



December 04, 2015

164 product(s) found that match these criteria:

All Products

Only choose from products whose ingredient list does not state*

Gluten

*Ingredient List Screening Information

To provide you with the list above, M&M Meat Shops and the manufacturers of our products have pre-screened both the ingredient lists and the May Contain statements for all our retail products for the following priority allergens: peanuts, tree nuts, sesame seeds, milk, eggs, seafood (fish, crustaceans and shellfish), soy (except the oil), wheat, sulphites and mustard as well as gluten sources (wheat, rye, oats, barley) and MSG (as sourced from added monosodium glutamate, hydrolyzed vegetable/plant proteins and autolyzed yeast extract). We invite you to use this list to narrow down your search for products that will meet your dietary restrictions.

M&M Meat Shops Ltd. does not guarantee the accuracy of this data and cannot be held liable for any problems or nondisclosures that may occur.

Occasionally ingredient declarations change slightly and stores will receive the product in updated/revised packaging at different times, depending on their inventory. Therefore, **always be sure to check the retail package at point of purchase for the most up-to-date ingredient, allergen and nutrition information.** This will provide the final assurance that you are buying a product that meets your dietary needs.

Note: Our Nutrition and Allergen Search is available on our website at www.mmmeatshops.com

Nutrition Information is Provided Per Serving		Nutrition Information is Provided Per Serving	
PLU	Product Name	PLU	Product Name
2	Bacon Wrapped Beef Filet MignonsServing Size: 1 filet mignon (113 g)	38	Chuck Beef BurgersServing Size: 1 burger (170 g)
3	Bacon Wrapped Beef Filet MignonsServing Size: 1 filet mignon (227 g)	39	Angus Beef RoastServing Size: about 1/7 roast (125 g)
5	Regular Cut New York Striploin Steaks Serving Size: 1 steak (170 g)	51	Bacon Wrapped Beef Filet MignonsServing Size: 1 portion (170 g)
6	Top Sirloin SteakServing Size: 1 steak (227 g)	56	Bacon Wrapped Beef Top Sirloin SteaksServing Size: 1 steak (142 g)
7	Top Sirloin SteakServing Size: 1 steak (170 g)	60	Barbecue Sirloin SteaksServing Size: 1 steak (170 g)
9	"New York" Striploin SteakServing Size: 1 steak (255 g)	68	Mesquite Sirloin SteaksServing Size: 1 steak (170 g)
10	Boneless Rib SteakServing Size: 1 steak (397 g)	69	Herb & Garlic Sirloin SteaksServing Size: 1 steak (170 g)
11	Angus Beef BurgersServing Size: 1 burger (142 g)	101	Honey Garlic SausagesServing Size: 1 sausage (90 g)
13	Braised BeefServing Size: 1/5 of pouch (100 g)	102	Maple Pepper SausagesServing Size: 1 sausage (90 g)
14	Western Range SteaksServing Size: 1 steak (170 g)	103	Pulled PorkServing Size: 1/2 of pouch (170 g)
15	Sirloin Beef MeatballsServing Size: 5 meatballs (70 g)	104	Boneless Pork ChopsServing Size: Per 1 chop (142 g)
16	Steakhouse Seasoned Beef KabobsServing Size: 1 kabob (128 g)	106	"Fall Off the Bone" Memphis Style Dry Rub Back Ribs®Serving Size: 1/3 of pouch (119 g edible portion)
24	Chateaubriand Serving Size: 1/2 of chateaubriand (200 g)	108	Marinated Souvlaki Pork KabobsServing Size: 1 kabob (128 g)
26	Lean Angus Beef BurgersServing Size: 1 burger (128 g)	112	Frenched Pork ChopsServing Size: 1 chop (215 g edible portion)
29	Barbecue Variety Pack (Boneless Skinless Seasoned Chicken Breasts)Serving Size: 1 portion (142 g)	130	Chicken MasalaServing Size: 1/4 package
29	Barbecue Variety Pack (Angus Beef Burgers)Serving Size: 1 portion (142 g)	131	Pork Pot RoastServing Size: 1/5 Package
29	Barbecue Variety Pack (Boneless Rib-Shaped Pork Cutlettes)Serving Size: 1 portion (116 g)	133	Beef MasalaServing Size: 1/4 package
29	Barbecue Variety Pack (Barbecue Sauce (Half Pouch))Serving Size: 1 portion (30 g)	152	Fully Cooked BaconServing Size: 3 slices (15 g)
31	Mini Bacon Wrapped Beef TenderloinsServing Size: 3 pieces (51 g)	153	"Fall Off the Bone"® Smoky Barbecue Back RibsServing Size: 1/3 of pouch (160 g edible portion)
32	Sirloin Beef BurgersServing Size: 1 burger (142 g)	163	Ball Park® SausagesServing Size: 1 sausage (125 g)
34	Prime Rib Beef BurgersServing Size: 1 burger (142 g)	168	All-Pork Wieners (For Barbecue Events)Serving Size: 1 wiener (45 g)
35	Boneless Beef Top Sirloin Steaks (Special Purchase)Serving Size: Per 1 steak (113 g)	170	"Fall Off the Bone"® Tangy Barbecue Barbecue Back RibsServing Size: 1/3 of pouch (160 g)
		171	Pulled Pork Potato ShellsServing Size: Per 1 shell (86g)

