

Dean's Gourmet Express Meats Ltd.

FREE DELIVERY - ask for a showing first! (See last page for contact information)

Contact for Current Prices

VS means Vacuum Sealed

IQF means Individually Quick Frozen

“Sterling Silver” is the Top 12% of Alberta beef Aged 28 days minimum Superior Tenderness

BEEF

Beef & Onion Pies 15 Pies. Premium steak and onion, light spices. IQF

Beef Souvlaki 2.5 Kg.- 32 skewers. Eight VS packs of four skewers. All premium beef in a light mesquite seasoning. Great for entertaining!

Bison Ground (16oz) 8 portions - Extra Lean. VS

Elk Ground (16oz) 8 portions - Extra Lean. VS

Filet Mignon - bacon wrapped (4oz) 24 steaks. - New Zealand - Juicy tenderloin, each wrapped with a strip of premium bacon. VS

Filet Mignon - (6oz) 16 Steaks. **OR** (4oz) 24 steaks. New Zealand. VS

Flat Iron Steak AAA - Sterling Silver (6oz) 14 Steaks - 2nd in tenderness to a tenderloin. Private Reserve. VS

Ground Beef - Chuck 12 x 1 lb. packs. Lean! VS

Ground Beef - Organic 8 x 1 lb. packs. Lean! VS

Italian Meat Balls 2 Kg. Approx. 100-120 pcs. Pre-cooked. Premium beef with a hint of garlic and spice. IQF

Maui Ribs Premium beef ribs! Approx. 3 Kg. Cut against the bone for maximum tenderness. VS

New York Strip Loin Steak AAA - Sterling Silver (12oz) 8 Steaks. **OR:** (8oz) 12 steaks Private Reserve. VS

Porterhouse Steak AAA - Sterling Silver (24oz) 4 Steaks. “HUGE” Private Reserve. VS

Prime Rib Burger Patties (6oz) 20 patties. IQF

Rib Eye Steak AAA - Sterling Silver (12oz) 8 Steaks. **OR:** (8oz) 12 steaks Private Reserve. VS

Rib Steak AAA - Sterling Silver (20oz) 6 Steaks. Private Reserve. VS

T-Bone Steak AAA - Sterling Silver (16oz) 6 Steaks. Private Reserve. VS

Top Sirloin AAA - Sterling Silver (8oz) 12 Steaks. Private Reserve. VS

Top Sirloin - Certified Black Angus (5.2oz) 16 Steaks. VS

Whistler Honey Lager Sausages 24 pcs - Organic Beef and Premium Pork. VS

VEAL

Veal Champignon 2.1 Kg. 16 svgs. Premium veal stuffed with Edam cheese & mushrooms. IQF

Veal Cutlets 1.8 Kg. 20+ Svgs. Non-breaded. VS

Veal Cutlets 1.8 Kg. 20 Svgs. breaded. IQF

LAMB

Frenched Rack Of Lamb 2 Kg. Sold by weight. ½ racks VS. New Zealand. VS

Lamb Souvlaki 2.4 Kg. New Zealand lamb. 32 Skewers. Eight VS packs of four skewers each. Light mesquite seasoning.

Loin Chops 2.4 Kg. Sold by weight. Approx. 28 pieces. New Zealand. Two chops per VS pack.

FISH

Arctic Char Fillets 2.27 Kg. Approx. 12 fillets. VS
Cod - Alaskan Smoked 2.2 Kg. IQF
Halibut Bites 2.25 Kg. 80 pieces Gluten Free battered morsels of halibut! IQF
Halibut Burgers 2.4 Kg. 17-19 - ready for the oven or pan-fry. IQF
Halibut Burgers with Spinach & Feta 2.4 Kg. 20 pan-fry. IQF
Halibut Fillets (6oz) 2 Kg. Approx. 10 fillets. VS
Mahi Mahi Fillets 2.2 Kg. Approx. 7-10 fillets. VS
Pacific Cod Loins 2.27 Kg. Approx. 25 portions. IQF
Potato Crusted Cod 2.27 Kg. Approx. 14 portions. Crusted with Chives and Cheddar. IQF
Red Snapper Fillets 2 Kg. Approx. 10-18 pieces. IQF
Sockeye & Shrimp Pinwheel - Wild 2 Kg. 12 Servings. With Philadelphia cream cheese & herbs. VS
Sockeye Salmon Burgers - Wild 2.5 Kg. 20 Burgers. IQF
Sockeye Salmon Fillets - Wild 2.25 Kg. Approx. 10 fillets. VS
Swordfish Steaks 2.27 Kg. Approx. 12 pieces. VS
Yellow Fin Tuna Steaks 2 Kg. Approx. 12 pieces. Wonderfully firm, dense, meaty flavor and texture. VS

