



2024-03-13

## Product List

### Fish - Steaks

#### Blue Marlin

Blue Marlin Loin	1 unit	TF	\$35.00
Blue Marlin Steaks   4kg	1 unit	TF	\$132.00
1/2" Blue Marlin Steaks 20kg	1 box	TF	\$660.00
Blue Marlin Steaks   450g	1 unit	TF	\$18.00

#### Billfish

1/2" Billfish Steaks 5kg	1 box	TF	\$99.00
Billfish Steaks   1/2" 2lb	1 unit	TF	\$20.29

#### Dolphin

Dolphin Steaks   1/2" 4kg	1 unit	TF	\$99.00
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#### Kingfish

1/2" Kingfish Steaks 5kg	1 box	TF	\$99.00
1/2" Kingfish Steaks 2lb	1 pack	TF	\$24.95

#### Moonfish

#### Sailfish

1/2" Sailfish Steaks 5kg	1 box	TF	\$88.00
1/2" Sailfish Steaks 450g	1 pack	TF	\$11.00

#### Shark

1/2" Shark Steaks 5kg	1 box		\$300.80
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#### Striped Marlin

1/2" Striped Marlin Steaks 5kg	1 box	TF	\$132.00
1/2" Striped Marlin Steaks 25kg	1 box	TF	\$495.00

**Swordfish**

1/2" Swordfish Steaks 5kg	1 box	<b>TF</b> \$142.00
1/2" Swordfish Steaks 2lb	1 pack	<b>TF</b> \$35.45

**Tuna**

1/2" Tuna Steaks 4kg	1 box	<b>TF</b> \$103.50
1/2" Tuna Steaks 2lb	0 boxes	<b>TF</b> \$0.00

**Fish - Fillets****Dolphin Fillets****Bangamary**

Bangamary Fillets Bulk 9.07 kg (20Lb)	1 unit	\$234.46
Bangamary Fillets 2lb	1 unit	\$23.44

**Butterfish**

Butterfish Fillets 9.07kg (20lb)	1 unit	\$292.01
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**Mackerel**

Mackerel Fillet Smoked & Peppered   200g	12 units	\$151.58
Mackerel Fillet Lemon & Parsley   200g	12 units	\$151.58
Mackerel Fillet Hot & Smoked 200g	12 units	\$95.18

**Flying Fish**

Flying Fish Whole	1 unit	<b>TF</b> \$680.00
Flying Fish fillets VP 10's	10 units	<b>TF</b> \$400.00

**Pollock (Saltfish)**

Pollock Fillets 1lb (Saltfish)	1 bag	\$9.99
Salted Pollock Fillets 5lb	1 box	\$47.59
Salted Pollock Fillets 20lb	1 box	\$187.57
Salted Pollock Bits 10 kgs	1 box	\$279.06
Salted Pollock Bits 5lb	1 bag	\$42.01

**Salmon**

Salmon Fillets approx 3-4Lb (Fresh Frozen)	1 unit	\$148.50
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**Whitefish**

Whitefish Fillets 10 Lbs	1 box	\$82.15
Whitefish Fillets   2lb	1 unit	\$19.39

## Fish - Pan Ready

### Snapper

Red Snapper 1/2-1 lb G&G 9.07kg (20lb)	1 box	\$281.35
Red Snapper 1-2 lb G&G 9.07kg (20lb)	1 unit	\$281.35
Red Snapper 1lb G&G 9.07kg (20lb)	1 unit	\$234.46

## Meat

### Pork

Pork Spareribs VP   16kgs	1 unit	\$545.20
Pork Shoulder	0 units	TF \$118.80
Pork Feet Front Cut/Split 10kg	1 unit	TF \$80.00
Pork Feet Hind Cut 10kg	1 unit	TF \$77.00
Valley Stream Pork Hocks Cut 15kg	1 unit	TF \$156.75
Valley Stream Pork Hocks Split 15kg	1 unit	TF \$140.25
Valley Stream Pork Hocks whole 15kg	1 unit	TF \$148.50
Valley Stream Pork Tongue 5kg	1 unit	TF \$95.00
Valley Stream Pork Spareribs Pieces	1 unit	\$76.38
Farmland/Smithfield Pork Tails 13.61kg (30lb) (unsalted)	1 unit	TF \$217.08
Conestoga Pork Tails approx 15kg	1 unit	TF \$253.61
Valley Stream Pork Tails 5kg	1 unit	TF \$75.00
Valley Stream Pork Ears 5 kg	1 unit	TF \$105.00
Orviande Pork Riblets 10 kg	1 unit	\$163.91
Pork Ears 10kg (22.05lb)	1 unit	TF \$21.00
Valley Stream Pork Stew 5kg	0 units	TF \$95.00
Deli-Porc Pork Riblets 4.54 Kg (10Lb)	1 box	\$74.42
Pork Feet Hind 20kg (Whole)	1 unit	TF \$6.60
Pork Feet Front 20kg (Whole)	1 unit	TF \$154.00
Sun Valley Pork Legs Whole (Bone-in) approx 5kg	1 unit	TF \$86.25
Orfil Pork Riblets 4.54 Kg (10Lb)	1 unit	\$74.42