36	Boneless Beef Top Sirloin Steaks (Special Purchase)Serving Size: Per 1 steak (142 g)
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Nutrition Information is Provided Per Serving

PLU	Product Name
172	Boneless Pork ChunksServing Size: about 3 pieces (90g)
185	Breaded Chicken FilletsServing Size: about 2 chicken fillets (100 g)
201	BISTRO CHICKEN® Chicken PortobelloServing Size: 1 portion (142 g)
202	BISTRO CHICKEN® SwissServing Size: 1 portion (142 g)
203	BISTRO CHICKEN® Ricotta & SpinachServing Size: 1 portion (142 g)
204	Salt & Pepper Chicken WingsServing Size: about 4 wings (100 g edible portion)
205	Boneless Chicken BreastsServing Size: 1 average breast (125 g)
207	Country Style Chicken BreastsServing Size: about 1 chicken breast (125 g)
208	Bacon Wrapped ChickenServing Size: 1 portion (142 g)
216	Mango Habanero Chicken Wings (Chicken Wings Only)Serving Size: Per about 4 pieces (100 g edible portion)
216	Mango Habanero Chicken Wings (Chicken with Mango Rum Sauce)Serving Size: about 4 pieces (124 g edible portion)
218	Char-Grilled Chicken BurgersServing Size: 1 burger (113 g)
227	Butter ChickenServing Size: 1 container (340 g)
228	Chicken Pineapple Mini-SkewersServing Size: 2 Mini-skewers (50 g)
229	Butter ChickenServing Size: 1/3 of tray (300 g)
231	Marinated Chicken and Bacon KabobsServing Size: 1 kabob (128 g)
233	Marinated Lemon and Herb Chicken Kabobs Serving Size: 1 kabob (128 g)
235	Turkey BreastServing Size: about 1/8 breast (125 g)
240	Pig Wings®Serving Size: ½ of pouch (200 g edible portion)
263	Marinated Buffalo Chicken KabobServing Size: 1 kabob (128 g)
283	Herb & Garlic Chicken BreastsServing Size: 1 average breast (140 g)
284	Honey Mustard Chicken BreastsServing Size: 1 average breast (140 g)
286	Chicken Chunks 'n Wings (Breaded Chicken Wings)Serving Size: about 2 wings (100 g edible portion)
286	Chicken Chunks 'n Wings (Bacon & Cheddar Cheese Flavoured Chicken Chunks)Serving Size: about 3 chunks (90 g)
286	Chicken Chunks 'n Wings (Ranch Dipping Sauce)Serving Size: 2 tablespoons (30 mL)
294	Vegetable KabobsServing Size: 1 kabob (100 g)
296	Lemon & Herb Chicken TenderloinsServing Size: about 2 chicken tenderloins (110 g)
301	"Jail Island"® SalmonServing Size: 1 portion (142 g)
303	Maple Salmon SkewersServing Size: 1 skewer (142 g)
306	Arctic Charr FilletServing Size: 1 portion (142 g)
307	Pacific Halibut FilletServing Size: 1 portion (142 g)

