



Made in  
*Canada*

**Sysco**<sup>®</sup>  
At the heart of  
food and service

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Sysco Canada's growth is home grown. We partner with more local ranchers, farmers, growers, and producers than any other distributor in the industry.

This helps us to support local farm to table initiatives and deliver the freshest products available, regardless of location. This catalogue features a snapshot of the Canadian products we have available. Please speak to your local representative for more items that are Made in Canada and local.

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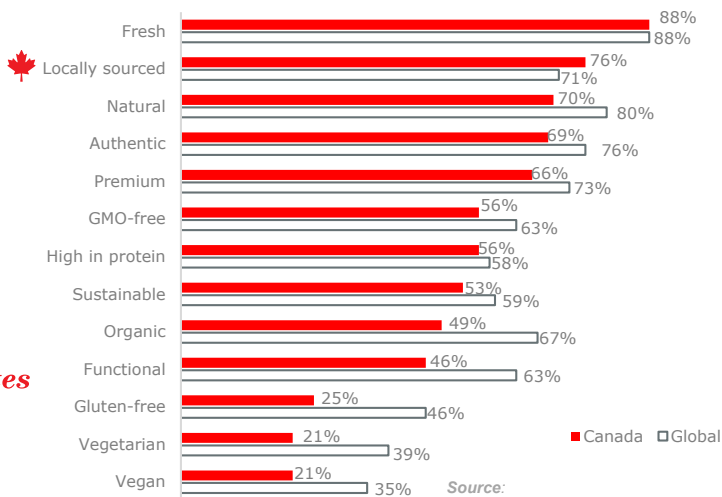


## Did you know:

- *Canada is the 5th largest agricultural exporter in the world*
- *Agriculture and agri-food industry employs 2.3 million Canadians*
- *Canadian agriculture contributes \$100 billion annually to Canada's economy*

source: Government of Canada

*In a recent poll, individuals were asked if they were more likely to purchase items described as...*



Source: Technomics Canada Country report Oct 2018



# Appetizers

## SUPER-SIZE PEROGY

Potato & Cheese | Cheemo  
2534519 | 1 x 5.5 kg  
Potato Cheddar | Sysco  
Classic | 7130244 | 4 x 2



*Easy to prepare,  
wholesome ingredients,  
and value priced.*

*A staple and versatile  
product that can be featured  
at any time of day or night.*

**CHEEMO**

Over 47 years ago the Makowecki family introduced European-style perogies to the Canadian marketplace by incorporating innovative technology at their Cheemo perogy plant in Edmonton, Alberta. Today, they produce over 4,000,000 perogies a day!



## PORK WONTON WUNG

2370559 | 2 x 5 lb  
Wonton noodles packed with seasoned pork and water chestnuts in a savoury mix of spices



## SPINACH ARTICHOKE DIP SYSCO IMPERIAL

2605087 | 36 x 6 oz  
Spinach and roasted artichokes blended with a mix of cream cheese and sour cream and lightly seasoned with garlic and lemon juice



## CANTONESE MEAT EGGROLL | WONG WING

2371268 | 120 x 2 oz  
Seasoned minced beef and pork are mixed with vegetables and spices in our Cantonese pastry



## SPINACH & FETA HOMESTYLE PEROGY CHEEMO

6089508 | 1 x 5.5 kg  
Easy to prepare, wholesome ingredients, and value priced



## BOSTON PRIDE FRY SKIN ON POTATO 3/8 MCCAIN FOODS

2875391 | 6 x 5 lb  
Thick cut Canadian potatoes that are salted to perfection, providing an enhanced taste



## MINI VEGETABLE SPRING ROLL | WONG WING

4790630 | 2 x 1.10 kg  
A variety of lightly-seasoned fresh vegetables and spices in a thin, crispy and crunchy wrap



## VEGETABLE SPRING ROLLS | WONG WING

5692066 | 4 x 860 g  
Canadian-grown cabbage wrapped with a variety of vegetables and cooked in canola oil



## THAI CHICKEN SPRING ROLLS | WONG WING

5416888 | 2 x 1.1 kg  
Thai flavours of lime, ginger and garlic mixed with tender chicken and cooked to a golden crisp



## CRISPY MINI PEPPERONI PIZZA SPRING ROLLS MCCAIN FOODS

3980648 | 2 x 1.25 kg  
Crispy-crackly golden wrap filled with a perennial favourite: pepperoni, Mozzarella and tomato sauce



## MOZZARELLA STICKS IN A GARLIC BREADING | MCCAIN FOODS

3817525 | 1 x 5 lb  
Extra-long and crispy Mozza sticks coated in a flavourful garlic-tossed breading



## FARMPAC SKIN ON BRINED STRAIGHT CUT POTATO FRIES | MCCAIN FOODS

3652377 | 6 x 5 lb  
A Canadian Favourite - made from 100% Canadian potatoes, sliced thickly and salted to perfection, providing an enhanced potato taste



## BREADED GOURMET ONION RINGS | MCCAIN FOODS

2850477 | 1 x 4 kg  
Onion rings covered in a thin and crunchy layer of breading



## BATTERED ONION RINGS | MCCAIN FOODS

3083631 | 1 x 4 kg  
Whole Spanish 1/4" onion rings battered and pre-browned.



