

LES PRODUITS



ARAHOVA®

PRODUCTS

Depuis / Since
1971



ENJOY A MEDITERRANEAN
TASTE EXPERIENCE!

ARAHOVA[®]

TZATZIKI

DIP



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

- Fresh cucumber
- Fresh garlic
- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6

250 g
500 g

See more details
on back



TZATZIKI

DIP



Here's a healthy alternative!

Instead of high-fat sauces like mayonnaise or ketchup, why not garnish with delicious dips and spreads? Choose from a wide variety of products to bring out the flavour of your dishes.

MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes

For more recipes, visit www.arahova-souvlaki.ca



ARAHOVA INC. - LAVAL QUÉBEC H7V-2V9
(450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
PRODUCT OF CANADA

INGREDIENTS:

MILK SOLIDS, BACTERIAL CULTURE, CUCUMBER, VEGETABLE OIL, VINEGAR, GARLIC, SALT.

SHELF LIFE:

50 DAYS* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts	Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Valeur nutritive	Fat / Lipides 4.5 g	7 %	Cholesterol / Cholestérol 15 mg	5 %
Per 30g (2 Tbsp.)	Saturated / saturés 2.8 g	14 %	Sodium / Sodium 55 mg	2 %
Par portion de 30g (2c. à table)	+ Trans / trans 0 g		Carbohydrate / Glucides 2 g	1 %
Calories 60	Polyunsaturated / Polyinsaturés 0.4 g		Fibre / Fibres 1 g	4 %
	Omega-6 / oméga-6 0.3 g		Sugars / Sucres 0.2 g	
	Omega-3 / oméga-3 0.1 g		Protein / Protéines 1 g	
	Monounsaturated / Monoinsaturés 1.5 g			
* DV - Daily Value	Vitamin A / Vitamine A 4 % • Vitamin C / Vitamine C 2 % • Calcium / Calcium 4 % • Iron / Fer 2 %			
VQ - Valeur quotidienne				

ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH	QTY/CASE
250g						
TZA-250	6.22314 00001 1	1 06 22314 00032 2	3000 gr.	9.52 m ³	20/10	12
500g						
TZA-500	6.22314 00002 8	1 06 22314 00002 8	6000 gr.	16.98 m ³	12/10	12

ARAHOVA[®]

TZATZIKI

DIP *Light*

50%
LESS FAT

THAN THE REGULAR
ARAHOVA TZATZIKI



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

- Fresh cucumber
- Fresh garlic
- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6

250 g

See more details
on back



TZATZIKI

DIP *Light*

Here's a healthy alternative!

Instead of high-fat sauces like mayonnaise or ketchup, why not garnish with delicious dips and spreads? Choose from a wide variety of products to bring out the flavour of your dishes.



MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes

For more recipes, visit
www.arahova-souvlaki.ca



ARAHOVA INC. - LAVAL QUÉBEC H7V-2V9
 (450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
 PRODUCT OF CANADA

INGREDIENTS:

MILK SOLIDS, BACTERIAL CULTURE, CUCUMBER, VEGETABLE OIL, VINEGAR, GARLIC, SALT.

SHELF LIFE:

50 DAYS* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts Valeur nutritive

Per 30g (2 Tbsp.)

Par portion de 30g
 (2c. à table)

Calories 40.5

* DV = Daily Value
 VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 2.44 g	5 %	Cholesterol / Cholestérol 10.5 mg	3 %
Saturated / saturés 1.83 g	10 %	Sodium / Sodium 85.2 mg	4 %
+ Trans / trans 0 g		Carbohydrate / Glucides 1.98 g	1 %
Polyunsaturated / Polyinsaturés 0.22 g		Fibre / Fibres .39 g	0 %
Omega-6 / oméga-6 0.17 g		Sugars / Sucres 0.12 g	
Omega-3 / oméga-3 0.5 g		Protein / Protéines 1.56 g	
Monounsaturated / Monoinsaturés 0.99 g			
Vitamin A / Vitamine A 2 % • Vitamin C / Vitamine C 0 % • Calcium / Calcium 4 % • Iron / Fer 0 %			

250g

ORDER CODE	UPC CODE	SOC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH	QTY/CASE
TL-250	6 22314 33333 1	1 06 22314 00004 9	1260 gr.	9.52 m ³	20/10	6

ARAHOVA[®]

TZATZIKI

SPREAD

New
SQUEEZABLE
BOTTLE



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

- Fresh cucumber
- Fresh garlic
- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6

500 g

See more details
on back



TZATZIKI

SPREAD



Here's a healthy alternative!
Instead of high-fat sauces like mayonnaise or ketchup, why not garnish with delicious dips and spreads? Choose from a wide variety of products to bring out the flavour of your dishes.

MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes

For more recipes, visit
www.arahova-souvlaki.ca



Contact your distributor
 PRODUCT OF CANADA

INGREDIENTS:

MILK SOLIDS, BACTERIAL CULTURE, CUCUMBER, VEGETABLE OIL, VINEGAR, GARLIC, SALT.

SHELF LIFE:

50 DAYS* (THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts Valeur nutritive

Per 30g (2 Tbsp.)
 Par portion de 30g
 (2c. à table)

Calories 60

* DV = Daily Value
 VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 4.5 g	7 %	Cholesterol / Cholestérol 15 mg	5 %
Saturated / saturés 2.8 g	14 %	Sodium / Sodium 55 mg	2 %
+ Trans / trans 0 g		Carbohydrate / Glucides 2 g	1 %
Polyunsaturated / Polyinsaturés 0.4 g		Fibre / Fibres 1 g	4 %
Omega-6 / oméga-6 0.3 g		Sugars / Sucres 0.2 g	
Omega-3 / oméga-3 0.1 g		Protein / Protéines 1 g	
Monounsaturated / Monoinsaturés 1.5 g			
Vitamin A / Vitamine A 4 %		Vitamin C / Vitamine C 2 %	
Calcium / Calcium 4 %		Iron / Fer 2 %	

500g						
ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS)	CASE CUBE	TIE HIGH	QTY/CASE
SQU-500	6 22314 00626 6	1 05 22314 00139 8	3000 gr.	16.98 m ³	20/10	6

ARAHOVA®

GREEK SPINACH DIP



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

Spinach is a green leafy vegetable that originated in Persia.

