

COMPLETE MENU

Dean Bakewell - Gourmet Express - www.deansgourmet.ca
Toll Free: 1-877-832-6565 250-832-4726 info@deansgourmet.ca

PLEASE EMAIL OR CALL FOR PRICING ON SPECIFIC ITEMS

BEEF & BUFFALO

Note: (all *Sterling Silver AAA Prime* steaks *aged 28 days* minimum - we request *35 days!* Superior Tenderness!)

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

Vacuum Sealed (VS) to maintain nutrients and great taste.

Plain Filet Mignon AAA Prime - Sterling Silver (6oz) 16 Steaks. Private Reserve. VS

Plain Filet Mignon (6oz) 16 Steaks. VS

Chateaubriand (12oz) 6 Portions / 12 servings. - Tenderloin - 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 (6oz) 14 Steaks - 2nd in tenderness to a tenderloin. Well marbled! 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. Most Popular Steak. 4 VS packs each contain six steaks

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

Beef Short Ribs 4.8 Kg 16 Svgs - Award Winning BBQ Sauce - 8 Hour "slow cooked" - Tender! VS

Organic Top Sirloin Steak (7oz) 10 Steaks. Certified organic. VS

Organic Ground Beef Certified Organic. 8 x 1 lb. packs of organic ground beef. VS

Prime Rib Burger Patties (5oz) 24 patties. Extremely juicy without being fatty. Hardly any shrinkage during cooking. The best burger you will ever taste by far! **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! 3.0 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 2.0 Kg. Approx. 120 pcs. Pre-cooked. Heat and serve. Premium beef with a hint of garlic and spice. IQF

Buffalo Burgers (4oz) 24 patties. Great taste. IQF

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

Buffalo 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. IQF

Halibut Fillets (6oz) 2.0 Kg. Approx. 10 fillets. VS

Halibut Cheeks 2.27 Kg. Approx. 20-25 servings. IQF

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FISH *cont.*

Wild Sockeye & King Crab Pinwheel 2.0 Kgs 13 Servings. VS
Wild Sockeye Salmon Fillets 2.25 Kg. Approx. 10 fillets. VS
Wild Alaskan Coho Salmon Fillets 2.0 Kg box. Approx. 10 pieces. IQF
Salmon Kabobs 24 svgs. 4 packs of 6 - VS
Orange Roughy Fillets 2 Kg. Sold by weight. Approx. 14 fillets. IQF
Red Snapper Fillets 2 Kg. Sold by weight. Approx. 16-18 pieces. IQF
Perch Fillets - Breaded 2.2 Kg. - IQF
Roasted Garlic & Herb Tilapia 2.25 Kg. Sold by weight. Approx. 16 fillets. IQF
Yellow Fin Tuna Steaks 2 Kg. Sold by weight. Approx. 12 pieces. VS in order to capture the wonderfully firm, dense, meaty flavor and texture of these YF Tuna Steaks.
Atlantic Cod Loins 2.27 Kg. Sold by weight. Approx. 25 portions. IQF
Swordfish Steaks 2.27 Kg. Sold by weight. Approx. 12 pieces. VS
Pickeral Fillets 2.2 Kg. Sold by weight. Approx. 24 pieces. IQF
Basa Fillets 2 Kg. IQF
Halibut Burgers 20 Patties - 2.4 Kg. Great for the BBQ and oven baked! IQF
Cod - Alaskan Smoked 2.2 Kg. IQF
Sea Bass fillets/portions 1.8 Kg. VS