## BATTERED ONION RINGS | SYSCO IMPERIAL

9601501 | 1 x 4 kg  
Consistency is king with these pre-browned classic batter Spanish onion rings



## BREW CITY ONION RINGS | MCCAIN FOODS

4720858 | 6 x 2.5 lb  
Sweet onion double-dipped in batter made with real premium blond draught beer



A family-run business from day one, stemming from generations of potato farming. Back in 1957 in Florenceville, New Brunswick, McCain had one goal in mind - bring wholesome food to our family's tables. McCain's hometown of Florenceville is now the French Fry Capital of the World!

*Made in  
Canada*



## BATTERED ZUCCHINI WEDGES | MCCAIN FOODS

9994534 | 1 x 5 lb  
Crisp zucchini sticks coated with a garlic, onion and Romano cheese batter

## MINI SESAME JACK POTSTICKERS | WONG WING

7162548 | 1 x 2.2 kg  
A mix of Sesame Jack cheese, chicken, vegetables and 5-spice seasoning wrapped in egg noodle



**Sysco**

Contact your Sysco Representative for more information.

# Poultry

*Appealing. Satisfying. Dependable. Canadian.*

**Sysco**  
Classic

*Choose the naked wing option,  
oven baked with no oil, for a  
HEALTHIER ALTERNATIVE.*

## CHICKEN WING FULLY COOKED | SYSCO CLASSIC

Naked Medium Seasoned | 4111557 | 2 x 2 kg  
Naked Roasted Seasoned | 4111609 | 2 x 2 kg  
Breaded Medium Seasoned | 4112094 | 2 x 2 kg  
Breaded Roasted Seasoned | 4112274 | 2 x 2 kg  
Breaded Spicy | 4112318 | 2 x 2 kg



Maple Leaf Foods is a leading consumer protein company, with a vision to become the most sustainable protein company on earth. Maple Leaf owns three hatcheries that supply chicks to breeder barns throughout Alberta and Ontario. We have partnerships with roughly 33% of the 1,100 Ontario family farms and with 25% of the 250 family farms in Alberta.

*Made in  
Canada*

SUPC	PRODUCT DESCRIPTION	BRAND	PK	SIZE
0495655	Boneless Turkey Breast Thigh Roast - Uncooked & Netted	Flamango	2	4 kg
0990127	Boneless Turkey Breast - Cooked & Seasoned Low Sodium	Flamango	6	1.1 kg
7109865	Chicken Breast Skewers	Sysco Classic	36	76 g
3151778	Roasted Turkey Breast Smoked & Cooked	Sysco Imperial	2	3.5 kg



**CHICKEN BREAST BONELESS IQF HALAL | MINA MAPLE LEAF**  
3101718 | 4 x 4 KG



**TURKEY BREAST BONE IN UNCOOKED | SYSCO CLASSIC**  
3284934 | 2 x 7 KG



Contact your Sysco Representative for more information.





SUPC	PRODUCT	PRODUCT DESCRIPTION	BRAND	PK	SIZE
0111823	Ham Boneless Smoked Toupie	Whole muscle boneless ham with firm texture and good bite	Block & Barrel	2	6.5 kg
0112458	Smoked Black Forest Style Boneless Ham	Two muscle ham with great smoked molasses flavouring	Block & Barrel	2	4 kg AV
3561345	Natural Gluten Free Wieners	Made with quality cuts of chicken and beef. No pork, no artificial ingredients, and gluten free	Schneider's	1	5.44 kg
0573436	Frank All Meat Wiener 5"	Schneider's - Famous for quality since 1890. Naturally smoked, fully cooked quality ingredients. Available in a variety of sizes.	Schneider's	1	5.44 kg
2667277	Precooked Sausage Patty	Fully cooked for your convenience. Perfectly spiced and seasoned for broad appeal	Schneider's	100	50 gm
2667863	Regular Hot Dog Wieners 7"	Schneider's - Famous for quality since 1890. Naturally smoked, fully cooked quality ingredients. Available in a variety of sizes.	Schneider's	1	12 lb
2743037	Breakfast Sausage	Delicious sausages prepared with quality pork trims and a unique savoury seasoning	Schneider's	1	5 kg
3046170	Country Pork Sausage	Fully cooked and prepared with quality pork trims and traditional country seasonings	Maple Leaf	1	5 kg
4899585	All Meat Wieners 7"	Spiced, seasoned and smoked for broad based appeal. Caters to all operators through versatility in preparation and available in a variety of sizes.	Sysco Classic	2	2.5 kg
8834715	Breakfast Beef & Pork Sausage	Lightly seasoned for succulent taste. Cooks to golden brown perfection on the grill, in frying pan or deep fryer.	Sysco Classic	1	5 kg
8835084	Breakfast Pork Sausage	Lightly seasoned for succulent tasted. Cooks to golden brown perfection on the grill, in frying pan or deep fryer.	Sysco Classic	1	5 kg
3386447	Pork Back Ribs 28-32 oz	Frozen individually wrapped. These back ribs are cut to the new square format, making it similar to a St. Louis rib.	Butcher's Block	1	15 kg