It is a very good source of fiber and rich in iron.

- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6
- Source of Beta-carotene

250 g

See more details
on back



GREEK SPINACH DIP



*Here's a healthy alternative!
Instead of high-fat sauces like mayonnaise or ketchup, why not garnish with delicious dips and spreads? Choose from a wide variety of products to bring out the flavour of your dishes.*

MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes

For more recipes, visit
www.arahova-sourvlaki.ca



ARAHOVA INC. - LAVAL, QUÉBEC H7V-2V9
(450) 688-3535
www.arahova-sourvlaki.ca

Contact your distributor
PRODUCT OF CANADA

INGREDIENTS:

MAYONNAISE, (VEGETABLE OIL, WATER, LIQUID WHOLE EGG, WHITE VINEGAR, LIQUID YOLK, SALT, SUGAR, CONCENTRATED LEMON JUICE, SPICES, CALCIUM DISODIUM EDTA), SPINACH, SOUR CREAM, ONION, GARLIC, CARROTS, CANOLA OIL, VINEGAR, LEMON JUICE, SPICES.

SHELF LIFE:

30 DAYS* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts Valeur nutritive

Per 30g (2 Tbsp.)

Par portion de 30g
(2c. à table)

Calories 110

* DV = Daily Value
VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 13.29 g	18 %	Cholesterol / Cholestérol 10.8 mg	3 %
Saturated / saturés 2.46 g	13 %	Sodium / Sodium 226.8 mg	10 %
• Trans / trans 0 g		Carbohydrate / Glucides 2.58 g	1 %
Polyunsaturated / Polyinsaturés 6.9 g		Fibre / Fibres 0.42 g	0 %
Omega-6 / oméga-6 6.0 g		Sugars / Sucres 0.54 g	
Omega-3 / oméga-3 0.8 g		Beta-carotene / Béta-carotène 6.6 ER	
Monounsaturated / Monoinsaturés 3.0 g		Protein / Protéines 0.9 g	
Vitamin A / Vitamine A 2 % • Vitamin C / Vitamine C 0 % • Calcium / Calcium 2 % • Iron / Fer 2 %			

250g

ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH	QTY/CASE
SPI-250	6 22314 4444 0	1 06 22314 00008 7	1380 gr.	9.52 m ³	20/10	6

ARAHOVA®

GREEK SPINACH DIP *Light*

50%
LESS FAT

THAN THE REGULAR
ARAHOVA SPINACH DIP



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

Spinach is a green leafy vegetable that originated in Persia.

It is a very good source of fiber and rich in iron.

- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6
- Source of Beta-carotene

250 g

See more details
on back



GREEK SPINACH DIP *Light*



Here's a healthy alternative!

Instead of high-fat sauces like mayonnaise or ketchup, why not garnish with delicious dips and spreads? Choose from a wide variety of products to bring out the flavour of your dishes.

MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes

For more recipes, visit
www.arahova-souvlaki.ca



ARAHOVA INC. - LAVAL QUÉBEC H7V-2V9
(450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
PRODUCT OF CANADA

INGREDIENTS:

LIGHT MAYONNAISE, (VEGETABLE OIL, WATER, LIQUID WHOLE EGG, WHITE VINEGAR, LIQUID YOLK, SALT, SUGAR, CONCENTRATED LEMON JUICE, SPICES, CALCIUM DISODIUM EDTA), SPINACH, SOUR CREAM, ONIONS, GARLIC, CARROTS, CANOLA OIL, VINEGAR, LEMON JUICE, SPICES.

SHELF LIFE:

30 DAYS* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts Valeur nutritive

Per 30g (2 Tbsp.)

Par portion de 30g
(2c. à table)

Calories 110

* DV - Daily Value
VQ - Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 11 g	16 %	Cholesterol / Cholestérol 10 mg	3 %
Saturated / saturés 2 g + Trans / trans 0.1 g	11 %	Sodium / Sodium 220 mg	9 %
Polyunsaturated / Polyinsaturés 5 g		Carbohydrate / Glucides 4 g	1 %
Omega-6 / oméga-6 4.5 g		Fibre / Fibres 1 g	2 %
Omega-3 / oméga-3 0.5 g		Sugars / Sucres 1 g	
Monounsaturated / Monoinsaturés 3 g		Protein / Protéines 1 g	
Vitamin A / Vitamine A 2 %		Beta-carotene / Béta-carotène 6.6 ER	
Vitamin C / Vitamine C 0 %		Calcium / Calcium 4 %	
Iron / Fer 2 %			

250g

ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH	QTY/CASE
SPI-250	6 22314 11111 3	1 06 22314 00156 5	1380 gr.	9.52 m ³	20/10	6

ARAHOVA®

FETA CHEESE & GREEK OLIVES DIP



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

*A beautiful blend of feta cheese,
olives and greek oregano.*

- Fresh garlic
- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6

250 g

See more details
on back



FETA CHEESE & GREEK OLIVES DIP



Here's a healthy alternative!

Instead of high-fat sauces like mayonnaise or ketchup, why not garnish with delicious dips and spreads? Choose from a wide variety of products to bring out the flavour of your dishes.

MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes

For more recipes, visit
www.arahova-souvlaki.ca



ARAHOVA
ARAHOVA INC. - LAVAL, QUÉBEC H7V-2V9
(450) 688-3535
www.arahova-souvlaki.ca
Contact your distributor
PRODUCT OF CANADA

INGREDIENTS:

FETA CHEESE, MILK INGREDIENTS, MAYONNAISE, BLACK OLIVES, OLIVE OIL, VEGETABLE OIL, SALT, SPICES, LEMON JUICE.