SEAFOOD

Alaskan King Crab Legs 1.8-2.5 Kg. 16/20 count IQF
Atlantic or Caribbean Lobster Tails 1.3 + Kg. 8-10 lobster tails. Each lobster tail avg: 4.8 oz IQF
Bacon Wrapped Scallops 2 Kg. Large scallops wrapped in bacon. IQF
Breaded Calamari Rings 1.8 Kg. Approx. IQF
Colossal "Green" Tiger Shrimp 1.8 Kg. Approx. Very meaty! Shell on. IQF
Cooked Salad Shrimp 2.27 Kg. Approx. IQF
Scallops - Atlantic 2.2 Kg. Atlantic giant scallops from Digby Nova Scotia. IQF
Tiger Shrimp - Cooked or Raw 1.8 Kg. Approx. De-shelled and de-veined. IQF
Wonton Wrapped Shrimp 1.8 Kg. 96 Servings - Precooked Tiger Shrimp wrapped in Wonton Pastry pieces - can be baked in just 10-12 minutes! IQF

PORK

Boneless Dry Garlic Ribs 2.25 Kg. Pork Tenders - no fat, bone or gristle. IQF
Boneless Pork Loin Chops 2.7 Kg. 18-20 pieces. VS pack.
Chilean Baby Back Ribs XL 4.5 Kg. 9-11 racks. Avg. 20 Svgs. Exceptionally tender and meaty. Imported from Chile, South America!
Crispy Pork Bites 2.65 Kg. With Mango Chili Sauce on the side. IQF
Danish Baby Back Ribs XL 4.5 Kg. 9-11 racks. Avg. 20 Svgs. IQF
Italian Sausages (*Regular or Spicy*) 3.0+ Kg. Avg. 20 sausages. Pork, salt & pepper. IQF
Maple Syrup Sausages (48 approx.) Real Maple Syrup. IQF
Pork Loin Chops - "Bone In" 2.7 Kg. 12 Chops. VS **Also - Boneless** - approx. 18-20 chops. VS.
Pork Schnitzel 2 Kg. Approx. 14 x 2 per vacuum pack - non-breaded VS
Pork Souvlaki 2.5 Kg. 32 skewers. 8 VS packs of four skewers each. Premium pork pieces in spice seasoning.
Pork Tenderloin 2 Kg. 6-8 individually wrapped pieces. Extremely tender and juicy tenderloin cut. IQF
Rib Bits 2.5 Kg. 12-15 Svgs. Marinaded Pork on the bone shank. IQF

POULTRY

Butter Chicken Free Range Chicken Sausage - 2.7 Kg. 6 packs of 6 Sausages each VS. These sausages are very lean. Juicy without being too fatty.

Chicken à la France 2.1 Kg. 12 chopped & formed chicken meat stuffed with Crème de Brie & Apple. IQF

Chicken Breast - Boneless, Skinless - “**XL Box**” - 4.6 Kg. Approx.25-32 pieces depending on breast size. < 4% Fat - No Saline/Sodium! Each individually VS.

Chicken Burgers 2 Kg. Approx. 20 White breast meat - not breaded. IQF

Chicken California 2 Kg. 13-15 chicken breasts. Each is seasoned with Sun-dried tomato and basil. IQF

Chicken Cordon Swiss 2.1 Kg. 12 Stuffed with Canadian smoked ham and cheese. Hand made. IQF

Chicken Pies 2.1 Kg.- 15 Svgs. Light pastry filled with chicken, potatoes, mushrooms, peppers and spices. IQF

Chicken Souvlaki 2.5 Kg. Tender chunks of dark meat. 32 skewers. Eight VS packs with 4 skewers in each pack. Light mesquite seasoning. Perfect for entertaining or the BBQ. VS

Chicken Strips 2 Kg. Full muscle breast meat IQF

Free Range Chicken Breast 2.2 Kg. Approx. 8-12 breasts depending on size. Each is individually VS

Free Range Chicken Drumsticks 4.6 Kg. 3 or 4 per VS

Free Range Chicken Thighs 2.2 Kg. Approx.16-20 thighs depending on size. Four per pack. VS

Ginger Chicken Appetizers 2.2 Kg. Breaded chicken tenders. Comes with very tasty ginger sauce for dipping or stir-fry! IQF

Sun Dried Tomato & Basil Free Range Chicken Sausage 2.7 Kg. 6 packs of 6 Sausages per each VS. These sausages are very lean. Juicy without being too fatty.