*Soy Free*

*Gluten Free*



**FIRE RIVER FARMS®**

*5 oz burger blended with beef & plant based ingredients*



**FLEXBURGER 30/5 oz | FIRE RIVER FARMS**

5358506 | 2 x 5 LB

Ingredients: Beef, Portobello Mushroom, Quinoa, Brown Lentils, Diced Onion, Spices, Garlic Powder, Sea Salt



**BEEF BURGER HOMESTYLE**  
FIRE RIVER FARMS

**4 OZ**  
0997270 | 80 x 113 g  
**5.3 OZ**

0997296 | 60 x 152 g  
Using the highest quality ingredients, Fire River Farms Imperial Beef Burgers deliver a great tasting burger with exceptional menu call-outs. It is gluten free and has a clean ingredient deck for a more natural burger



**BEEF BURGER BUTCHER STYLE**  
CARDINAL

**4 OZ**  
1324213 | 36 x 4 oz  
**5.3 OZ**

8142871 | 30 x 151 g  
Great moisture retention delivering a juicy burger every time



**BEEF BURGER ROADHOUSE**  
4 OZ | CARDINAL

9282054 | 42 x 4 oz  
Classic bearpaw shape and taste profile



**BEEF BURGER PRIME**  
RIB 6.2 OZ | FIRE RIVER FARMS

0424921 | 52 x 6.2 oz  
Delivers on performance and taste for every type of foodservice operation! It has a looser texture to provide a natural bite and cooked appearance



Olymel is a proud Canadian company! Today, Olymel has 34 facilities across Canada including 10 process pork processing plants and 12 fresh and processed poultry plants. As of now, we employ 13 000 people and is fully committed to support local Canadian producers and farmers over 11 provinces.

*Made in Canada*

*What's the best time to eat bacon?*

It's good any time of the day! Cured and naturally smoked for the best flavour, have it on its own or featured to enhance other foods!



**SLICED BACON 16/18**  
SYSCO CLASSIC  
2936064 | 1 x 5 kg



**SLICED BACON | RANCH & GRILL**  
8247403 | 1 x 5 kg



**APPLEWOOD SMOKED SLICED BACON | SYSCO CLASSIC**  
2931998 | 1 x 5 kg

*Naturally smoked Canadian bacon!*

Precooked bacon reduces cleaning cost, has a longer shelf life than raw bacon and is fast and convenient.



**COOKED BACON BITS**  
SYSCO CLASSIC  
8575151 | 6 x 500 g  
Use as a topping or mix it into a recipe, just a little bit of bacon will add a great taste!



**PRECOOKED SLICED BACON 14/16 | SYSCO CLASSIC**  
2921967 | 3 x 100 ct



**SANDWICH SLICED PRECOOKED BACON | SYSCO RELIANCE**  
2921924 | 2 x 150 ct



Contact your Sysco Representative for more information.



# Seafood

## Fish & Chips - A Canadian favourite!

**HIGH LINER FOODS**

High Liner Foods (HLF) got its start in seafood more than a hundred years ago as a salt fish company in a very small town on Canada's east coast. Today, the majority of our value-added product is produced at our facility in Lunenburg, Nova Scotia. Over a century of experience has given HLF a deep understanding of the industry, the marketplace and our consumers, making HLF the seafood brand people trust.

*Perfectly battered  
and moist, flaky fish*

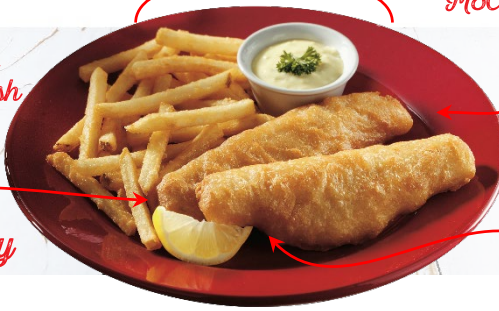
*MSC certified*

### BATTERED COD FILLETS 2-4 OZ MSC

High Liner Foods | 2728780 | 10 lb

*Deep fry or oven ready*

*Natural shaped*



SUPC	PRODUCT	BRAND	PK	SIZE
2728491	Old Fashioned Breaded Fish Cakes 2 oz	High Liner Foods	1	10 lb
2728632	Crispy Battered Shrimp 35-45 CT	High Liner Foods	1	5 lb
2728848	Battered English Cut Pollock 3-4 oz MSC	High Liner Foods	1	10 lb
5574447	Multigrain Tilapia Fillet 3-5 oz	High Liner Foods	1	4.54 kg
2898229	Potato Crusted Chive Cod Fillet 5-6 oz MSC	Fishery	1	10 lb
6963544	Peeled & Cooked Shrimp 350-500	Portico	4	1.13 kg
2898294	Summer Herb Crusted Cod Fillet 5-6 oz MSC	FPI	1	10 lb
1200815	Fire Dusted Calamari Tube and Tentacles	Atlantis	4	2.5 lb
3815881	Sriracha Breaded Cod Strip 2 oz	High Liner Foods	2	5 lb