### Beef

Beef Feet (Cow Heel) Approx 17kgs	1 unit	TF \$265.50
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Valley Stream Beef Stew 5 kgs	1 unit	\$129.25
Ground Beef 10 lb Log	1 unit	TF \$95.00

### Hams

Barpac Regular Picnic Ham Approx 2.5kgs	1 unit	\$89.36
Leg Hams Approx 8kgs	1 unit	\$235.00
Barpac Large Picnic Ham Approx 3kgs	1 unit	\$104.25

## Poultry

### Chicken

Chicken Leg Quarters approx 5 kgs	0 units	TF \$88.00
Chicken Breast Quarters approx 5 kgs	1 unit	TF \$55.00
Chicken Breast Boneless approx 5 kgs	1 unit	TF \$180.00
Chicken Fillets 2kg Pack	0 units	\$0.00
Chicken Wings 12kg (26.45lb)	1 unit	TF \$279.00

### Turkey

Valley Stream Turkey Wings Cut - Joint 5kg	0 units	TF \$79.95
Valley Stream Turkey Wings Cut - Stew 5kg	0 units	TF \$79.95
Turkey Wings Whole (30lbs) 13.61kgs	1 unit	TF \$174.89
Valley Stream Turkey Wings whole 5kg	1 unit	TF \$79.95

### Duck

Frozen Ducks approx 5lbs	1 unit	\$130.43
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## Seafoods

### Shrimp

Cooked Shrimp (61-70) 1lb	1 unit	\$35.25
Raw Shrimp Tail-On Peeled & Deveined 16-20 2lb	1 unit	\$464.13
Raw Shrimp Tail-Off 21-25 2lb	1 pack	\$77.73

## Frozen Food

### Fries

Straight Cut Fries 1kg	10 bags	\$76.38
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Straight Cut Fries 2.5kg	4 bags	\$75.20
Steak Cut Fries   2.5 kgs	4 units	\$77.55
Rissoles Hash Browns 1kg	10 bags	\$88.13
Straight Cut Fries 2.5 kg	4 bags	\$58.75
Steak Cut Fries 2.5kg	1 bag	\$55.23
Straight Cut Fries 2.5kg	4 bags	\$86.95
Crinkle Cut Fries 2.5kg	4 bags	\$79.90
Premier Straight Cut Fries 5x2 kg	5 bags	\$76.38
Premier Chunky Fries 9/16 5x2kg	5 bags	\$77.84
Spicy Potato Wedges 4x2.5 kg	4 units	\$84.60
Triangle Browns 2.5kg	4 bags	\$115.15

### Frozen Fruit

Strawberries 1kg	1 bag	\$14.69
Whole Strawberry Camarossa 1kg	1 bag	\$23.50
Berrymix with Strawberry 1kg	1 bag	\$29.38
Canadian Wild Blueberry 1kg	1 bag	\$21.74
Cranberries 1kg	1 bag	\$18.21
Exotic Fruit Mix 1kg	1 bag	\$29.38

### Frozen Vegetables

Peas & Carrots 400g	5 bags	\$27.03
Beans Whole 450g	6 bags	\$59.93
Broccoli 450g	6 bags	\$59.93
Brussel Sprouts 450g	6 bags	\$59.93
Butternut Squash 750g	6 bags	\$42.30
Cauliflower 450g	6 bags	\$59.93
Mixed Vegetables 400g	5 bags	\$26.44
China Mix 450g	6 bags	\$75.79
Green Beans Cut 400g	5 bags	\$35.25
Broccoli Mix 400g	5 bags	\$31.14
Summer Mix 450g	6 bags	\$59.93
Broccoli 400g	5 bags	\$37.01
Stir Fry Mix 450g	6 bags	\$59.93
Green Peas 450g	6 bags	\$59.93

