

COMPLETE MENU

Dean Bakewell - www.deansgourmet.ca

Toll Free: 1-877-832-6565 250-832-4726 info@deansgourmet.ca

Convenience, Quality & Selection to help make your meals Easy, Delicious & Enjoyable!
(Permission to Copy menu and share/combine an order with staff, family & friends)

BEEF & BUFFALO

Note: (*Top 2% Alberta beef! Sterling Silver AAA Prime - Aged 28 days min. - we request 35 days! Superior Tenderness!*)

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

Plain Filet Mignon AAA Prime - Sterling Silver (6oz) 16 Steaks. Private Reserve. **Vacuum Sealed (VS)** to maintain nutrients and great taste.

Plain Filet Mignon (6oz) 16 Steaks. New Zealand VS & **Plain Filet Mignon** (4oz) 24 Steaks. VS

New York Strip Loin Steak AAA Prime - Sterling Silver (12oz) 8 Steaks. Private Reserve. VS

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

Rib Eye Steak AAA Prime - Sterling Silver (12oz) 8 Steaks. Private Reserve. VS

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

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

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

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

Top Sirloin AAA (5oz) 24 steaks. 8 VS packs each contain 3 steaks

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

Ground Chuck 12 x 1 lb. packs of quality ground beef. VS

Organic Ground Beef 8 x 1 lb. packs of organic ground beef. VS (Ask about **Organic Top Sirloin Steaks**)

Prime Rib Burger Patties (5oz) 24 patties. Extremely juicy! **Individually Quick Frozen (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!

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

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

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

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

Buffalo Steaks (8oz) 12 Steaks - Available in Top Sirloin, Rib Eye, Plain Filet & New York. VS

Buffalo Ground (16oz) 8 portions - Extra Lean. VS **Buffalo Burgers** (4oz) 24 patties. Great taste. VS

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

VEAL

Veal Scallopini 1.4 Kg. 16-18 Svgs. VS

Veal Cordon Bleu 2.1 Kg. 16 svgs. Premium veal stuffed with smoked ham and Edam cheese. IQF

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

LAMB

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

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

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

FISH

Stuffed Sole 16 pieces. Individually wrapped, quick frozen. Sole Fillets stuffed with scallops, crab, lobster, clams & Shrimp. IQF

Halibut Fillets (6oz) 2 Kg. Approx. 10 fillets. VS

Wild Sockeye & King Crab Pinwheel 2 Kg 13 Servings. With Philadelphia cream cheese & herbs. VS

Wild Sockeye Salmon Fillets 2.25 Kg. Approx. 10 fillets. VS

Wild Alaskan Coho Salmon Fillets 2 Kg. Approx. 10 pieces. IQF

Mediterranean Crusted Wild Pink Salmon 2.27 Kg Approx. 14 fillets. IQF

Summer Herb Crusted Cod 2.27 Kg. Approx. 16 fillets. Crusted with roasted garlic & Lemon - very tasty! IQF

Potato Crusted Cod 2.27 Kg. Approx. 14 fillets. Crusted with Chives and Cheddar. IQF

Arctic Char Fillets 2.27 Kg. Approx. 12 fillets. VS

Perch Fillets - Breaded 2.2 Kg. IQF

Roasted Garlic & Herb Tilapia 2.25 Kg. Approx. 16 fillets. IQF

Parmesan Crusted Tilapia 2.27 Kg. Approx. 14 fillets. Crusted with Tuscan herbs. IQF

Almond Crusted Sole 2.27 Kg Approx. 14 fillets. Best Seller! Lemon & chives - very tasty! IQF

Yellow Fin Tuna Steaks 2 Kg. Approx. 12 pieces. Wonderfully firm, dense, meaty flavor and texture. VS

Atlantic Cod Loins 2.27 Kg. Approx. 25 portions. IQF

Swordfish Steaks 2.27 Kg. Approx. 12 pieces. VS

Tavern Style Halibut Fillets 18-20 fillets - 2.4 Kg. - ready for the oven! IQF

Mahi Mahi Fillets 2.2 Kg. Approx 7-9 fillets. VS

Red Snapper Fillets 2 Kg. Approx. 16-18 pieces. IQF

Cod - Alaskan Smoked 2.2 Kg. IQF

Black Cod Steaks - 2.2 Kg. VS

Sea Bass fillets/portions 1.8 Kg. VS

SEAFOOD

Caribbean Lobster Tails 1.3 Kg. 9-10 lobster tails. Each lobster tail avg: 4.8 oz IQF