SHELF LIFE:

35 DAYS* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts Valeur nutritive

Per 30g (2 Tbsp.)
Par portion de 30g
(2c. à table)
Calories 97

* DV - Daily Value
VQ - Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 8.7 g	14 %	Cholesterol / Cholestérol 12 mg	3 %
Saturated / saturés 2.1 g	12 %	Sodium / Sodium 330 mg	13 %
+ Trans / trans 0 g		Carbohydrate / Glucides 1.9 g	1 %
Polyunsaturated / Polyinsaturés 1.7 g		Fibre / Fibres 0.6 g	0 %
Omega-6 / oméga-6 1.2 g		Sugars / Sucres 0.79 g	
Omega-3 / oméga-3 0.5 g		Protein / Protéines 2.7 g	
Monounsaturated / Monoinsaturés 4.2 g			
Vitamin A / Vitamine A 2 % • Vitamin C / Vitamine C 2 % • Calcium / Calcium 7 % • Iron / Fer 2 %			

250g

ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH	QTY/CASE
FO-250	6 22314 88888 6	1 06 22314 00044 5	1250 gr.	9.52 m ³	20/10	6

ARAHOVA®

HOT FETA CHEESE DIP



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

*A delicious spicy feta dip with
green & red peppers and a hint of garlic.*

It is a very good source of calcium.

- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6
- Source of Beta-carotene

250 g

See more details
on back



HOT FETA CHEESE DIP



Here's a healthy alternative!

Instead of high-fat sauces like mayonnaise or ketchup, why not garnish with delicious dips and spreads? Choose from a wide variety of products to bring out the flavour of your dishes.

MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes

For more recipes, visit
www.arahova-souvlaki.ca



ARAHOVA INC. - LAVAL, QUÉBEC H7V-2V9
(450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
PRODUCT OF CANADA

INGREDIENTS:

FETA CHEESE, MILK INGREDIENTS, MAYONNAISE, VEGETABLE OIL, FRESH LEMON JUICE, SALT, RED AND GREEN PEPPERS, ONION.

SHELF LIFE:

35 DAYS* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts		Amount / Teneur	% DV / % VQ*	Amount / Teneur		% DV / % VQ*	
Valeur nutritive							
Per 30g (2 Tbsp.)		Fat / Lipides 8.8 g	14 %	Cholesterol / Cholestérol 30 mg	10 %		
Par portion de 30g (2c. à table)		Saturated / saturés 2.4 g	12 %	Sodium / Sodium 294 mg	7 %		
Calories 98		+ Trans / trans 0 g		Carbohydrate / Glucides 1.7 g	7 %		
		Polyunsaturated / Polyinsaturés 1.7 g		Fibre / Fibres 0.5 g	0 %		
		Omega-6 / oméga-6 1.2 g		Sugars / Sucres 0.6 g			
		Omega-3 / oméga-3 0.5 g		Protein / Protéines 2.7 g			
		Monounsaturated / Monoinsaturés 4 g					
		* DV - Daily Value					
		VQ - Valeur quotidienne					
		Vitamin A / Vitamine A 2 % • Vitamin C / Vitamine C 2 % • Calcium / Calcium 7 % • Iron / Fer 2 %					

250g

ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH	QTY/CASE
HOT-250	6 22314 99999 5	1 06 22314 00096 4	1260 gr.	9.52 m ³	20/10	6

ARAHOVA[®]

TARAMOSALATA

DIP



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

- A light fluffy dip
- Good with fresh fish
- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6

250g

See more details
on back



TARAMOSALATA

DIP



Here's a healthy alternative!

Instead of high-fat sauces like mayonnaise or ketchup, why not garnish with delicious dips and spreads? Choose from a wide variety of products to bring out the flavour of your dishes.

MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes

For more recipes, visit
www.arahova-souvlaki.ca



ARAHOVA INC. - LAVAL QUÉBEC H7V-2V9
 (450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
 PRODUCT OF CANADA

INGREDIENTS:

POTATOES, CARP EGGS, VEGETABLE OIL, ONIONS, FRESH LEMON JUICE, WATER, POTATO FLAKES (DEHYDRATED POTATOES, MONOGLYCERIDES, SODIUM PHOSPHATES, SULPHITES, CALCIUM, POTASSIUM SORBATE, COLOUR.

SHELF LIFE:

35 DAYS* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts Valeur nutritive

Per 30g (2 Tbsp.)
 Par portion de 30g
 (2c. à table)

Calories 57.6

* DV = Daily Value
 VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 4.3 g	6 %	Cholesterol / Cholestérol 16.2 mg	5 %
Saturated / saturés 0.36 g	2 %	Sodium / Sodium 249.9 mg	10 %
+ Trans / trans 0 g		Carbohydrate / Glucides 3.6 g	1 %
Polyunsaturated / Polyinsaturés 1.29 g		Fibre / Fibres 0.39 g	0 %
Omega-6 / oméga-6 0.9 g		Sugars / Sucres 0.15 g	
Omega-3 / oméga-3 0.42 g		Protein / Protéines 0.99 g	
Monounsaturated / Monoinsaturés 2.49 g			
Vitamin A / Vitamine A 0 % • Vitamin C / Vitamine C 4 % • Calcium / Calcium 0 % • Iron / Fer 0 %			

250g

ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH	QTY/CASE
TAR-250	6 22314 10101 5	1 06 22314 00007 0	1380 gr.	9.52 m ³	20/10	6

ARAHOVA[®]

SKORDALIA

DIP



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

- A traditional Greek garlic dip
- Fresh garlic
- Ideal for fish
- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6

250 g

See more details
on back



SKORDALIA DIP



Here's a healthy alternative!

Instead of high-fat sauces like mayonnaise or ketchup, why not garnish with delicious dips and spreads? Choose from a wide variety of products to bring out the flavour of your dishes.

MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes.