### BREADED CAPTAIN FISH BURGER 4 OZ | HIGH LINER FOODS

7457856 | 1 x 10 lb



### OLD FASHIONED BREADED FISH CAKES 2 OZ | HIGH LINER FOODS

2728491 | 1 x 10 lb



SUPC	PRODUCT	BRAND	PK	SIZE
2615987	Prince Edward Vegetable Blend (Frozen)	Sysco Classic	6	2 kg
7511439	Brussel Sprouts (Frozen)	Sysco Classic	6	2 kg
7511488	Whole Baby Carrots (Frozen)	Sysco Classic	6	2 kg
7668023	Peas & Carrots (Frozen)	Sysco Classic	6	2 kg
9966383	Diced Butternut Squash (IQF)	Sysco Classic	6	2 kg
9988932	Diced Carrots (IQF)	Sysco Classic	6	2 kg
7487903	Whole Green Beans (Frozen)	Sysco Reliance	2	4.5 kg
2745743	Diced Beets (Canned)	Sysco Reliance	6	2.84 L
2746220	Sliced Beets (Canned)	Sysco Reliance	6	2.84 L
8001067	Wild Blueberry (IQF)	Sysco Imperial	1	5 kg
8001505	Whole Cranberry (IQF)	Sysco Imperial	1	5 kg
3765247	Chunky Red Beets (Canned)	Bonduelle	6	2.84 L
8134110	Green Beans (Canned)	Bonduelle	6	2.84 L
8134476	Wax Cut Beans (Canned)	Bonduelle	6	2.84 L
0193425	Diced Harvest Potatoes (IQF)	McCain Foods	6	5 lb





SUPC	PRODUCT	BRAND	PK	SIZE

# What's in season?

Contact your Sysco Representative to get the most current list for local fruits and vegetables this month!




# Recipes

## Classic Canadian Poutine




***Chef Chris Chabot***

Sysco Alberta, Culinary Consultant

## — The Base of — All Great Poutines



**CHEESE CURD**  
Block and Barrel  
5280338 | 5 x 2 kg 



**FRY POTATO  
BOSTON PRIDE**   
McCain  
2875391 | 6 x 5 lbs



**INSTANT BROWN  
GRAVY MIX**   
Sysco Imperial  
2268670 | 6 x 492 g

### METHOD:

1. Once the fries are cooked and crispy, season with salt, and toss with the cheese curds.
2. Pile the fries and cheese onto a plate and cover with the hot gravy.
3. Make sure both the gravy and fries are hot so it melts the cheese.



Contact your Sysco Representative for more information.



# Recipes

## Canadian-Inspired — Alternatives to — The Iconic Poutine

### Korean Pulled Pork



**PORK**



**KOREAN  
BBQ SAUCE**



**KIMCHI**



**GREEN  
ONIONS**



**SESAME  
SEEDS**

**METHOD:**

1. Mix the pork with the Korean BBQ sauce and heat.
2. When hot, scoop on top of the finished base recipe, and add the kimchi.
3. Garnish with chopped green onions and sesame seeds

### The Stampede Poutine

#### METHOD:

1. Mix the beef with the BBQ sauce and heat
2. When hot, place on top of the finished base recipe



**SMOKED BEEF  
BRISKET**



**BBQ SMOKEY  
SAUCE**



### The Old Dory (a Newfoundland Tradition):



**TRADITIONAL  
STUFFING MIX**



5386657 | Butterball  
2 x 2 kg

#### METHOD:

1. After tossing the fries with the cheese, place on the plate and add the stuffing
2. Finish by covering in gravy



For any operator that wants fresh baked flavors with the convenience of par baked, Baker's Source provides a broad selection of products to help create and serve signature baked goods.



We began our journey more than 100 years ago with the mission to have delicious and nutritious baked goods and snacks in the hands of all Canadians! We have more than 4,800 associates and our independent operators nationwide work every day to achieve our vision of transforming the baking industry to better serve more consumers in Canada and throughout the world.



SUPC	PRODUCT	BRAND	PK	SIZE
0178210	Bagel Multigrain	Canada Bread	36	4 oz
0353946	Bagel Blueberry	Canada Bread	36	4 oz
4330650	Plain Bagel	Baker's Source	72	113 gr
4739411	Flatbread Naan	Canada Bread	24	5 ct
4765091	Flatbread Greek Pita	Canada Bread	12	10 ea.
6088013	Mini Hamburger Bun	Canada Bread	12	12 ct
7496609	Rustic Hamburger Bun	Canada Bread	8	12's
0642843	French Baguette Bread	Baker's Source	28	284 g
4787360	Bread Baguette Multigrain	Canada Bread	28	312 g
2178485	English Muffins T&S	Canada Bread	144	57 g
2216939	Sourdough Bread Sliced	Canada Bread	16	680 g
2372005	Grand Parisian Loaf T&S	Canada Bread	16	510 g
2778182	Classic Hot Dog Bun	Canada Bread	96	72 g
2103475	Rustic Hot Dog Bun 7.8	Canada Bread	96	72 g
3437951	Wheat Dinner Roll 80%	Canada Bread	144	1.4 oz
0642785	White Panini Roll	Baker's Source	54	128 g
4799452	Soft White Dinner Roll	Canada Bread	144	38 gr
0642900	White Panini Roll	Baker's Source	54	125 g
0642959	Dinner Roll	Baker's Source	140	40 g
0439073	Soft Wheat Ciabatta	Canada Bread	92	6"
2507838	Multigrain Dinner Roll	Baker's Source	144	40 g
2510014	White Dinner Roll	Baker's Source	144	40 g
2745784	White Bread Regular Sliced	Baker's Source	16	675 g
2745818	Whole Wheat Bread Regular Sliced	Baker's Source	16	675 g
2746519	White Bread Thick Sliced	Baker's Source	16	675 g
7414493	White Bread Thick Sliced	Canada Bread	16	675 g
2746626	Bread thickslice whl wheat	Baker's Source	16	675 g
4135366	Calabrese Bun	Wholesome Harvest Baking	50	115 gr
4139285	Spaccatelli Bun	Wholesome Harvest Baking	60	110 gr
2778175	Round Onion Bun Sliced	Canada Bread	96	88 g
1169515	Pizza Dough Ball 19oz	Rich's	24	19 oz
1319656	Pizza Dough Ball 26oz	Rich's	20	26 oz
2181980	Pizza Dough Sheeted 7in	Rich's	96	5.5 oz



