

# Dean's Gourmet Express Meats Ltd.

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

★ Contact for Current Prices and available selection . . . as costs and inventory in flux ★

VS means Vacuum Sealed

IQF means Individually Quick Frozen

“Sterling Silver” is the **Top 12% of Alberta beef** Aged up to 35 days Hand chosen for quality & tenderness

## BEEF & BUFFALO



- Beef & Onion Pies** 15 Pies. Premium steak and onion, light spices. IQF
- Beef Short Ribs** Approx. 3 Kg. Cut against the bone for maximum tenderness. VS
- Beef Souvlaki** 2.5 Kg.- 32 skewers. Eight VS packs of four skewers. All premium beef in a light mesquite seasoning. Great for entertaining!
- Buffalo / Bison Burgers** (6oz) 20 patties. Tasty & seasoned with mustard, sea salt, cracked black pepper, rosemary extract! IQF
- Buffalo / Bison Ground** (16oz ) 8 portions - Extra Lean. VS
- Buffalo Steaks** . . . please call
- Calzones** - 10 meals 2.5 Kg. With Romano, Parmesan & Mozzarella Cheese, Pepperoni & Sausage. IQF
- 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 AAA - Sterling Silver** (6oz) 16 Steaks. Private Reserve. 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
- 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
- Tomahawk Steaks** ( Avg. 50 oz ) 2 Steaks. 30 days aged. VS
- Top Sirloin AAA - Sterling Silver** (8oz) 12 Steaks. Private Reserve. VS
- Top Sirloin AAA** (5oz) 24 Steaks. (8 x 3pk) Aged 28 Days. VS
- Top Sirloin - Certified Black Angus** (5.2oz) 16 Steaks. VS
- Beef & Guinness Sausages** 2.25 Kg. 20 Sausages - Beef, seasoning, Guinness beer. 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 Burgers** (6oz) 20 patties. Moist & Seasoned - Very tasty! Very little shrinkage. IQF
- Lamb Souvlaki** 2.4 Kg. New Zealand lamb. 32 Skewers. Eight VS packs of four skewers each. Light mesquite seasoning. VS
- Loin Chops** 2.4 Kg. Sold by weight. Approx. 28 pieces. New Zealand. Two chops per VS pack.

## FISH

- Ahi Tuna Steaks** 2 Kg. Approx. 12 pieces. Wonderfully firm, dense, meaty flavor and texture. VS
- Almond Crusted Sole** 2.27 Kg. Approx. 14 fillets. Best Seller! Lemon & chives - very tasty! IQF
- Arctic Char Fillets** 2.27 Kg. Approx. 12 fillets. VS
- Cajun Fish Cakes** 2.25 Kg. 36 cakes. Seasoned and very tasty! IQF
- Cod - Alaskan Smoked** 2.2 Kg. IQF
- Cod - Black - plain** 1.8 Kg. VS
- Crunchy Lemon Sole -** 2.25 Kg. 15-20 Svgs. Gluten free breading on Sole Fillets. IQF
- Halibut Burgers - breaded** 2.25 Kg. 17 ready for the oven or pan-fry. IQF
- Halibut Fillets (6oz)** 2 Kg. Approx. 10 fillets. VS
- Mahi Mahi Fillets** 2.2 Kg. Approx. 7-10 fillets. VS
- Orange Roughy** 2 Kg. Approx. 15 portions. VS
- Pacific Cod Loins** 2.27 Kg. Approx. 25 portions. VS
- Potato Crusted Cod** 2.27 Kg. Approx. 14 portions. Crusted with Chives and Cheddar. IQF
- Red Snapper Fillets** 2.27 Kg. Approx. 10 big fillets. IQF
- Sockeye & Rock Crab Pinwheel - "Wild"** 2.04 Kg. 12 Servings. With Philadelphia cream cheese & herbs. VS
- Sockeye Salmon Burgers - "Wild"** 2.57 Kg. 20 Burgers. IQF
- Sockeye Salmon Fillets - "Wild"** 2.0 Kg. Approx. 10 fillets. VS
- Southern Style Haddock -** 2.5 Kg. 30+ Svgs. IQF
- Summer Herb Crusted Cod** 2.27 Kg. Approx. 16 portions. Crusted with roasted garlic & Lemon Tasty! IQF

## 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
- Atlantic Lobster Tails - "Stuffed"** 5 lbs 10 Tails. Shrimp, croutons & seasoning IQF
- Bacon Wrapped Scallops** 2.25 Kg. Large scallops wrapped in bacon. IQF
- Colossal "Green" Tiger Shrimp** 1.8 Kg. Very meaty! Shell on. IQF
- Cooked Salad Shrimp** 2.25 Kg. IQF
- Jumbo Shrimp** 1.8 Kg. Wild Easy Peel. 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 Prawn wrapped in Wonton Pastry pieces - can be baked or deep fried! IQF
- Zesty Shrimp Appies** 1.4 Kg. 48 Servings - Shrimp & Veg in side a filo purse. 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.
- Breakfast Sausages ( 100+ )** Seasoned & tasty! IQF
- Danish Baby Back Ribs "XL Box"** 4.0+ Kg. 8-12 racks. Avg. 20 Svgs. IQF
- Italian Sausages ( mild or Spicy )** 3.0+ Kg. Avg. 20 sausages. Pork, salt & pepper. 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. Around 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 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 Italian sausage - Mild** - Free Run! 2.25 Kg. 20 Sausages. Chicken, rice flour, fennel seed, garlic, paprika. VS
- Chicken Italian sausage - Spicy** - Free Run! 2.25 Kg. 20 Sausages. Chicken, rice flour, fennel seed, black pepper, cayenne pepper, garlic, paprika. VS
- Chicken Sausage with Apple** 2.25 Kg. 20 Sausages. VS
- Chicken Pies** 2.1 Kg.- 15 Svgs. Light pastry filled with chicken, potatoes, mushrooms, peppers and spices. IQF
- Chicken Souvlaki** 2.5 Kg. 32 skewers. Tender chunks of dark meat. 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
- Honey Garlic Chicken Wings** 2.0 Kgs. Fully Cooked. IQF
- Hot & Spicy Chicken Wings** 2.0 Kgs. Fully Cooked. IQF
- Satay - Caribbean** - Chicken Breast - 2.2 Kg. 39-42 portions VS
- Satay - Teriyaki** - Chicken Breast - 2.2 Kg. 39-42 portions VS
- 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 mild 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 Kg. Approx. 30+ pieces. Pasta loaded with Romano cheese, spinach & herbs. 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
- 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 2.5 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
- 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](http://www.deansgourmet.ca)**

**Contact for Dates & Times of Free Delivery**

**Cell/Text 250-803-8670 Email: [deanwb@telus.net](mailto: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.**

*September 2020*