For more recipes, visit
www.arahova-souvlaki.ca



ARAHOVA INC. - LAVAL QUÉBEC H7V-2V9
(450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
PRODUCT OF CANADA

INGREDIENTS:

POTATOES, GARLIC, VEGETABLE OIL, VINEGAR, POTATO FLAKES (DESHYDRATED POTATOES, MONOGLYCERIDES, SODIUM PHOSPHATES, SULPHITES, CALCIUM STEAROYL-2-LACTYLATE, B.H.A. AND/OR B.H.T.), WATER, SALT, RED PEPPERS*. (*POTASSIUM SORBATE)

SHELF LIFE:

35 DAYS* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts Valeur nutritive

Per 30g (2 Tbsp.)
Par portion de 30g
(2c. à table)

Calories 57.6

* DV - Daily Value
VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 4.3 g	6 %	Cholesterol / Cholestérol 16.2 mg	5 %
Saturated / saturés 0.36 g	2 %	Sodium / Sodium 249.9 mg	10 %
+ Trans / trans 0 g		Carbohydrate / Glucides 3.6 g	1 %
Polyunsaturated / Polyinsaturés 1.29 g		Fibre / Fibres 0.39 g	0 %
Omega-6 / oméga-6 0.9 g		Sugars / Sucres <0.15 g	
Omega-3 / oméga-3 0.42 g		Protein / Protéines 0.99 g	
Monounsaturated / Monoinsaturés 2.49 g			
Vitamin A / Vitamine A 0 % • Vitamin C / Vitamine C 4 % • Calcium / Calcium 0 % • Iron / Fer 0 %			

250g

ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH	QTY/CASE
SKD-250	6 22314 0006 6	1 06 22314 00007 0	1500 gr.	9.52 m ³	20/10	6

ARAHOVA®

ROASTED PEPPER & FETA CHEESE DIP



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

*A delicious feta dip with
roasted red peppers and a hint of garlic.*

It is a very good source of calcium.

- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6
- Source of Beta-carotene

250g

See more details
on back



ROASTED PEPPER & FETA CHEESE DIP



*Here's a healthy alternative!
Instead of high-fat sauces like mayonnaise
or ketchup, why not garnish with delicious
dips and spreads? Choose from a wide
variety of products to bring out the flavour
of your dishes.*

MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes

For more recipes, visit
www.arahova-souvlaki.ca



ARAOVA, INC. - L'ARAOVA, CLÉRIE QC H7V-2V9
(450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
PRODUCT OF CANADA

INGREDIENTS:

FETA CHEESE, MILK INGREDIENTS, ROASTED RED PEPPERS, SUN DRIED TOMATOES, JALAPEÑO PEPPERS, VEGETABLE OIL, ONIONS, GARLIC.

SHELF LIFE:

35 DAYS* (THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts Valeur nutritive

Per 30g (2 Tbsp.)
Par portion de 30g
(2c. à table)

Calories 80

* DV = Daily Value
VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 6 g	9 %	Cholesterol / Cholestérol 5 mg	2 %
Saturated / saturés 2 g	9 %	Sodium / Sodium 280 mg	12 %
+ Trans / trans 0.1 g		Carbohydrate / Glucides 2 g	1 %
Polyunsaturated / Polyinsaturés 1 g		Fibre / Fibres 0 g	0 %
Omega-6 / oméga-6 1 g		Sugars / Sucres 1 g	
Omega-3 / oméga-3 0.3 g		Protein / Protéines 4 g	
Monounsaturated / Monoinsaturés 2.5 g			
Vitamin / Vitamine A 4 % • Vitamin / Vitamine C 0 % • Calcium / Calcium 8 % • Fer / Iron 0 %			

250g

ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH	QTY/CASE
ROA-250	6 22314 22222 2	1 06 22314 090620	1260 gr.	9.52 m ³	20/10	6

ARAHOVA[®]

ASSORTED DIPS



GREEK SPINACH
TARAMOSALATA
TZATZIKI
FETA CHEESE &
GREEK OLIVES

ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

*A versatile party platter, with all your favourite dips.
Great for small gatherings. Enjoy!*

- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6

See more details
on back

500 g



ASSORTED DIPS



Here's a healthy alternative!

Instead of high-fat sauces like mayonnaise or ketchup, why not garnish with delicious dips and spreads? Choose from a wide variety of products to bring out the flavour of your dishes.

SHELF LIFE:

35 DAYS* (THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes

For more recipes, visit www.arahova-souvlaki.ca



ARAOVA INC. - L'ARAO, Q.C. (BEC H7V-2V9)
(450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
PRODUCT OF CANADA

GREEK SPINACH INGREDIENTS:

MAYONNAISE, (VEGETABLE OIL, WATER, LIQUID WHOLE EGG, WHITE VINEGAR, LIQUID YOLK, SALT, SUGAR, CONCENTRATED LEMON JUICE, SPICES, CALCIUM DISODIUM EDTA), SPINACH, SOUR CREAM, ONION, GARLIC, CARROTS, CANOLA OIL, VINEGAR, LEMON JUICE, SPICES.

Nutrition Facts Valeur nutritive

Per 30g (2 Tbsp.)
Par portion de 30g
(2c. à table)

Calories 133.5

* DV = Daily Value
VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 13.29 g	18 %	Cholesterol / Cholestérol 10.8 mg	3 %
Saturated / saturés 2.46 g	5 %	Sodium / Sodium 226.8 mg	10 %
+ Trans / trans 0 g	0 %	Carbohydrate / Glucides 2.58 g	1 %
Polyunsaturated / Polyinsaturés 6.9 g	13 %	Fibre / Fibres 0.42 g	0 %
Omega-6 / oméga-6 6.0 g	12 %	Sugars / Sucres 0.54 g	1 %
Omega-3 / oméga-3 0.8 g	2 %	Beta-carotene / Bêta-carotène 6.6 ER	
Monounsaturated / Monoinsaturés 3.0 g	6 %	Protein / Protéines 0.9 g	2 %
Vitamin A / Vitamine A 5 % • Vitamin C / Vitamine C 2 % • Calcium / Calcium 7 % • Iron / Fer 8 %			

TARAMOSALATA INGREDIENTS:

POTATOES, CARP EGGS, VEGETABLE OIL, ONIONS, FRESH LEMON JUICE, WATER, POTATO FLAKES (DEHYDRATED POTATOES, MONOGLYCERIDES, SODIUM PHOSPHATES, SULPHITES, CALCIUM, STEAROYL-2-LACTYLATE, B.H.A. AND/OR B.H.T.), POTASSIUM SORBATE, COLOUR.