# Desserts



*Use old fashion techniques to make fresh new innovative ice cream*

*Fresh, local, and authentic dairy*

*Made with 100% Canadian cream by dedicated Canadians*



## Ice cream made with real Canadian Dairy



**FRENCH VANILLA WITH CRUSHED VANILLA BEAN FLAKES ICE CREAM | WHOLESOME FARMS**  
9993080 | 1 x 11.4 L



**VANILLA ICE CREAM | WHOLESOME FARMS**  
9993411 | 1 x 11.4 L  
Look for a refreshing option to pair with any dessert? Can't go wrong with a fresh & creamy vanilla ice cream!



**FRENCH VANILLA LITE ICE CREAM | WHOLESOME FARMS**  
7917925 | 1 x 11.4 L  
A light approach to classic! Your favourite vanilla, made with 6% butterfat!



**CHOCOLATE ICE CREAM | WHOLESOME FARMS**  
9992959 | 1 x 11.4 L  
A light approach to classic! Your favourite vanilla, made with 6% butterfat!



**MAPLE WALNUT ICE CREAM | WHOLESOME FARMS**  
9993098 | 1 x 11.4 L  
An old time favourite to take us back to our Canadian routes. Made with real walnuts.



**STRAWBERRY AND CREAM ICE CREAM | WHOLESOME FARMS**  
9993312 | 1 x 11.4 L  
Made with real strawberries! A sweet classic that is great for adding a bit of freshness to your dessert!

*Made with the finest ingredients. Simply place, bake, and voila! Nothing beats a freshly baked cookie.*



**COOKIE DOUGH PUMPKIN CHOCOLATE | ENGLISH BAY**  
3045816 | 170 x 1.5 oz



**COOKIE DOUGH SALTED CARAMEL CHOCOLATE CHUNK | ENGLISH BAY**  
3848599 | 170 x 43 g



**COOKIE DOUGH CHOCOLATE CHIP | BAKER'S SOURCE**  
7647431 | 128 x 56 g



**COOKIE DOUGH OATMEAL RAISIN | BAKER'S SOURCE**  
7648413 | 128 x 56 g



**COOKIE DOUGH WHITE CHUNK MACADAMIA | BAKER'S SOURCE**  
7648538 | 128 x 56 g



**COOKIE DOUGH DOUBLE CHOCOLATE | BAKER'S SOURCE**  
7648579 | 128 x 56 g



**COOKIE DOUGH CHOCOLATE CHUNK | BAKER'S SOURCE**  
7648603 | 128 x 56 g



**COOKIE DOUGH OATMEAL CRANBERRY WALNUT | ENGLISH BAY**  
9218553 | 128 x 2 oz



**COOKIE DOUGH CHOCOLATE CHIP | BAKER'S SOURCE**  
7904618 | 256 x 28 g



**COOKIE DOUGH VARIETY PACK | BAKER'S SOURCE**  
7648785 | 224 x 56 g  
Chocolate Chip, Oatmeal Raisin, Double Chocolate, White Chunk Macadamia

SUPC	PRODUCT	BRAND	PK	SIZE
0733513	Cinnamon Scone	Baker's Source	72	56 g
0733529	Plain Scone	Baker's Source	72	56 g
2800809	Banana Chocolate Chip Cake Loaf	Sara Lee	4	925 g
7710058	Glazed Spicy Pecans	Sysco Classic	3	1 kg
6237823	Vanilla and Almond Ice Cream Bar	Häagen-Dazs	24	88 mL
6237830	Vanilla and Milk Chocolate Ice Cream Bar	Häagen-Dazs	24	88 mL

# Desserts



SUPC	PRODUCT	BRAND	PK	SIZE
0280303	Assorted Ice Pops (Cherry, Orange and Grape)	Chapman	6	18 ea.
0317602	Vanilla Sundae Ice Cream Cup	Chapman	24	115 mL
0318204	Butterscotch Sundae Ice Cream Cup	Chapman	24	115 mL
0318238	Black Cherry Ice Cream	Chapman	1	11.4 L
0319343	Strawberry Ice Cream	Chapman	1	11.4 L
0319426	Cotton Candy Ice Cream	Chapman	1	11.4 L
0319558	Chocolate Dutch Ice Cream	Chapman	1	11.4 L
0319590	Chocolate Mint Ice Cream	Chapman	1	11.4 L
0319657	Vanilla Ice Cream	Chapman	1	11.4 L
0319988	No Added Sugar Vanilla Ice Cream	Chapman	6	1 L
0567669	Strawberry Ice Cream Cup	Chapman	24	115 mL
0568188	Chocolate Sundae Ice Cream Cup	Chapman	24	115 mL
3443575	Little Ice Cream Sandwich	Chapman	6	20 ea.