Lima (Broad) Beans 450g	6 bags		\$63.45
Minestrone 450g	6 bags		\$59.93
Wok Mix 450g	6 bags		\$55.34
Peas, Corn & Pepper 450g	6 bags		\$59.93
Peas & Carrots 1kg	5 bags		\$88.13
Corn Mix   450g	6 units		\$59.93
Broccoli Mix 450g	6 bags		\$59.93
Sweet Corn 450g	6 bags	TF	\$51.00
Broccoli Mix 1kg	5 bags		\$92.53
Corn Mix 1kg	5 bags		\$88.13
<b>Eggs</b>			
Frozen Eggs 30lb Pail	1 unit		\$245.11
<b>Coconut</b>			
Sweetened Desiccated Coconut (Med) 2lbs	1 unit		\$158.57
White Grated Coconut 400g	12 units	TF	\$118.80
White Grated Coconut 2kg	1 unit	TF	\$235.00
Regular Grated Coconut 2kg	1 unit	TF	\$225.00
Regular Grated Coconut 400g	1 unit	TF	\$100.80
<b>Cassava</b>			
Grated Cassava 400g	15 units	TF	\$126.00
Grated Cassava 2kg	1 unit	TF	\$160.00
<b>Bagels</b>			
Toufayan Bagel Onion Pre-Cut	3 units	TF	\$24.00
Toufayan Bagel Plain Pre-Cut	3 units	TF	\$24.00
Toufayan Blueberry Bagel Pre-Cut	3 units	TF	\$24.00
Toufayan Bagel Whole Wheat Pre-Cut	3 units	TF	\$24.00
Toufayan Bagel w/Everything Pre-Cut	3 units	TF	\$24.00
Toufayan Bagel Cinnamon/Raisins Pre-Cut	3 bags	TF	\$24.00
<b>Wraps</b>			
Toufayan Plain Wrap 9"	4 units		\$39.25
Toufayan Garlic Wrap 9"	4 units		\$39.25
Toufayan Tomato Wrap 9"	4 units		\$39.25
Toufayan Plain Gluten Free Wrap 9"	5 units		\$113.09

Toufayan Wrap Garlic 12"	3 units	\$61.69
Toufayan Wrap Plain 12"	3 units	\$61.69
Toufayan Wrap Spinach 12"	3 units	\$61.69
Toufayan Wrap Tomato 12"	3 units	\$61.69
12" Whole Wheat Wraps	3 units	\$61.69
Toufayan Tomato Gluten Free Wrap 9"	5 units	\$113.09
Toufayan Spinach Gluten Free Wrap 9"	5 units	\$113.09

## Dairy

### Yogurt

Plain Yogurt 6x2 lb	1 unit	\$14.69
Greek Style Yogurt 2lb	1 unit	\$109.13

### Cheese

Gorgonzola Wheel Approx 3.63 kgs	1 unit	\$162.08
Butter Cups 720x1oz	720 units	\$211.50
Blue Cheese Wheel Approx 3kgs	1 unit	\$128.66
Feta in Brine 9lb	1 unit	\$258.50
Feta Vacuum Pack Approx 5lbs Per Loaf	1 unit	\$554.48
Cottage Cheese 1.5 lb	1 unit	\$105.84
Parmesan Black Wax 1/2 Wheel Approx 12lbs	1 unit	\$588.06
Grated Parmesan 1lb (Bottles)	1 unit	\$18.10
Cream Cheese 3Lbs	1 unit	TF \$29.95
Baby Gouda 6oz	1 unit	\$169.20
Mascarpone 1 lb	1 unit	TF \$108.00
Provolone Slices 1.5lb	1 unit	\$296.10
Swiss Cheese Sandwich Cut Approx 8lbs	1 unit	TF \$125.24
Cheddar Cheese Mild 5Kg	1 unit	TF \$500.00
Stilton Wheel approx 4.08 kgs	1 unit	\$455.43
Swiss Cheese Slices 1.5 lb (3/4oz slice)	1 unit	TF \$176.00
Monterey Jack w/Jalapeno Pepper 2Lb	1 unit	\$345.45
Goat Cheese 298g (10.5oz)	1 unit	\$20.86
Mozzarella Log (Fresh) 1lb	1 unit	\$37.84

### Heavy Cream

Spray Whipped Topping 15oz	1 unit	\$193.88
Heavy Cream 40% 1qt	6 cartons	\$169.13