Nutrition Facts Valeur nutritive

Per 30g (2 Tbsp.)
Par portion de 30g
(2c. à table)

Calories 57.6

* DV = Daily Value
VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 4.3 g	6 %	Cholesterol / Cholestérol 16.2 mg	5 %
Saturated / saturés 0.36 g	1 %	Sodium / Sodium 249.9 mg	10 %
+ Trans / trans 0 g	0 %	Carbohydrate / Glucides 3.6 g	1 %
Polyunsaturated / Polyinsaturés 1.29 g	2 %	Fibre / Fibres 0.39 g	0 %
Omega-6 / oméga-6 0.9 g	2 %	Sugars / Sucres 0.15 g	0 %
Omega-3 / oméga-3 0.42 g	1 %	Protein / Protéines 0.99 g	2 %
Monounsaturated / Monoinsaturés 2.49 g	5 %	Vitamin A / Vitamine A 0 % • Vitamin C / Vitamine C 4 % • Calcium / Calcium 0 % • Iron / Fer 0 %	

TZATZIKI INGREDIENTS:

MILK SOLIDS, BACTERIAL CULTURE, CUCUMBER, VEGETABLE OIL, VINEGAR, GARLIC, SALT

Nutrition Facts Valeur nutritive

Per 30g (2 Tbsp.)
Par portion de 30g
(2c. à table)

Calories 60.0

* DV = Daily Value
VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 4.5 g	7 %	Cholesterol / Cholestérol 15 mg	5 %
Saturated / saturés 2.8 g	14 %	Sodium / Sodium 55 mg	2 %
+ Trans / trans 0 g	0 %	Carbohydrate / Glucides 2 g	1 %
Polyunsaturated / Polyinsaturés 0.4 g	1 %	Fibre / Fibres 1 g	4 %
Omega-6 / oméga-6 0.3 g	1 %	Sugars / Sucres 0.2 g	0 %
Omega-3 / oméga-3 0.1 g	0 %	Protein / Protéines 1 g	2 %
Monounsaturated / Monoinsaturés 1.5 g	3 %	Vitamin A / Vitamine A 4 % • Vitamin C / Vitamine C 2 % • Calcium / Calcium 4 % • Iron / Fer 2 %	

FETA CHEESE & OLIVES INGREDIENTS:

FETA CHEESE, MILK INGREDIENTS, MAYONNAISE, BLACK OLIVES, OLIVE OIL, VEGETABLE OIL, SALT, SPICES, LEMON JUICE.

Nutrition Facts Valeur nutritive

Per 30g (2 Tbsp.)
Par portion de 30g
(2c. à table)

Calories 97

* DV = Daily Value
VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 8.7 g	14 %	Cholesterol / Cholestérol 12 mg	3 %
Saturated / saturés 2.1 g	4 %	Sodium / Sodium 330 mg	13 %
+ Trans / trans 0 g	0 %	Carbohydrate / Glucides 1.9 g	1 %
Polyunsaturated / Polyinsaturés 1.7 g	3 %	Fibre / Fibres 0.6 g	0 %
Omega-6 / oméga-6 1.2 g	2 %	Sugars / Sucres 0.79 g	1 %
Omega-3 / oméga-3 0.5 g	1 %	Protein / Protéines 2.7 g	5 %
Monounsaturated / Monoinsaturés 4.2 g	8 %	Vitamin A / Vitamine A 2 % • Vitamin C / Vitamine C 2 % • Calcium / Calcium 7 % • Iron / Fer 2 %	

500g

ORDER CODE	UPC CODE	SOC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH	QTY/CASE
PAR-500	6 22314 0021 9	1 06 22314 0032 2	3000 gr.	16.98 m ³	12/10	6

ARAHOVA[®]

HUMMUS ASSORTMENT



TRADITIONAL
ROASTED RED PEPPER
OLIVE
SPICY



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

Your favourite hummus flavours combined in one dish.

Perfect for parties or an evening with family.

Bon appetit!

- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6

*See more details
on back*

500 g



HUMMUS ASSORTMENT



TRADITIONAL - INGREDIENTS:

INGREDIENTS: CHICKPEAS, TAHINI (SESAME BUTTER), CANOLA OIL, LEMON JUICE CONCENTRATE, SEA SALT, VINEGAR, GARLIC, SPICES.

Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VQ*	Amount / Teneur		% DV / % VQ*
Per 30g (2 Tbsp.) Par portion de 30g (2c. à table)		Fat / Lipides 5 g	7 %	Cholesterol / Cholestérol 0 mg		
Calories 70		Saturated / Saturés 0.5 g	3 %	Sodium / Sodium 125 mg		5 %
* DV = Daily Value VQ = Valeur quotidienne		+ Trans / trans 0 g		Carbohydrate / Glucides 7 g		2 %
		Polyunsaturated / Polyinsaturés 2 g		Fibre / Fibres 2 g		7 %
		Omega-6 / oméga-6 1.8 g		Sugars / Sucres 1 g		
		Omega-3 / oméga-3 0.4 g		Protein / Protéines 2 g		
		Monounsaturated / Monoinsaturés 2 g				
		Vitamin / Vitamine A 0 %				
		Vitamin / Vitamine C 2 %				
		Calcium / Calcium 2 %				
		Iron / Fer 2 %				

Here's a healthy alternative!

Instead of high-fat sauces like mayonnaise or ketchup, why not garnish with delicious dips and spreads? Choose from a wide variety of products to bring out the flavour of your dishes.

SHELF LIFE:

35 DAYS* (THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

KEEP REFRIGERATED AT ALL TIMES (2-4 °C)

MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes

For more recipes, visit www.arahova-souvlaki.ca



ARAHOVA INC. - LAVAL QUÉBEC H7V-2V9
(450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
PRODUCT OF CANADA

ROASTED RED PEPPER - INGREDIENTS:

CHICKPEAS, TAHINI (SESAME BUTTER), RED PEPPERS, CANOLA OIL, LEMON JUICE CONCENTRATE, VINEGAR, GARLIC, SEA SALT, SPICES.

Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VQ*	Amount / Teneur		% DV / % VQ*
Per 30g (2 Tbsp.) Par portion de 30g (2c. à table)		Fat / Lipides 5 g	7 %	Cholesterol / Cholestérol 0 mg		
Calories 70		Saturated / Saturés 0.5 g	3 %	Sodium / Sodium 130 mg		5 %
* DV = Daily Value VQ = Valeur quotidienne		+ Trans / trans 0 g		Carbohydrate / Glucides 7 g		2 %
		Polyunsaturated / Polyinsaturés 2 g		Fibre / Fibres 2 g		7 %
		Omega-6 / oméga-6 1.8 g		Sugars / Sucres 1 g		
		Omega-3 / oméga-3 0.4 g		Protein / Protéines 2 g		
		Monounsaturated / Monoinsaturés 2 g				
		Vitamin / Vitamine A 2 %				
		Vitamin / Vitamine C 4 %				
		Calcium / Calcium 2 %				
		Iron / Fer 2 %				

OLIVE - INGREDIENTS:

CHICKPEAS, TAHINI (SESAME BUTTER), OLIVES, CANOLA OIL, LEMON JUICE CONCENTRATE, VINEGAR, GARLIC, SEA SALT, SPICES.

Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VQ*	Amount / Teneur		% DV / % VQ*
Per 30g (2 Tbsp.) Par portion de 30g (2c. à table)		Fat / Lipides 5 g	7 %	Cholesterol / Cholestérol 0 mg		
Calories 70		Saturated / Saturés 0.5 g	3 %	Sodium / Sodium 135 mg		5 %
* DV = Daily Value VQ = Valeur quotidienne		+ Trans / trans 0 g		Carbohydrate / Glucides 7 g		2 %
		Polyunsaturated / Polyinsaturés 3 g		Fibre / Fibres 2 g		4 %
		Omega-6 / oméga-6 1.8 g		Sugars / Sucres 2 g		
		Omega-3 / oméga-3 0.4 g		Protein / Protéines 2 g		
		Monounsaturated / Monoinsaturés 2 g				
		Vitamin / Vitamine A 2 %				
		Vitamin / Vitamine C 4 %				
		Calcium / Calcium 2 %				
		Iron / Fer 2 %				

SPICY - INGREDIENTS:

CHICKPEAS, TAHINI (SESAME BUTTER), RED PEPPERS, JALAPENO PEPPERS, VINEGAR, GARLIC, CANOLA OIL, LEMON JUICE CONCENTRATE, SEA SALT, SPICES.

Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VQ*	Amount / Teneur		% DV / % VQ*
Per 30g (2 Tbsp.) Par portion de 30g (2c. à table)		Fat / Lipides 5 g	7 %	Cholesterol / Cholestérol 0 mg		
Calories 70		Saturated / Saturés 0.5 g	3 %	Sodium / Sodium 115 mg		4 %
* DV = Daily Value VQ = Valeur quotidienne		+ Trans / trans 0 g		Carbohydrate / Glucides 7 g		2 %
		Polyunsaturated / Polyinsaturés 2 g		Fibre / Fibres 2 g		7 %
		Omega-6 / oméga-6 1.8 g		Sugars / Sucres 1 g		
		Omega-3 / oméga-3 0.4 g		Protein / Protéines 2 g		
		Monounsaturated / Monoinsaturés 1.5 g				
		Vitamin / Vitamine A 0 %				
		Vitamin / Vitamine C 4 %				
		Calcium / Calcium 2 %				
		Iron / Fer 4 %				

500g

ORDER CODE	UPC CODE	SOC CODE	GROSS WEIGHT (LBS)	CASE CUBE	TIE HIGH	QTY/CASE

ARAHOVA[®]

DOLMADES

VINE LEAVES STUFFED WITH RICE



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

- Low in saturated fat
- No trans fat

500 g

See more details
on back



DOLMADES

VINE LEAVES STUFFED WITH RICE



A traditional delicacy!

These fresh vine leaves, stuffed with the finest long-grain rice, can be served either hot or cold as an appetizer or side dish.

MENU SUGGESTIONS:

- *Excellent as an appetizer or side dish*
- *Can be served either hot or cold*

INGREDIENTS:

RICE, ONIONS, VEGETABLE OIL, VINE LEAVES, SALT, PEPPER, DILL, MINT, LEMON.

SHELF LIFE:

90 DAYS* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts Valeur nutritive

Per 1 roll (35g)

Pour 1 rouleau
(35g)

Calories 45

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 2 g	3 %	Carbohydrate / Glucides 7 g	2 %
Saturated / saturés 0.2 g	1 %	Fibre / Fibres 1 g	4 %
• Trans / trans 0 g		Sugars / Sucres 1 g	
Cholesterol / Cholestérol 0 mg		Protein / Protéines 1 g	
Sodium / Sodium 180 mg	8 %		

* DV = Daily Value
VQ = Valeur quotidienne

Vitamin A / Vitamine A 8 % • Vitamin C / Vitamine C 0 %
Calcium / Calcium 2 % • Iron / Fer 4 %



ARAHOVA INC. - LAVAL, QUÉBEC H7V-2V9
(450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
PRODUCT OF CANADA

500g

ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH	QTY/CASE
DOL-500	6 22314 00139 1	1 06 22314 00626 3	6000 gr.	16.98 m ³	12/10	12

ARAHOVA[®]

SOUVLAKI

PORK



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

- Lean pork
- Traditional Greek spices
- Source of protein
- Low in saturated fat
- No trans fat

400 g

See more details
on back



SOUVLAKI

PORK



Here's a healthy alternative to home cooked meals!

Instead of high-fat processed foods, why not treat your family to pork souvlakis accompanied by vegetables and our famous tzatziki sauce? Bring the flavour of Greece to your family's doorstep.

MENU SUGGESTIONS:

Souvlakis can be served skewered on a stick, great for BBQs, accompanied by fresh vegetables, roasted potatoes and our famous tzatziki.

Wrap them up in our traditional pitas and make your own personal souvlaki.

For more recipes, visit www.arahova-souvlaki.ca

INGREDIENTS:

PORK, WATER, SEASONING (SALT, SPICES, SODIUM TRIPOLYPHOSPHATE, DEHYDRATED GARLIC, GARLIC EXTRACT, SPICE EXTRACTS), CANOLA OIL, FLAVOUR.