Caribbean Lobster Tails 3 or 4 lobster tails per box. Each lobster tail is between 14 - 16oz. IQF

Chicken Neptune 2.1 Kg Chicken with Scallops & Lobster. 12 Servings. IQF

Alaskan King Crab (Whole) 1.8 Kg of Alaskan king crab legs. IQF

Alaskan King Crab (Split) 1.8 Kg of Alaskan king crab legs. IQF

Cooked Tiger Shrimp 1.8 Kg. Approx. 30 servings. De-shelled and de-veined. IQF

Raw Tiger Shrimp 1.8 Kg. Approx. 30 servings. de-shelled and de-veined. IQF

Herb & Garlic Butterflied Shrimp 1.8 Kg. Approx. 30 servings. IQF

Colossal "Green" Shrimp. 1.8 Kg. Approx. 30 servings. Very meaty! Shell on. IQF

Cooked Salad Shrimp 2.27 Kg. Approx. 25 servings. IQF

Seafood Medley 2.5 Kg. Cooked calamari mussels clams & shrimp. IQF

Scallops - Digby 2.2 Kg. Atlantic giant scallops from Digby Nova Scotia. Approx. 12-15 servings. IQF

Bacon Wrapped Oysters 2.27 Kg. Wrapped in premium bacon. IQF

Bacon Wrapped Scallops in premium bacon. 2 Kg. Cook for 10-15 mins at 400 degrees. IQF

Breaded Calamari Rings 1.8 Kg. Approx. 25 servings. IQF

Lobster Ravioli 2.2 Kgs. Lobster with Pink Peppercorn Pasta. IQF

PORK

Pork New York Steaks - Sterling Silver - (8oz) 12 Steaks. 36% more tender than regular pork! VS

Boneless Pork Loin Chops 2.7 Kg. 18-20 pieces. 2 pieces per VS pack.

Pork Tenderloin Tip 2 Kg. 5-7 individually wrapped pieces. Extremely tender and juicy tenderloin cut. IQF

Pork Schnitzel 2 Kg. VS

Pork Souvlaki 2.5 Kg. 32 skewers. 8 VS packs of four skewers each. Premium pork pieces in spice seasoning.

Chilean Baby Back Ribs 4.5 Kg Avg. 8-10 racks - 20 Svgs. Exceptionally tender and meaty. Imported from Chile, South America! IQF

Danish Baby Back Ribs XL 4.5 Kg. 8-10 racks - 20 Svgs. IQF

Boneless Dry Garlic Ribs 2.25 Kg Pork Tenders - no fat, bone or gristle. IQF

POULTRY

- Chicken Cordon Suisse Breaded** 2.1 Kg. 12 pieces individually wrapped. Chicken breast stuffed with Canadian smoked ham and Swiss cheese. Hand made. IQF
- Chicken Kiev** 2.1 Kg. 12 IQF and wrapped chicken breasts. Premium chicken breasts stuffed with garlic butter and chives. Hand made.
- Chicken Divine** 2.1 Kg. 12 IQF and wrapped chicken breasts stuffed with broccoli and cheddar cheese. Hand made.
- Chicken à la France** 2.1 Kg. 12 chopped & formed chicken meat stuffed with Crème de Brie & Apple. IQF
- Chicken Teriyaki** 2 Kg. Approx. 13-16 pieces. VS
- Boneless, Skinless Chicken Breast - XL Box** - 4.6 Kg. Approx. 20-25 pieces depending on breast size. < 4% Fat - No Hormones and *No Sodium!* Each breast individually VS.
- Chicken Strips** 2 Kg. Tender and juicy throughout. Made from pure chicken breast. IQF
- Honey Garlic Chicken Wings** 2.2 Kg. 12-14 servings. Great taste! Pre-cooked, heat and serve. IQF
- Hot & Spicy Chicken Wings** 2.2 Kg. 12-14 servings. Great taste! Pre-cooked, heat and serve. IQF
- Ginger Chicken Appetizers** 2.2 Kg. 12-15 servings. Breaded chicken tenders. Comes with very tasty ginger sauce for dipping or stir-fry! Very tasty! 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 California** 2 Kg. 13-16 chicken breasts. Each breast is seasoned with Sun-dried tomato and basil. One of our top sellers! IQF
- Gourmet Chicken Pies** 2.1 Kg - 15 Svgs. Light pastry filled with premium chicken, potatoes, mushrooms, peppers and spices. IQF
- Free Range Chicken Breast** 2.2 Kg. Approx. 8-12 breasts depending on breast size. Each breast is VS for freshness.
- Free Range Chicken Thighs** 2.2 Kg. Approx. 16-20 thighs depending on size. Four thighs per pack. VS for freshness.
- Free Range Chicken Drumsticks** 4.6 Kgs. - ask for details. VS
- Free Range Chicken Sausage** 2.7 Kg. Available in Butter Chicken or Sun-dried Tomato and Basil flavors. 6 packs of 6 Sausages - VS. These sausages very lean. Juicy without being fatty. VS
- Pheasant Breast; Duck Breast; Ostrich Steaks; Ostrich Burgers** - Ask for details

