

# FoodService

*Nova Scotia Owned and Operated*



*Full Food Service  
Distributors*



**Pricing valid February 1st to 29th, 2016**



ITEM #	MAIN COURSE	CASE	PORTION	KG
<b>DELI</b>				
123790	Roast Beef Well Done		2 kg avg	\$13.97
123953	Pork / Beef Salami		2 kg avg	\$5.30
124837	Super Grill Wieners 12"	\$85.00	11.2 kg	
<b>CHICKEN</b>				
124683	BBQ Chicken Breast 300 gm	\$78.00	7.2 kg	
170131	Chicken Breast 16% 2 oz	\$105.00	18 kg	
440076	BK Chicken Burgers	\$10.00	4 kg	
401224	Cooked Chicken Breast Strips	\$38.00	5 kg	
170318	Chicken Fingers (100 - 110 CT)	\$25.00	4 kg	
117410	Chicken Leg Back On		5 kg avg	\$3.75
<b>BEEF</b>				
100481	MacGregor's Rib Steak	\$70.00	10 x 285 gm	
160115	EMP Tasty Burger	\$33.85	40 x 113 g	
52112	Cooked Beef Topping - Sunrise	\$75.00	10 kg	
550169	Top Sirloin Steak	\$57.00	24 x 140 gm	
152275	Eastern Maritime Ribeye	\$112.05	20 x 275 gm	
108225	Cap on Top Butt Steak RB	\$102.00	20 x 225 gm	
<b>EXTRA / EXTRA</b>				
122840	Skinless Shankless Ham VP		8 kg avg	\$4.36
113092	Ground Bacon Ends	\$28.00	5 kg	
160075	Ground Beef Medium 2/2.5 kg Frozen	\$40.00	2 x 2.5 kg	
119005	Eastern Shaved Sirloin	\$80.70	5 x 1 kg	
340049	Pork Back Ribs Tail Off		5 kg avg	\$9.51
<b>SAUSAGE TO GO</b>				
113335	Donair Sausage OHA	\$32.10	5 g	
124297	Octoberfest Sausage FC Schneiders	\$50.00	5.44 kg	

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**We Reserve the right to correct any pricing errors.**  
**All prices are subject to stock availability.**

	ITEM #	DESCRIPTION	PACK SIZE	SALE PRICE
	162200	Apple Pie 10" Bake and Serve	6 x 1250 g	\$33.71
	208512	King Cole Tea Decaf	250	\$18.48
	193836	Emblem Peanut Butter Smooth	10 kg	\$63.07
	1804	Gluten Free Turtle Cheesecake	2 x 10" (14 cut)	\$97.07
	188868	Chocolate Mints	1000	\$38.20
	196120	Pineapple Juice Canned	12 x 1.36 L	\$43.37
	37000	Prestige Ultra Liquid Whole Egg	12 x 1 kg	\$69.94
	182562	Multi-Grain Bread Dough Mix	20 kg	\$43.75
	182390	Tea Biscuit Mix	20 kg	\$45.10
	208531	Tea 4 Star 1 Cup Orange Pekoe Tagged	5 x 200's	\$42.88
	208535	Tea 4 Star 2 Cup Orange Pekoe Tagged	5 x 200's	\$61.74
	320030	Coffee Real Cup Breakfast Blend	4 x 24	\$48.68
	320031	Coffee Real Cup Dark Roast	4 x 24	\$48.68
	320032	Coffee Real Cup Colombian Decaf	4 x 24	\$48.68
	320033	Coffee Real Cup House Blend	4 x 24	\$48.68
	320037	Coffee Real Cup Donut Shop	4 x 24	\$48.68
	372803	Coffee Real Cup Paradiso Medium Blend	4 x 24	\$51.15
	774004	Coffee Real Cup Hawaiian Hazelnut – Wolfgang Puck	4 x 24	\$51.15
	774006	Coffee Real Cup Rodeo Drive – Wolfgang Puck	4 x 24	\$51.15

ITEM #

DESCRIPTION

PACK SIZE

SALE PRICE

## Special Limited Quantities



290306

8" Square Sugarcane Plates

10 x 50

\$79.95



209878

12oz Cold Drink Cup Symphony – Paper  
Lid to fit: 210053

2000

\$191.33

376205

6oz Hot Cup White

1000

\$69.89



161359

Cheesecake Mango Berry

2 x 10"

\$86.34

1951

Cheesecake Mango Berry – Baby Cake

4 x 7"

\$65.17



107725

Tea Green K-Cup

4 x 24

\$49.67



155461

Oven Fired Thin Flat Bread Par Baked 12 x 12"

50 x 150 g

\$55.88

156107

Baguettine French 12" Par Baked

32 x 170 g

\$26.62

10802

Red Velvet Cookie Dough

240 x 1.5 oz

\$78.64



165960

Sparkling Water Clementina

4 x 6 x 300 ml

\$20.88



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**[www.oharmstrong.ca](http://www.oharmstrong.ca)**

**and you will be re-directed to our new site!**

