTAL
2803	Samosas, vegetable with tamarind sauce (12 x 65g)	\$22.00	

**PIEROGIES**

QTY	CODE	PRICE	TOTAL
2601	Potato & Cheddar Cheese	\$34.00	

QTY	CODE	PRICE	TOTAL
2602	Potato & Cheddar & Bacon	\$35.00	

**With 100% REAL bacon!**

QTY	CODE	PRICE	TOTAL
2603	Assorted Pierogies (3 bags of each variety above)	\$36.00	

**PREPARED MEATS**

Oven-ready meat products, quick and easy.

QTY	CODE	PRICE	TOTAL
2704	Chicken Tender Strips (2kg, breaded)	\$39.90	
2705	Italian Meatballs (5lb)	\$39.90	

**COLUMN TOTAL**

QTY CODE

PRICE TOTAL

QTY CODE

PRICE TOTAL

20%

**FRUITS, VEGGIES, & PROTEIN POWDER**

Our gourmet fresh fruit and vegetable mixes. No added ingredients or preservatives. Individually flash frozen for maximum freshness! (All mixes packaged in 1 kg bags)

2204	Mom's Fruity Mix (1kg)	\$12.90	
	Banana, strawberries, blueberries. (Formerly Smoothie Mix)		

2205	Antioxidant Blend (1kg)	\$17.90	
	Blueberries, raspberries, cherries, strawberries, cranberries, blackberries, saskatoon berries.		

2211	Fiesta Fruit Blend (1kg)	\$12.90	
	Blackberries, strawberries, peaches. Powder (250g)		

2212	Unflavoured Whey Protein Powder (250g)	\$14.90	
	Fuel your personal health and fitness goals with our whey protein powder, an excellent source of protein for all ages. Pairs great with our frozen fruit mixes.		

2206	Teriyaki Stir-Fry Mix	\$11.90	
	Whole green beans, broccoli florets, onions, sugar snap peas, red peppers.		

2207	Fajita Mix	\$9.90	
	Onion strips, red, green, and yellow pepper strips.		

2210	Stir-Fry Supreme	\$12.90	
	Broccoli, sugar snap peas, baby corn, red peppers, yellow peppers, onions.		

**SUPERFOODS** 

Delightfully natural & healthy superfoods.

2501	Hulled Hemp Seeds	\$12.90	
	(190g)		

2502	Organic Black Chia Seeds	\$12.90	
	(300g)		

2503	Organic Quinoa (450g)	\$9.90	

2504	Tri-colour Organic Quinoa	\$11.90	
	(450g)		

2509	Shelled Roasted Almonds	\$10.90	
	(300g)		

2510	Flax Seed, whole (450g)	\$5.90	

**SNACK MIXES** 

An old favourite, and some new delights! Delicious trail mixes with no peanuts in sight.

1801	Santiago Mix (200g)	\$9.90	
	Raisins, roasted sunflower seeds, roasted cashews, pumpkin seeds, roasted almonds.		

1802	Organic Health Mix (150g)	\$9.90	

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#### 40% GOURMET RUBS & MARINADES

Rub directly onto meat, or try mixing a few tablespoons of seasoning with 1/2 cup lemon juice and 1/2 cup olive oil. Use as a marinade, or brush onto steaks, pork chops, ribs, chicken, or shrimp skewers.

0101	Greek (150 g)	\$8.90
0103	Honey Lime Chipotle (140 g)	\$8.90
0104	Souvlaki (70 g)	\$8.90
0107	Turkey Rub (85 g)	\$8.90
0108	Mango Chipotle (140 g)	\$9.90
0111	Mango Habanero (140 g)	\$9.90
0109	Whiskey Flavour Steak Rub (150 g)	\$8.90
0110	Kansas City Rib Rub (130 g)	\$8.90
0112	Maple Pepper Seasoning (90 g)	\$7.90
0113	Harissa Spice Blend (85g)	\$7.90

A fragrant Moroccan seasoning, adds zest to pasta, couscous, bean, and vegetable dishes.

#### 40% BLENDS & SEASONINGS

Mom's Own Blends & Seasonings are sure to add ease and delight to your cooking experience!