SEAFOOD

Caribbean Lobster Tails 1.3 Kg. 3 lobster tails. Each lobster tail is between 14 - 16oz. IQF
Caribbean Lobster Tails 1.3 Kg. 9-10 lobster tails. Each lobster tail avg: 4.8 oz IQF
Scampi Tails (Icelandic Mini Lobster tails) 2.27 Kg. IQF
Crab Cocktail Claws 2.27 Kg box. Sold by weight. 25 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
Snow Crab Cakes 16 Svgs 70% Snow Crab - 25 mins in oven - very rich! VS
King & Snow Crab Dip - 9 bowls - with Sun dried Tomato - Microwave for 3 mins. VS
Cooked Tiger Shrimp 1.8 Kg. Sold by weight. Approx. 30 servings. De-shelled and de-veined. IQF
Raw Tiger Shrimp 1.8 Kg. Sold by weight. Approx. 30 servings. de-shelled and de-veined. IQF
Colossal "Green" Shrimp. 1.8 Kg. Approx. 30 servings. Very meaty! Shell on. IQF
Herb & Garlic Butterfly Colossal Shrimp 1.8 Kg. Approx. 25-30 servings. Huge butterfly prawns seasoned with herb and garlic. Cook shell down for 10 min on the bb or in the oven. Very meaty, incredible taste! IQF
Cooked Salad Shrimp 2.27 Kg. Approx. 25 servings. IQF
Seafood Medley 2.5 Kg. Cooked calamari muscles clams & shrimp. IQF
Scallops - Digby 2.2 Kg. Atlantic giant scallops from Digby Nova Scotia. Approx. 12-15 servings. IQF
Bacon Wrapped Scallops in premium bacon. 2 Kg. Cook for 10-15 mins at 400 degrees. IQF
Breaded Calamari Rings 1.3 Kg. Sold by weight. Approx. 10-12 servings. IQF

PORK

Pork New York Steaks - Sterling Silver - (8oz) 12 Steaks. 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.
Pork Schnitzel 2 Kg. VS
Pork Souvlaki 2.5 Kg. 32 skewers. Eight VS packs of four skewers each. Premium pork pieces in a light spice seasoning.
Danish Baby Back Ribs XL 4.5 Kg. 9-12 racks. Exceptionally tender and meaty. Considered the best ribs in the world. Imported from Denmark. Great Value! IQF
Danish Baby Back Ribs 2.5 Kg box. Exceptionally tender and meaty ribs. Considered to be the best ribs in the world. Imported from Denmark. 5-6 racks / 10-12 servings. IQF
Chilean Baby Back Ribs 4.5 Kg Avg. 20 Svgs. Exceptionally tender and meaty - Argued to be up there in quality with the Danish Ribs! Imported from Chile, South America! 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.

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 Florentine 2.4 Kg. 12 chicken breasts stuffed with spinach, Swiss and American cheese, focaccia seasoning. IQF

Chicken Teriyaki 2 Kg. Approx. 13-16 pieces. VS

Boneless, Skinless Chicken Breast Great Value! 4.6 Kg. Approx. 20-25 pieces depending on breast size. < 4% Fat and *No Sodium!* Each breast individually VS.

Chicken Strips 2 Kg. Tender and juicy throughout. Made from pure chicken breast. Heat and serve! IQF

BBQ Chicken Wings 2.2 Kg. 12-14 servings. Pre-cooked, heat and serve. IQF

Honey Garlic 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

Chicken Spring Rolls 2.8 Kg. 40 Svgs. Light flour wrap stuffed with Cabbage, chicken, water chestnuts, carrots, peas, onions, Chinese vermicelli, black pepper, sesame oil & 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 Sausage 2.7 Kg. Available in Butter Chicken or Sun-dried Tomato and Basil flavors. 7 packs of 6 Sausages - VS. These sausages very lean. Juicy without being fatty. VS

TURKEY

Turkey Tenderloin 2.27 Kg. 10 pieces. IQF

Bacon Wrapped Turkey Tenderloin 2.0 Kg. 16 pieces. VS

Turkey Schnitzel 2.0 Kg. 20 pieces. IQF

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

Mediterranean Turkey Sausages 2.7 Kg. 7 packs of 6 Sausages. These sausages very lean. Juicy without being fatty. VS

VEGETARIAN

Black Bean & Cheese Quesadillas 2.5 Kg. 50 pieces. Light tortilla filled with black beans, Monterey jack cheese; rice; jalapeno peppers; onions; cilantro. IQF

Garden Veggie Burgers 2.1 Kg. 30 pieces. Soy and vegetable burgers with light seasoning. IQF

Spanakopitas XL 100 pieces. 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 phyllo pastry. IQF

Spanakopitas 16 pieces. A delightful combination of garden fresh spinach, traditional feta cheese, onions, garlic, and savory spices wrapped in a light flaky phyllo 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. 40 pieces. Light flour wrap stuffed with green beans, cabbage, carrots, water chestnuts, peas, corn, onions, Chinese vermicelli, black pepper. IQF

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