*Scoop and bake to your sizing standards. Add your magical ingredients to create a signature muffin. It can be made into loaves and waffles.*



**MUFFIN BATTER MORNING GLORY | BAKER'S SOURCE**  
7722739 | 1 x 7.25 kg



**MUFFIN BATTER CHOCOLATE CHIP | BAKER'S SOURCE**  
7722762 | 1 x 7.25 kg



**MUFFIN BATTER DARK BRAN | BAKER'S SOURCE**  
7722911 | 1 x 7.25 kg



**MUFFIN BATTER BRAN | BAKER'S SOURCE**  
7723026 | 256 x 28 g



**MUFFIN BATTER LEMON POPPYSEED | BAKER'S SOURCE**  
7723000 | 1 x 7.25 kg



**MUFFIN BATTER BLUEBERRY | BAKER'S SOURCE**  
7723372 | 1 x 3.62 kg  
7723117 | 1 x 7.25 kg



**MUFFIN BATTER ORANGE CRANBERRY | BAKER'S SOURCE**  
7723356 | 1 x 3.62 kg  
7723109 | 1 x 7.25 kg

*A great alternative to muffin batter where all the baking is done in advance. Simply thaw and serve!*



**ORANGE CRANBERRY MUFFIN | BAKER'S SOURCE**  
7727845 | 24 x 100 g



**ORANGE CRANBERRY MUFFIN | BAKER'S SOURCE**  
7728041 | 24 x 100 g



**RAISIN BRAN MUFFIN | BAKER'S SOURCE**  
7728181 | 24 x 100 g



# Recipes

## Bread and Butter Pudding with Raisins



**Chef Chris Chabot**

Sysco Alberta, Culinary Consultant

### — Bread and Butter Pudding Base —



**WHOLE LIQUID EGG**  
Burnbrae Farms  
2677714 | 12 x 1 kg



**GRANULATED WHITE SUGAR**



**BUTTER UNSALTED**  
Wholesome Farms  
3211707 | 25 x 454 g

#### METHOD:

1. In a large bowl whisk together eggs, sugar, butter and milk.
2. Pour the mixture over the bread and raisins, and mix till most of the liquid is absorbed.
3. Scoop the finished mixture into greased muffin pans.
4. Bake at 350°F/176°C, for 20 minutes or until a skewer comes out clean.



**RAISIN DRIED**



**BREAD CHALLAH LOAF**  
Ace Bakery  
2897694 | 15 x 460 g



**MILK 2%**

# Recipes

## Canadian-Inspired Bread and Butter Pudding Alternatives



### Maple Cinnamon and Saskatoon Berry Bread Pudding



**PURE  
MAPLE  
SYRUP**



**FRESH  
SASKATOON  
BERRIES**



**GROUND  
CINNAMON  
SPICE**

#### METHOD:

1. Remove the sugar and raisins from the base recipe.
2. Replace with the maple syrup and Saskatoon berries. Add in ground cinnamon.

### Savory Bread Pudding with Goat Cheese, Dill and Pickled Onions, Topped with Smoked Salmon

#### METHOD:

1. For the bread pudding: Remove the sugar, and raisins from the base recipes.
2. Add the goat cheese and the dill to the bread, before coating in the egg mixture.
3. When finished, top with Smoked Salmon and Pickled onions.



**DILL BABY  
FRESH HERB**



**SMOKED  
ATLANTIC SALMON**



**CHEESE GOAT  
CHEVRAI CRUMBS**  
4628509 | 6 x 454 g  
Block and Barrel



### Savory Bread Pudding with Mushrooms, Bacon and Parm Cheese Topped with Chipotle BBQ Sauce



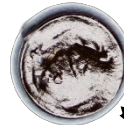
**CHOPPED  
BACON**  
Sysco Classic  
2936064  
1 x 5 kg



**MUSHROOM  
FRESH  
MEDIUM**



**GRATED  
PARMESAN  
CHEESE**  
Arezzio | 4098414  
1 x 2.27 kg



**SAUCE BBQ  
CHIPOTLE  
FLAVOUR**  
Sysco Imperial  
6965372  
2 x 4 L



#### METHOD:

1. Remove the sugar and raisins from the base recipes.
2. Add the cheese, bacon and mushrooms to the bread before mixing in the egg mixture.
3. When the pudding is done, garnish with the BBQ sauce.