SHELF LIFE:

6 MONTHS* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

FROZEN AT ALL TIMES (-5 °C)

Nutrition Facts		Amount / Teneur		% DV / % VQ*	
Valeur nutritive		Fat / Lipides 6 g		9 %	
Per 2 skewers (100g)		Saturated / saturés 1.5 g		8 %	
Par 2 brochettes (100g)		+ Trans / trans 0 g			
Calories 130		Cholesterol / Cholestérol 50 mg		17 %	
		Sodium / Sodium 430 mg		18 %	
		Carbohydrate / Glucides 1 g		1 %	
		Fibre / Fibres 0 g		0 %	
		Sugars / Sucres 0 g			
		Protein / Protéines 18 g			
* DV = Daily Value		Vitamin A / Vitamine A 0 %		Vitamin C / Vitamine C 2 %	
VQ = Valeur quotidienne		Calcium / Calcium 2 %		Iron / Fer 6 %	



ARAOVA INC. - LAVAL, QUÉBEC H7V-2V9
(450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
PRODUCT OF CANADA

400g					
ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH
SOU-400	6 22314 13784 7	1 06 22314 13784 4	6290 gr.	16.98 m ³	10/10

ARAHOVA[®]

SOUVLAKI

CHICKEN



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



Here's a healthy alternative!

- Lean chicken
- Traditional Greek spices
- Source of protein
- Low in saturated fat
- No trans fat

400 g

See more details
on back



SOUVLAKI

CHICKEN



Here's a healthy alternative to home cooked meals!

Instead of high-fat processed foods, why not treat your family to chicken souvlakis accompanied by vegetables and our famous tzatziki sauce? Bring the flavour of Greece to your family's doorstep.

MENU SUGGESTIONS:

Chicken souvlakis can be served skewered on a stick, great for BBQs, accompanied by fresh vegetables, roasted potatoes and our famous tzatziki.

Wrap them up in our traditional pitas and make your own personal souvlaki.

For more recipes, visit www.arahova-souvlaki.ca



ARAHOVA INC. - LAVAL QJ1B8C H7V-2V9
(450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
PRODUCT OF CANADA

INGREDIENTS:

CHICKEN, WATER, SEASONING [DEHYDRATED GARLIC, SALT, SPICES, SODIUM TRIPOLYPHOSPHATE, CORN SYRUP SOLIDS, DEXTROSE, CHICKEN FAT, CORN STARCH, SUGAR, MONOSODIUM GLUTAMATE, PALM OIL, CELERY EXTRACTS, ONION POWDER, GARLIC EXTRACTS, HYDROLYSED CORN PROTEINS, SPICE EXTRACTS, SILICON DIOXIDE, DISODIUM INOSINATE, DISODIUM GUANYLATE, COLOUR, AUTOLYZED YEAST EXTRACT [SOY], CANOLA OIL, FLAVOUR.

SHELF LIFE:

6 MONTHS* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

FROZEN AT ALL TIMES (-5 °C)

Nutrition Facts Valeur nutritive

Per 2 skewers (100g)
Par 2 brochettes (100g)

Calories 110

* DV = Daily Value
VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 3 g	5 %	Carbohydrate / Glucides 1 g	1 %
Saturated / saturés 0.3 g	2 %	Fibre / Fibres 0 g	0 %
+ Trans / trans 0 g		Sugars / Sucres 0 g	
Cholesterol / Cholestérol 50 mg	17 %	Protein / Protéines 19 g	
Sodium / Sodium 430 mg	18 %		
Vitamin A / Vitamine A 0 % • Vitamin C / Vitamine C 2 % • Calcium / Calcium 2 % • Iron / Fer 6 %			

400g					
ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH
POU-400	6 22314 14875 1	1 06 22314 14875 8	6240 gr.	16.98 m ³	10/10

ARAHOVA[®]

SOUVLAKI

TZATZIKI COMBOS



ENJOY
A MEDITERRANEAN TASTE EXPERIENCE!

Since 1971

SOUVLAKI

TZATZIKI COMBOS

*Here's a quick and healthy alternative to home cooked meals!
No time to prepare dinner or lunch? Treat yourself to souvlakis accompanied
by our famous tzatziki sauce ready anytime.*



PORK SOUVLAKI INGREDIENTS: PORK, WATER, SEASONING (SALT, SPICES, SODIUM TRIPOLYPHOSPHATE, DEHYDRATED GARLIC, GARLIC EXTRACT, SPICE EXTRACTS), CANOLA OIL, FLAVOUR.

SHELF LIFE: 28 DAYS* (THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE: REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Per 2 skewers (100g) Par 2 brochettes (100g)	Calories 130	Fat / Lipides 6 g	9 %	Carbohydrate / Glucides 1 g	1 %
		Saturated / saturés 1.5 g + Trans / trans 0 g	8 %	Fibre / Fibres 0 g	0 %
		Cholesterol / Cholestérol 50 mg	17 %	Sugars / Sucres 0 g	
		Sodium / Sodium 430 mg	18 %	Protein / Protéines 18 g	
		* DV = Daily Value VQ = Valeur quotidienne			
		Vitamin A / Vitamine A 0 % • Vitamin C / Vitamine C 2 % • Calcium / Calcium 2 % • Iron / Fer 6 %			

ORDER CODE	UPC CODE	SCC CODE	GROSS WT (LBS.)	CASE CUBE	TIE HIGH
FCSP-350G	6 22314 55555 9	1 06 22314 55555 6	3000 gr.	8064	10 / 10



CHICKEN SOUVLAKI INGREDIENTS: CHICKEN, WATER, SEASONING (DEHYDRATED GARLIC, SALT, SPICES, SODIUM TRIPOLYPHOSPHATE, CORN SYRUP SOLIDS, DEXTROSE, CHICKEN FAT, CORN STARCH, SUGAR, MONOSODIUM GLUTAMATE, PALM OIL, CELERY EXTRACTS, ONION POWDER, GARLIC EXTRACTS, HYDROLYSED CORN PROTEINS, SPICE EXTRACTS, SILICON DIOXIDE, DISODIUM INOSINATE, DISODIUM GUANYLATE, COLOUR, AUTOLYZED YEAST EXTRACT [SOY], CANOLA OIL, FLAVOUR.