Nutrition Information is Provided Per Serving

PLU	Product Name
513	Broccoli and Cheese Stuffed Potatoes Serving Size: 1 piece (155 g)
514	Stuffed Potato Shells Serving Size: 1 shell (65 g)
525	Bacon Wrapped Scallops Serving Size: 4 pieces (60 g)
556	Supreme Scalloped Potatoes Serving Size: 1/4 of tray (227 g)
557	Supreme Scalloped Potatoes Serving Size: 1 tray (227 g)

Nutrition Information is Provided Per Serving

PLU	Product Name
320	Cooked ShrimpServing Size: about 18 shrimp (100 g edible portion)
323	Sweet Chili and Citrus SalmonServing Size: 1 fillet (142 g)
324	Large Cooked ShrimpServing Size: about 8 shrimp (100 g edible portion)
325	Extra Large Raw ShrimpServing Size: about 5 shrimp (100 g edible portion)
328	North Atlantic Lobster TailServing Size: 1 tail (70 g edible portion)
330	King CrabServing Size: about 2 pieces (100 g edible portion)
331	Garlic ShrimpServing Size: about 4 shrimp (125 g)
339	Lemon Butter Shrimp SkewersServing Size: about 9 shrimp (130 g edible portion)
340	Herb & Garlic Shrimp SkewersServing Size: about 9 shrimp (130 g edible portion)
357	Herb & Garlic SalmonServing Size: 1 fillet (142 g)
360	Sole FilletsServing Size: 1 average fillet (100 g)
361	Haddock FilletsServing Size: 1 average fillet (70 g)
365	Cod FilletsServing Size: 1 average fillet (85 g)
366	Shrimp RingServing Size: about 6 shrimp and 1 tbsp. of sauce (50 g)
367	Shrimp PlatterServing Size: about 6 shrimp and 1 tbsp. sauce (50 g)
371	Shrimp RingServing Size: about 5 shrimp and 1 tbsp. sauce (50 g)
372	Extra Large Shrimp FanServing Size: about 3 shrimp and 2 tbsp. sauce (60 g)
390	Salmon in Dill SauceServing Size: 1 fillet (142g)
405	Beef Chili & CheeseServing Size: 1 chili
410	Yellow Curry ChickenServing Size: 1 entrée (285 g)
411	Broccoli Cheddar SoupServing Size: 1 soup (285 g)
412	Homestyle Mashed PotatoesServing Size: about ½ cup (140 g)
414	Fully Loaded Potato SoupServing Size: 1 soup (285 g)
416	Cabbage Rolls Serving Size: ¼ of tray (227 g)
443	Chicken Fried RiceServing Size: 1 cup (142 g)
453	Hearty Beef and PotatoesServing Size: per 1/3 of package (227g)
474	Cabbage RollsServing Size: 1 container (227 g)
479	Butternut Squash SoupServing Size: 1 soup and almond packet (285 g)
497	Cabbage RollsServing Size: 1/8 of tray (227 g)
511	Cheddar Cheese Stuffed PotatoesServing Size: 1 piece (155 g)
512	Gourmet Stuffed PotatoesServing Size: 1 piece (155 g)