# Beverages

## Lassonde, a century of passion and innovation.

Lassonde was founded in 1918 in Rougemont, Quebec, by Aristide Lassonde and his wife Georgianna who wanted to help out local growers by buying their surplus crops, canning them at their plant and selling them on the markets. In 1959, the company took a major shift, moving towards juice production. One hundred years later, Lassonde has 4 subsidiaries that develop, manufacture and market fruit juices and drinks, wines, ciders and several specialty food products. With more than 25 brands and 2,200 employees in Canada and the United States, Lassonde is one of North America's leading companies and stands out for its innovative products.



SUPC	PRODUCT	BRAND	PK	SIZE
0621458	Pure Pineapple Juice	Oasis	12	960 mL
0621599	Pure Orange Juice	Oasis	12	960 mL
0621615	Pure Apple Juice	Oasis	12	960 mL
0621623	Tropical Juice	Oasis	12	960 mL
5473196	Strawberry Kiwi Juice	Oasis	8	1.75 L
5700275	Health Break Berry & Pomegranate Juice	Oasis	8	1.75 L
6299824	Apple Juice with Added Calcium	Oasis	30	200 mL
7554835	Grapefruit Juice	Oasis	12	960 mL
7746605	Pure Apple Juice	Oasis	30	200 mL
7547932	Orange Juice Silm Tetra	Fairlee	12	1L
7547955	Apple Juice Slim Tetra	Fairlee	12	1L
8908846	Tomato Cocktail Juice	Fairlee	12	1 L
0369488	Prune Juice	Fairlee	96	114 mL
2483220	Apple Juice No Sugar Added	Fairlee	96	114 mL
2484061	Orange Juice No Sugar Added	Fairlee	96	114 mL
2485399	Cranberry Cocktail Juice	Fairlee	24	300 mL
2485639	Ruby Red Grapefruit Juice	Fairlee	24	300 mL
2485753	Orange Juice No Sugar Added	Fairlee	24	300 mL
3075587	Apple Juice No Sugar Added	Fairlee	24	300 mL
4194809	Nectar Prune Juice	Natural Best	6	1.89 L
4196523	Pure Apple Juice	Natural Best	6	1.89 L
4196564	Pure Orange Juice	Natural Best	6	1.89 L
2540359	Hot Chocolate	Carnation	12	907 g
4147928	Cranberry Cocktail Juice	Ruby Kiss	6	1.89 L
2234300	Tomato Juice	Heinz	12	1.36 L
2235141	Tomato Juice	Heinz	6	2.84 L
2235166	Tomato Juice	Heinz	24	284 mL
3337393	Tomato Juice	Heinz	24	156 mL

## Mother Parker's

Established 1912, Mother Parker's is a Canadian family owned tea and coffee company with operations in Mississauga and Ajax. Founded by Stafford Higgins Sr, the company is currently owned by Paul & Michael Higgins, and transitioning to the 4th generation of leadership. With a long rich history as a leading Canadian company, Mother Parker's is also a leader in the tea and coffee industry across North America that continues to focus on quality and innovation.



**GROUND 100% ARABICA ROYAL MOUNTAIN COFFEE | CITAVO**  
0797613 | 96 x 57 gm  
This just may be the perfect everyday brew. This mild brew has a light-bodied finish cup after cup.



**GROUND 100% COLOMBIAN COFFEE | CITAVO**  
0782078 | 96 x 57 gm  
0782011 | 96 x 50 gm  
This exclusive medium-bodied, medium roasted blend of 100% Colombian beans is the true coffee standard. Savor the flavour with hints of chocolate and a smooth finish.



**GROUND 100% ARABICA COFFEE | CITAVO**  
0782524 | 96 x 57 gm  
This medium-roasted blend provides a deliciously sweet, smooth mellow flavour. A slightly nutty aroma and clean finish make it equally at home at breakfast, as a mid-afternoon wake-me-up, or after dinner.



**GROUND 100% COLOMBIAN DECAF COFFEE | CITAVO**  
0782102 | 96 x 50 gm  
Decaf shouldn't be devoid of rich, smooth flavour. This exclusive decaf is comprised of medium-roasted 100% Colombian coffee beans. You'll love the complex blend with hints of chocolate and a smooth finish.



**WHOLE COLOMBIAN COFFEE BEANS | CITAVO**  
0782037 | 96 x 9 kg  
This exclusive medium-bodied, medium roasted blend of 100% Colombian beans is the true coffee standard. Savor the flavour with hints of chocolate and a smooth finish.



Kruger Products is a leading Canadian manufacturer and distributor of tissue and paper towel products for consumer and away from home use, with five mills located across Canada spanning from west coast to east coast. As a family-owned pulp and paper producer, Kruger manufactures and distributes a wide range of products including bathroom tissue, facial tissue, paper towels and napkins. Some of Kruger's best-known brands include White Swan® and Embassy®.