### Sour Cream

Sour Cream 5lb	1 unit	\$44.65
Sour Cream 24oz	1 unit	\$172.73

### Butter

Unsalted Butter 1lb	18 blocks	\$306.68
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## Beverages

### Sparkling

OKF Sparkling Aloe 24x350ml	24 bottles	\$98.70
OKF Sparkling Green Apple 24x350ml	24 bottles	\$98.70
OKF Sparkling Lemon 24x350ml	24 bottles	\$98.70
OKF Sparkling Blueberry 24x350ml	24 bottles	\$98.70
OKF Sparkling Grape 24x350ml	24 bottles	\$98.70
OKF Sparkling Grapefruit 24x350ml	24 bottles	\$98.70
OKF Sparkling Strawberry 24x350ml	24 bottles	\$98.70
OKF Sparkling Watermelon 24x350ml	24 bottles	\$98.70

### Aloe Drinks

Aloe Vera King Cranberry 500ml	10 bottles	\$58.75
OKF Farmers Aloe Vera Mango Drink 500ml	10 bottles	\$45.83
OKF Farmers Aloe Vera Original Drink 500ml	10 bottles	\$45.83
OKF Farmers Aloe Vera Pineapple Drink 500ml	10 bottles	\$45.83
OKF Farmers Aloe Vera Pomegranate Drink 500ml	10 bottles	\$45.83
OKF Farmers Aloe Vera Strawberry Drink 500ml	10 bottles	\$45.83
OKF Aloe Vera Strawberry - Sugar Free 500ml	10 bottles	\$45.83
OKF Aloe Vera Original - Sugar Free 500ml	10 bottles	\$91.65
Musk Melon with Aloe Drink 500ml	4 bottles	\$17.16
Famers Aloe Vera Coconut Drink 500ml	10 bottles	\$45.83
Farmers Aloe Vera Watermelon Drink 500ml	10 bottles	\$45.83

### Smoothies



Green Smoothie 500ml	10 bottles	\$54.05
Orange Smoothie 500ml	10 bottles	\$54.05
Purple Smoothie 500ml	10 bottles	\$54.05
Red Smoothie 500ml	10 bottles	\$54.05
Yellow Smoothie 500ml	10 bottles	\$54.05
Mix Berries Smoothie 500ml	10 bottles	\$54.05
Tropical Smoothie 500ml	10 bottles	\$54.05

### Juice Concentrate

Black Currant Juice Concentrate 1kg	1 tub	\$28.20
Coconut Juice Concentrate 1kg	1 tub	\$42.30
Mango Juice Concentrate 1kg	1 tub	\$42.30
Raspberry Juice Concentrate 1kg	1 tub	\$55.23
Strawberry Juice Concentrate 1kg	1 tub	\$28.20
Passionfruit Juice Concentrate 1kg	1 tub	\$42.30
Blueberry Juice Concentrate 1kg	1 tub	\$19.99
Lemon Juice Concentrate 1kg	1 tub	\$19.99
Pineapple Juice Concentrate 1kg	1 tub	\$42.30

## Dry Goods

### Oil

### Macaroni

Swiss Macaroni 800 g	1 unit	TF \$48.00
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### Condiments

Chef Choice Sweet Relish Gal	0 units	\$0.00
Marina/GFS Tartar Sauce 1 Gal	1 unit	\$56.40
Chef Recipe Smokey Barbeque Sauce 1 Gallon	1 unit	\$38.78
Chef Choice Barbeque Sauce 1 Gal	0 units	\$0.00
Chef Choice Mayonnaise 1 Gal	0 units	\$0.00
Chef Choice Mustard 1 Gal	0 units	\$0.00
Chef Choice Worcestershire Sauce 1 Gal	1 unit	\$17.04
Chef Choice White Vinegar 50gr 1 Gal	0 units	\$0.00
Swiss Tomato Ketchup 2 Litre	0 units	\$86.95

Swiss Tomato Ketchup 500X10ml	1 unit	\$58.75
Marina Honey Mustard 1 Gal	1 unit	\$62.28

## Dried Fruit

### Prunes

Valley Stream Pitted Prunes 1kg	1 bag	\$28.20
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### Currants

Currants 12.5 kgs	1 bag	\$212.97
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Valley Stream Currants 1 kg	1 bag	\$17.63
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### Cherries