TURKEY

- Turkey Tenderloin** 2.27 Kg. 10 pieces. VS
- Extra Lean Ground Turkey** 5.7 Kg or 12 lbs - Twelve 1 lb. packs. VS
- Mediterranean Turkey Sausages** 2.7 Kg. 6 packs of 6 Sausages. These sausages very lean. Juicy! VS
- Turkey Schnitzel** 2 Kg. 20 Svgs. Breaded & chopped Turkey. IQF

VEGETARIAN

- Garden Veggie Burgers** 2.1 Kg. 30 pieces. Soy and vegetable burgers with light seasoning. IQF
- Spanakopitas** 100 pieces. & XL 16 svgs. A delightful combination of fresh garden spinach, traditional feta cheese, onions, garlic, and savory spices in puff pastry. IQF
- Cannelloni** 2.5 Kgs 36 pieces. Pasta loaded with Romano & ricotta cheese, spinach & herbs - very tasty! IQF
- Vegetable Spring Rolls** 2.8 Kg. 36 pieces. With green beans, cabbage, carrots, water chestnuts, peas, corn, onions, Chinese vermicelli IQF

Appetizers

Bacon Wrapped Scallops 2 Kg. Wrapped in premium bacon. IQF
Bacon Wrapped Oysters 2.27 Kg. Wrapped in premium bacon. IQF
Breaded Calamari Rings 1.8 Kg. Approx. 25 servings. IQF
Cooked Salad Shrimp 2.27 Kg. Approx. 25 servings. IQF
Dry Garlic Ribs 2.27 Kg. Pork Tenders breaded and marinated in garlic. IQF
Escargot 1.1 Kg. 60 Svgs. - In shell - Garlic butter and herbs. IQF
Fruit Strudel 2.5 Kg. 30 Svgs. Puff Pastry - Apples & Peaches with Cream Cheese. Other flavors avail. IQF
Ginger Chicken Appetizers 2.2 Kg. 12-15 servings. Breaded chicken tenders. Comes with ginger sauce for dipping or stir-fry! Very tasty! IQF
Herb & Garlic Butterflied Shrimp 1.8 Kg. Approx. 30 servings. IQF
Honey Garlic or Hot & Spicy Chicken Wings 2.2 Kg. 12-14 servings. Pre-cooked, heat and serve! IQF
Italian Meat Balls 2 Kg. Approx. 100-120 pcs. Pre-cooked. **Premium** beef with a hint of garlic and spice. IQF
Mini Beef Wellington 1.85Kg. 50 Svgs. Light pastry filled with tenderloin pieces; mushrooms, sherry! IQF
Mini Chicken Wellington 1.85Kg. 50 Svgs. Light pastry filled with chicken breast pieces; mushrooms, shallots, onion. IQF
Mini Quiches 2 Kg. 80 Svgs. Four kinds of quiche in a light pastry: Lorraine; Vegetable; Swiss onion & Spinach. IQF
Mushroom Tarts 1.45 Kg. 60 Svgs. Shiitake, oyster, portobello, cremini and button mushrooms, fresh herbs and swiss cheese fill a flaky handmade chive tart shell. IQF
Oven Ready Sausage Rolls 1.7 Kg. 40 Svgs. Mix of pork, beef, soy, and spices in fluffy pastry. IQF
Pizza Crepes 3.25 Kg. 50 Servings of Pizza Dough stuffed with Pepperoni, Mozzarella Cheese tomato Sauce and spices - a satisfying snack for kids of all ages! IQF
Potstickers 1.4 Kg. 20-30 Svgs. Mixture of vegetable filling in chewy dough. IQF
Scallops - Digby 2.2 Kg. 12-15 Svgs. Giant Atlantic 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 puff pastry. IQF
Thai Chicken Mini Spring Rolls 2.8 Kg. 80 Svgs. 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

Call for non-obligatory appointment for showing if you wish!

**Contact for Dates of Delivery
Please order as much time in advance as possible**

(Permission to Copy and share with staff, family & friends)

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