**PREMIUM QUALITY 2-PLY FACIAL TISSUE - WHITE SWAN CUBE | EMBASSY**  
0185447 | 36 x 100 ct



**TAD HAND TOWEL ROLL | SYSCO IMPERIAL**  
0977423 | 6 x 800 ft



**2-PLY DINNER NAPKINS WHITE SWAN**  
2343406 | 24 x 250 ct



**WHITE 1-PLY DINNER NAPKINS | WHITE SWAN**  
2780807 | 12 x 250 ct



**MEALMATES 1-PLY NAPKINS | WHITE SWAN**  
2885267 | 18 x 300 ct



**2-PLY TOILET TISSUE | SYSCO CLASSIC**  
5751441 | 8 x 1000 ft



**CLASSIC 1-PLY DINNER NAPKINS | SYSCO CLASSIC**  
5753157 | 12 x 250 ct



**CLASSIC 2-PLY MINI TWIN TOILET TISSUE | SYSCO CLASSIC**  
5758164 | 12 x 750 ft



**CLASSIC 2-PLY WHITE DINNER NAPKINS | SYSCO CLASSIC**  
5758271 | 12 x 200 ct



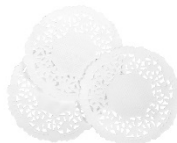
**CLASSIC 2-PLAY FACIAL TISSUES | SYSCO CLASSIC**  
6640437 | 36 x 100 ct



**KRAFT NATURAL TOWEL ROLL | ESTEEM**  
8131757 | 6 x 800 ft



**2-PLY DINNER NAPKINS KRUGER**  
8501807 | 16 x 188 ct



**WHITE ROUND LACE DOILIES | SYSCO CLASSIC**  
4.5" 0256941 | 5 x 1000 ct  
4" 0257162 | 2 x 1000 ct  
5" 0257394 | 2 x 1000 ct  
6" 0257402 | 2 x 1000 ct  
8" 0257410 | 2 x 1000 ct  
10" 0257444 | 2 x 1000 ct  
12" 0257675 | 2 x 1000 ct



**2-PLY BLACK DINNER NAPKINS | SYSCO CLASSIC**  
5242678 | 1 x 500 ea



**2-PLY BLACK BEVERAGE NAPKINS | SYSCO CLASSIC**  
5230816 | 1 x 500 ea



Contact your Sysco Representative for more information.





*Made from dry  
wax base paper*

#### BASKET LINER | SYSCO CLASSIC

Blue Checker Basket Liner 12X12 | 4918068 | 1 x 2000 ct

Green Checker Basket Liner 12X12 | 4918078 | 1 x 2000 ct

Black Basket Liner 12X12 | 4918086 | 1 x 2000 ct

Red Checker Basket Liner 12X12 | 4917310 | 1 x 2000 ct

*Proudly Canadian  
from Ontario*



*Prevents  
leak-through  
of grease*

SUPC	PRODUCT	BRAND	PK	SIZE
1710927	Garbage Bag Regular Clear 30X38	Sysco Reliance	250	1 ea
3338086	Garbage Bag Utility Black 20X22	Sysco Reliance	500	1 ea
7183066	Garbage Bag Strong Black 26X36	Sysco Reliance	250	1 ea
7183090	Garbage Bag Strong Black 30X38	Sysco Reliance	250	1 ea
7183134	Garbage Bag Strong Black 35X50	Sysco Reliance	150	1 ea
7183124	Garbage Bag Extra Strong Black 30X38	Sysco Reliance	200	1 ea
7183144	Garbage Bag Extra Strong Black 35X50	Sysco Reliance	150	1 ea
7183159	Garbage Bag Extra Strong Black 42X48	Sysco Reliance	125	1 ea
5230816	2-ply Black Beverage Napkins	Sysco Classic	1	500 ea
5242678	2-Ply Black Dinner Napkins	Sysco Classic	1	500 ea
4917003	Dry Wax White Sandwich Bags 6.75x6.75	Sysco Classic	1	1000 ct
4917023	Greaseproof White Sandwich Bags 6.75X6.75	Sysco Classic	1	1000 ct
4917062	Silicone Parchment Paper 16X24"	Sysco Classic	1	1000 ct
4917070	Quilon Paper Liner 16X24	Sysco Classic	1	1000 ct
4917114	Patty Paper 5.5X5.5	Sysco Classic	8	1000 ct
4917262	Insulated Foil Wrap 12X12	Sysco Classic	1	1000 ct
4917334	Pizza Pan Liner 12X12	Sysco Classic	1	2000 ct
5990876	Wax Wrap Roll 12X375	Sysco Classic	6	ea



# Featured Products

**2-PLY DINNER  
NAPKINS  
SYSCO CLASSIC**  
5758271 | 12 x 200 CT



**PRIME RIB BEEF  
BURGER 6.2 OZ |  
FIRE RIVER FARMS**  
0424921 | 52 x 6.2 oz

**ORIGINAL GOAT MILK CHEESE  
BLOCK AND BARREL**  
4628830 | 2 x 1 kg



**BATTERED  
BEEFEATER ONION  
RINGS |  
SYSCO IMPERIAL**  
0210898 | 1 x 4 kg



**WHOLE GREEN BEANS |  
SYSCO RELIANCE**  
7487903 | 2 x 4.5 kg

**CHICKEN WING FULLY  
COOKED NAKED ROASTED  
SEASONED | SYSCO CLASSIC**  
4111609 | 2 x 2 kg



**UNSALTED BUTTER |  
WHOLESOME FARMS**  
3211707 | 25 x 454 g



TO LEARN MORE, SPEAK TO YOUR SYSCO REPRESENTATIVE.

**Sysco**  
At the heart of  
food and service