0201	Cajun Spice (140 g)	\$6.90
0202	Crushed Chillies (55 g)	\$4.90
0203	Garlic Plus (100 g)	\$9.90
	A garlic infused multi-purpose seasoning!	
0204	Hamburger Seasoning (130 g)	\$6.90
0205	Italian Seasoning (45 g)	\$5.90
0206	Lemon Pepper (no salt) (65 g)	\$8.90
0207	Mom's Own No Salt Seasoning (110 g)	\$8.90
	A delicious blend of spices and dehydrated vegetables, a perfect topping for any dish.	
0208	Montreal Chicken Seasoning (150 g)	\$6.90
0209	Montreal Steak Spice (150 g)	\$7.90
0210	Pizza Spice (90 g)	\$6.90
0211	Roasted Garlic & Red Pepper (130 g)	\$8.90
0212	Seasoning Salt (no MSG) (115 g)	\$6.90
0213	Spaghetti Spice (80 g)	\$6.90
0214	Taco Meat Seasoning (115 g)	\$6.90
0215	Chipotle Fajita Seasoning (120 g)	\$8.90
0217	Potato Seasoning (130 g)	\$6.90

#### 40% GOURMET SEA SALTS

Sea salt is a natural, gourmet substitute for regular, refined table salt. These delicious coarse sea salt blends are sure to inspire new cooking ideas!

0300	Himalayan Pink Salt (225 g)	\$6.90
0301	Coarse Sea Salt (225 g)	\$6.90
0302	Roasted Garlic & Sea Salt (120 g)	\$8.90
0303	Lemon Dill Sea Salt (120 g)	\$7.90
0304	Mediterranean Sea Salt (100 g)	\$7.90
0305	Red Hot Sea Salt (110 g)	\$7.90

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#### 40% TRADITIONAL SPICES ①

Mom's spices will enhance the flavour, colour, and aroma of your cuisine. Top quality, excellent value.

0401	Allspice, ground (70 g)	\$5.90
0403	Basil (35 g)	\$4.90
0404	Bay Leaves, hand picked (10 g)	\$4.90
0405	Cayenne Pepper (60 g)	\$5.90
0406	Celery Salt (115 g)	\$5.50
0407	Chili Powder, Mexican (95 g)	\$6.90
0408	Chinese Five Spice (60 g)	\$6.90
0409	Cinnamon, ground (80 g)	\$6.90
0410	Cinnamon Sticks 3" (80 g)	\$7.90
0411	Cloves, ground (60 g)	\$8.90
0412	Dill Weed (25 g)	\$5.90
0413	Garlic Powder, granules (115 g)	\$6.90
0414	Ginger, ground (50 g)	\$5.90
0415	Mustard Powder (65 g)	\$5.90
0416	Nutmeg, ground (70 g)	\$8.90
0417	Onion Flakes (80 g)	\$5.90
0418	Onion Powder (100 g)	\$5.90
0419	Oregano (25g)	\$5.90
0420	Paprika, Hungarian (70 g)	\$6.90
0421	Parsley Flakes (25 g)	\$4.90
0422	Pepper, black, ground (80 g)	\$6.90
0423	Pepper, black, whole (90 g)	\$6.90
0424	Assorted Peppercorns (90 g) (black, green, pink, white)	\$9.90
0425	Poultry Seasoning (60 g)	\$5.90
0426	Rosemary, whole (35 g)	\$4.90
0427	Sage, ground (60 g)	\$5.90
0428	Thyme, ground (60 g)	\$5.50

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#### 40% TIN & GUSSET PACKAGING

Our dry products now come packaged in resealable tins & stand-up pouches. More user friendly, more conveniently sized, and better for your kitchen!

#### 40% INDIAN SPICES ①

Add the taste of India to your cuisine!

0501	Coriander, ground (75 g)	\$5.90
0502	Cumin Seed, ground (95 g)	\$6.90
0503	Curry Powder, Madras (110 g)	\$6.90
0504	Turmeric, ground (110 g)	\$6.90
0505	Garam Masala Blend (105 g)	\$6.90
0506	Saffron (Spanish, Superior) (1g)	\$14.90

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#### 40% DRIED FRUITS

#### 40% BAKING SUPPLIES

#### 40% LEGEND

- ! New Product
- GF Guaranteed Gluten Free
- PF Guaranteed Peanut/Tree Nut Free
- COR Certified Kosher
- CL Clean Label Product

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#### 40% DIP MIXES

#### 40% SPREADS

#### 40% PREMIUM READY-TO-BAKE TREATS

#### 40% BREAD & DINNER ROLLS

#### 40% TART & PIE SHELLS

#### 40% BAKING SUPPLIES

#### 40% DRIED FRUITS

#### 40% INDIAN SPICES ①

#### 40% LEGEND

#### 40% TIN & GUSSET PACKAGING

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