Nutrition Information is Provided Per Serving

PLU	Product Name
738	Strawberry Fruit Juice Bars Serving Size: 1 bar (89 mL)
740	Sweet & Sour Sauce Serving Size: 2 tbsp (30 mL)
741	Honey Mustard Sauce Serving Size: Per 2 tbsp (30 mL)
742	Honey Garlic Sauce Serving Size: 2 tbsp (30 mL)
743	Tangy Plum Sauce Serving Size: 2 tbsp (30 mL)

564	Chicken Pad Thai Serving Size: 1 bowl (300 g)	745	Mixed Fruit Serving Size: 1 cup (140 g)
570	Barbecue Beef Bowl Serving Size: 1 bowl (300 g)	746	Raspberries Serving Size: about 1 1/4 cup (140 g)
619	TOO TALL® Chocolate & Cream Cake Serving Size: 1 1/2" slice or 1/8 of cake (112 g)	749	Triple Berry Blend Serving Size: about 1 cup (140 g)
642	Raspberry Fruit Juice Bars Serving Size: 1 bar (89 mL)	751	Sweet Peas Serving Size: 1/2 cup (85 g)
647	Crème Brûlée Serving Size: 1 ramekin (103 g)	754	Broccoli Florets Serving Size: 1 cup (85 g)
651	Raspberries Serving Size: 3/4 cup (140 g)	757	Edamame in Shell Serving Size: 2 cups (85 g edible portion)
679	Mango Chunks Serving Size: 3/4 cup (140 g)	758	Thai Style Vegetable Blend Serving Size: about 1 cup (85 g)
683	Mango Berry Blend Serving Size: 1 cup (140 g)	768	Extra Fine Green Beans Serving Size: 3/4 cup (85 g)
696	Sliced Strawberries Serving Size: 3/4 cup (140 g)	778	Wild Canadian Blueberries Serving Size: about 1 cup (140 g)
703	Potato Patties Serving Size: 1 patty (60 g)	791	Chopped Spinach Portions Serving Size: about 3 portions (85 g)
705	Bean & Carrot Medley Serving Size: 2/3 cup (85 g)	795	HotDipz® Mozza Marinara Dip Serving Size: 2 Tbsp (32 g)
706	California Style Mixed Vegetables Serving Size: about 3/4 cup (85g)	800	Hollandaise Sauce Mix Serving Size: 1/6 package (9.3 g)
707	Diced Onions Serving Size: 1/2 cup (85 g)	801	Gravy Mix for Turkey Serving Size: 1/4 of packaging (6.3 g)
709	Vegetable Supreme Serving Size: 2/3 cups (85 g)	802	Brown Gravy Mix Serving Size: 1/4 package (6.3 g)
711	Rainbow Potato Medley Serving Size: about 3/4 cup (110 g)	813	Peach Plunge Flavoured Drink Crystals Serving Size: 2 tbsp (25 g; makes 250 mL)
713	Crinkle Cut Ovenfries Serving Size: 22 pieces (85 g)	834	Tartar Sauce Serving Size: 2 Tbsp (30 mL)
714	Shoestring Fries Serving Size: 56 pieces (85 g)	835	Seafood Sauce Serving Size: 2 Tbsp (30 mL)
720	Peaches & Cream Corn Serving Size: 1/2 cup (85 g)	843	Horseradish Serving Size: 1 tsp. (5 mL)
723	Bean & Carrot Medley Serving Size: 2/3 cup (85 g)	849	Super Steak Spice Serving Size: 1/2 tsp. (2 g)
724	Homestyle Potato Wedges Serving Size: about 13 pieces (85 g)	870	Cheese Ball Serving Size: Per 2 tbsp (30 g)
726	Pub Fries® Serving Size: about 14 pieces (85 g)		
728	California Style Mixed Vegetables Serving Size: about 3/4 cup (85g)		
729	Rice & Vegetable Medley Serving Size: 2/3 cup (140 g)		
730	Peaches & Cream Corn Serving Size: 1/2 cup (85 g)		
731	Tater Nuggets™ Serving Size: about 9 pieces (85 g)		
737	Rice & Vegetable Medley Serving Size: 3/4 cup (140 g)		