

Appetizers

- Bacon Wrapped Scallops** 2 Kg. Large scallops wrapped in bacon. IQF
- Boneless Dry Garlic Ribs** 2.25 Kg. Pork Tenders - no fat, bone or gristle. IQF
- Cajun Fish Cakes** 2.25 Kg. 36 cakes. Seasoned and very tasty! IQF
- Cooked Salad Shrimp** 2.25 Kg. IQF
- Chicken Swiss Bacon Bites** 2.25 Kg. Chicken Balls with Swiss and bacon! IQF
- Fruit Strudel** 2.7 Kg. 30 Svgs. Puff Pastry - ½ are Apple, other ½ Cherry - Made with Cream Cheese. IQF
- Ginger Chicken Appetizers** 2.2 Kg. Breaded chicken tenders. Comes with very tasty ginger sauce for dipping or stir-fry! Very tasty! IQF
- Honey Garlic Chicken Wings** 2.0 Kgs. Fully Cooked. IQF
- Hot & Spicy Chicken Wings** 2.0 Kgs. Fully Cooked. IQF
- Italian Meat Balls** 2 Kg. Approx. 100-120 pcs. Pre-cooked. Premium beef with garlic and spices. IQF
- Mini Beef Wellington** 2 Kg. 60 pcs. Puff pastry with seasoned premium beef and spices. IQF
- Oven Ready Sausage Rolls** 2.15 Kg. Approx. 30 Svgs. Mix of pork, beef, soy, and spices in fluffy pastry. IQF
- Rib Bits** 2.5 Kg. 12-15 Svgs. Fully cooked & marinated pork on the bone shank. IQF
- Scallops - Atlantic** 2.2 Kg. Atlantic giant scallops from Digby Nova Scotia. IQF
- Spanakopitas** 100 Svgs. Delectable bite sized Mediterranean treats. A delightful combination of fresh garden spinach, traditional feta cheese, onions, garlic, and savory spices wrapped in a puff pastry. IQF
- Spicy Chicken Mini Oven Ready Sausage Rolls** 2.15 Kg. Approx. 30 Svgs. Mix of Chicken, soy and spices in fluffy pastry. IQF
- Spinach & Artichoke Dip** 2 Kg. 10 units. Just microwave - Has Mozzarella & Parmesan - Very tasty! VS
- Thai Chilli Shrimp Cakes** 2.2 Kg. 30 Svgs. IQF
- Thai Chicken Mini Spring Rolls** 2.8 Kg. 80 Svgs. Chicken and spices with a little chilli for mild heat! IQF
- Turkey Meatballs** 2.27 Kg. No Gluten. With Romano Cheese, Garlic. IQF
- Vegetable Spring Rolls** 2.8 Kg. 36 Svgs. Light flour wrap stuffed with green beans, cabbage, carrots, water chestnuts, peas, corn, onions, Chinese vermicelli, black pepper. IQF
- Wonton Wrapped Shrimp** 1.8 Kg. 96 Servings - Precooked Tiger Prawn wrapped in Wonton Pastry pieces - can be baked or deep fried! IQF
- Zesty Shrimp Appies** 1.4 Kg. 48 Servings - Shrimp & Veg inside a filo purse. IQF

Photos of many products & more information: www.deansgourmet.ca

Contact for Dates & Times of Free Delivery

Cell/Text 250-803-8670 Email: deanwb@telus.net

Licenced Gov't Inspected 100% Guarantee! No taxes or extra costs!

Payment methods: E-transfer Check Cash Three Major Credit Cards

Serving Since 2002 to thousands of clients in British Columbia!

Prices, portions & availability subject to change without notice

Dean Bakewell

Dean's Gourmet Express Meats Ltd.

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