Pheasant Breast; Duck Breast; Ostrich Steaks; Ostrich Burgers - Contact for details

TURKEY

Burgers 3 Kg. 25 Svgs. Very tasty with very nice spices. IQF

Ground - Extra Lean 5.7 Kg. or 12 lbs - Twelve 1 lb. packs. VS

Meatballs 2.27 Kg. No Gluten. With Romano Cheese, Garlic. IQF

Sausages Mediterranean 2.7 Kg. 6 packs of 6 Sausages per each VS. These sausages are very lean.

Schnitzel 2 Kg. Approx 20 Svgs. Breaded & chopped. IQF

Tenderloin 2.27 Kg. Approx. 10 pieces. IQF

VEGETARIAN

Burgers (Garden Veggie) 2.1 Kg. 30 servings. Soy base vegetable burgers with light seasoning. IQF

Manicotti 2.5 Kgs Approx. 30+ pieces. Pasta loaded with Romano cheese, spinach & herbs. IQF

Spanakopitas 100 pieces. A delightful combination of fresh garden spinach, traditional feta cheese, onions, garlic, and savory spices in puff pastry. IQF

Spanakopitas XL 16 Svgs. Meal size. A delightful combination of fresh garden spinach, traditional feta cheese, onions, garlic, and savory spices in puff pastry. IQF

Spring Rolls - Vegetarian 2.8 Kg. 36 pieces. With green beans, cabbage, carrots, water chestnuts, peas, corn, onions, Chinese vermicelli IQF

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
- Breaded Calamari Rings** 1.8 Kg. Oven bake. No need for deep-fry. IQF
- Cooked Salad Shrimp** 2.27 Kg. IQF
- Crispy Pork Bites** 2.65 Kg. With Mango Chili Sauce on the side. IQF
- Cordon Swiss Bacon Bites** 2.2 Kg. Chicken Ball with Swiss and bacon! IQF
- Fruit Strudel** 2.5 Kg. 30 Svgs. Puff Pastry - Strawberry & Cherry with Cream Cheese. Other flavors avail. IQF
- Ginger Chicken Appetizers** 2.2 Kg. Breaded chicken tenders. Comes with very tasty ginger sauce for dipping or stir-fry! Very tasty! IQF
- Gourmet Assorted Appetizers** 1.14 Kg. 49 Svgs. Brie & Mushroom Rolls, Feta Artichoke & Olive Blooms, Mini Lobster Pub Pie, Spanakopitas. IQF
- Halibut Bites** 2.25 Kg. Approx. 80 pieces Gluten Free Battered morsels of Halibut! IQF
- Italian Meat Balls** 2 Kg. Approx. 100-120 pcs. Pre-cooked. Premium beef with garlic and spices. IQF
- Mini Quiches** 2 Kg. 80 Svgs. Four kinds of quiche in a light pastry: Lorraine; Vegetable; Swiss onion & Spinach. IQF
- Oven Ready Sausage Rolls** 2.15 Kg. Approx. 30 Svgs. Mix of pork, beef, soy, and spices in fluffy pastry. IQF
- Raspberry & Brie a la Paris** 1.4 Kg. 50 Svgs. Puff pastry! IQF
- Pumpkin Tarts** 1.7 Kg. 80 Svgs. Light Pastry filled with Pumpkin Pie Fillings! IQF
- Rib Bits** 2.5 Kg. 12-15 Svgs. Marinaded 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 light flaky filo 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
- Thai Chicken Mini Spring Rolls** 2.8 Kg. 80 Svgs. Touch of Chile pepper. 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 Shrimp wrapped in Wonton Pastry pieces - can be baked in just 10-12 minutes! IQF

Photos of many products & more information on the web site:

www.deansgourmet.ca info@deansgourmet.ca

Contact for Dates & Times of Free Delivery

Cell/Text 250-803-8670

Toll Free: 1-877-832-6565

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

Master Card Visa Check Cash Email Transfer

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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