Valley Stream Red Cherries 1kg	1 bag	\$18.80
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Valley Stream Green Cherries 1kg	0 bags	\$393.63
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Red Cherries 10 kgs	1 bag	\$235.00
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### Raisins

Valley Stream Raisins 1 kg	1 bag	\$13.81
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Valley Stream Raisins 10 kg	1 bag	\$116.91
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### Dates

Pitted Dates 10 kgs	1 bag	\$141.00
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Valley Stream Pitted Dates 1 kg	1 bag	\$299.63
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Pitted Dessert Dates 8oz	1 bag	\$41.13
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## Bags

### Polypropylene Bags

Bag Closing Machine 220V	1 unit	\$1,057.50
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PP Leno Bags Green 19x32	25 units	\$36.72
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PP Close Weave Bags White 22x34	1 unit	\$675.63
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PP Close Weave Bags White 19x32	25 units	\$29.38
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PP Close Weave Bags White 15x30	25 units	\$29.38
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PP Close Weave Bags White 22x40	25 units	\$36.72
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PP Close Weave Bags White 22x36	25 units	\$36.72
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PP Leno Bags Red 19x32	25 units	\$36.72
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## Health

### Homeopathic Gels

Florason Eczema Cream 1oz	1 unit	\$909.45
Psoriaflora Psoriasis Cream 1oz	1 unit	\$835.43
Ssssting Stop Insect Gel 1oz	1 unit	\$613.35

## Tools & Accessories

### Bag Closing Thread

Bag Closing Threads Large	1 unit	\$88.13
Bag Closing Threads Small	1 unit	\$160.04

### Saw Blades

Saw Blade 142"	1 unit	\$40.83
Saw Blade 135"	1 unit	\$40.83
Saw Blade 124"	1 unit	\$40.83

## Confectionery

### Cough Drops

Arcor Menthoplus Cough Drops Cherry 30g	1 unit	\$9.40
Arcor Menthoplus Cough Drops Honey 30g	1 unit	\$9.40
Arcor Menthoplus Cough Drops Menthol 30g	1 unit	\$9.40
Arcor Menthoplus Cough Drops Mint 30g	1 unit	\$9.40
Arcor Menthoplus Cough Drops Strong 30g	1 unit	\$9.40

### Biscuits

Bonn Milk-N-Malt Biscuits 48x40g	12 bags	\$19.74
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### Chocolate

Arcor Bon O Bon Milk 450 g	1 unit	\$14.98
Arcor Rocklet Peanuts Chocolate 16x40g	1 unit	\$19.68
Arcor Rocklet Candy Coated Chocolate 18x40g	1 unit	\$22.15
Arcor Bon O Bon White Chocolate 450 g	1 unit	\$14.98

### Mints

**Sweets**

Butterscotch Discs 8oz	6 bags	\$26.79
Arcor Mogul Assorted Fruit Jelly Rolls 12x35g	1 unit	\$8.81
Arcor Mogul Gelatin Bears 12x30g	1 unit	\$12.34
Arcor Mogul Gelatin Feet 12x30g	1 unit	\$12.34
Arcor Mogul Gelatin Sharks 12x30g	1 unit	\$148.05
Arcor Butter 'N' Cream Hard Candy 141g	1 unit	\$4.47
Arcor Strawberry Fruit Snacks 2.25oz	12 units	\$24.68
Arcor Mixed Fruit Snacks 2.25oz	12 units	\$24.68
Arcor Grape Fruit Snacks 2.25oz	12 units	\$24.68
Arcor Cherry Fruit Snacks 2.25oz	12 units	\$24.68
Arcor Mogul Assorted Extreme Fruit Jelly Rolls 12x35g	1 unit	\$8.81
Mogul Gelatin Dinos 30g	1 box	\$12.34

**Nuts****Peanuts****Channa**

Chatak Dark Flavoured Soya Chunks 8oz	1 unit	\$7.05
Chatak Natural Soya Chunks 8oz	1 unit	\$169.20

**Almonds**

Blanched Ground Almond 4oz	1 unit	\$82.25
Blanched Ground Almond 1lb	1 unit	\$29.38
Blanched Ground Almond 5lb	1 unit	\$146.58
Blanched Nibbed Almond 4oz	1 unit	\$94.00
Blanched Sliced Almond 4oz	1 unit	\$94.00
Natural Whole Almond 4oz	1 unit	\$94.00
Natural Whole Almond 1lb	1 unit	\$37.60
Blanched Sliced Almond 5lb	1 unit	\$186.24