SHELF LIFE: 28 DAYS* (THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE: REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Per 2 skewers (100g) Par 2 brochettes (100g)	Calories 110	Fat / Lipides 3 g	5 %	Carbohydrate / Glucides 1 g	1 %
		Saturated / saturés 0.3 g + Trans / trans 0 g	2 %	Fibre / Fibres 0 g	0 %
		Cholesterol / Cholestérol 50 mg	17 %	Sugars / Sucres 0 g	
		Sodium / Sodium 430 mg	18 %	Protein / Protéines 19 g	
		* DV = Daily Value VQ = Valeur quotidienne			
		Vitamin A / Vitamine A 0 % • Vitamin C / Vitamine C 2 % • Calcium / Calcium 2 % • Iron / Fer 6 %			

ORDER CODE	UPC CODE	SCC CODE	GROSS WT (LBS.)	CASE CUBE	TIE HIGH
FCSC-350g	6 22314 77777 7	1 06 22314 77777 4	3000 gr.	8064	10 / 10

TZATZIKI SAUCE INGREDIENTS: MILK SOLIDS, BACTERIAL CULTURE, CUCUMBER, VEGETABLE OIL, VINEGAR, GARLIC, SALT

Nutrition Facts Valeur nutritive		Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Per 30g (2 Tbsp.) Par portion de 30g (2c. à table)	Calories 60	Fat / Lipides 4.5 g	7 %	Cholesterol / Cholestérol 15 mg	5 %
		Saturated / saturés 2.8 g + Trans / trans 0 g	14 %	Sodium / Sodium 55 mg	2 %
		Polyunsaturated / Polyinsaturés 0.4 g		Carbohydrate / Glucides 2 g	1 %
		Omega-6 / oméga-6 0.3 g		Fibre / Fibres 1 g	4 %
		Omega-3 / oméga-3 0.1 g		Sugars / Sucres 0.2 g	
		Monounsaturated / Monoinsaturés 1.5 g		Protein / Protéines 1 g	
		* DV = Daily Value VQ = Valeur quotidienne			
		Vitamin A / Vitamine A 4 % • Vitamin C / Vitamine C 2 % • Calcium / Calcium 4 % • Iron / Fer 2 %			



ARAHOVA INC. - LAVAL, QUÉBEC H7V-2V9
(450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
PRODUCT OF CANADA

NEW!

**FULLY COOKED
HEAT & SERVE**



Depuis / Since
1971

FIRE GRILLED PARTY PLATTER



4 CHICKEN KEBABS

4 PORK KEBABS

4 BEEF KEFTA

**INCLUDES:
TZATZIKI
SPICE MIX**

600g



ARAHOVA[®] CALAMARI

NEW
PRODUCT



ENJOY
GOURMET QUALITY
CALAMARI
FOR YOUR TABLE!

- Ideal as an appetizer
- A favourite for parties
- No trans fat
- Good source of Iron

Since 1971

250 g



CALAMARI



MENU SUGGESTIONS:

- An appetizer
- As a main dish
- As a side dish
- On a party platter

For more recipes, visit
www.arahova-souvlaki.ca

INGREDIENTS:

SQUID, BLEACHED WHITE FLOUR, WATER, SALT, SUGAR, SPICES, PARTIALLY HYDROGENATED SOYBEAN OIL, REFINED PALM OIL, DRY YEAST, MODIFIED TAPIOCA STARCH, SOY FLOUR, ONION POWDER, GARLIC POWDER, WHEY POWDER, WHEAT GLUTEN, NONFAT DRIED MILK, EGG WHITE POWDER, DEXTROSE, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE).

SHELF LIFE:

1 YEAR* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

FROZEN AT ALL TIMES (-5 °C)

Nutrition Facts Valeur nutritive

Per serving size 4 oz.
 (about 15 rings) (113g)
 Servings per container 2

Calories 270

* DV = Daily Value
 VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Fat / Lipides 13 g	20 %	Carbohydrate / Glucides 26 g	9 %
Saturated / saturés 3.5 g	18 %	Fibre / Fibres 1 g	4 %
+ Trans / trans 0 g		Sugars / Sucres 0 g	
Cholesterol / Cholestérol 10.5 mg	3 %	Protein / Protéines 10 g	
Sodium 650 mg	27 %		
* DV = Daily Value VQ = Valeur quotidienne Vitamin A / Vitamine A 0 % • Vitamin C / Vitamine C 0 % • Calcium / Calcium 6 % • Iron / Fer 8 %			



ARAOVA INC. - LAVAL, QUÉBEC H7V-2V9
 (450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
 PRODUCT OF CANADA

250g					
ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH
CAL-250	6 22314 16161 3	1 06 22314 16161 0	1600 gr.	8448	10/10

ARAHOVA®

New
PRODUCTS



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Since 1971



SPANAKOPITA

FILLING: SPINACH, FETA CHEESE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, BACTERIAL CULTURE, CALCIUM CHLORIDE, BENNETT SALT), WHOLE EGG, ONION, CANOLA OIL, SOYBEAN OIL, ENRICHED FLOUR (WHEAT FLOUR, SALT, CALCIUM, PHOSPHATE MONOBASIC, SODIUM BICARBONATE), DILL, PARSLEY, GREEN ONION, SALT, BLACK PEPPER.

FILLO PASTRY: WHEAT FLOUR, WATER, CORNSTARCH, DEXTROSE, POTASSIUM SORBATE, SALT, CANOLA OIL.

Nutrition Facts Valeur nutritive

Per 20g
Par 20g

Calories 50

* DV = Daily Value
VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ *	Amount / Teneur	% DV / % VQ *
Fat / Lipides 2.5 g	4 %	Cholesterol / Cholestérol 0 mg	0 %
Saturated / saturés 0.5 g	3 %	Sodium / Sodium 65 mg	3 %
+ Trans / trans 0.2 g		Carbohydrate / Glucides 6 g	2 %
Polyunsaturated / Polyinsaturés 1 g		Fibre / Fibres 0 g	0 %
Omega-6 / oméga-6 1 g		Sugars / Sucres 1 g	
Omega-3 / oméga-3 0.1 g		Protein / Protéines 2 g	
Monounsaturated / Monoinsaturés 1 g		Vitamin A / Vitamine A 4 % • Vitamin C / Vitamine C 0 % • Calcium / Calcium 2 % • Iron / Fer 4 %	

ORDER CODE	UPC CODE	SCC CODE	GROSS WT (LBS.)	TIE HIGH	QTY/CASE
SPA-270	6 22314 15923 8	1 06 22314 16923 5	3000 gr.	10 / 10	6 X 270 g



KREATOPITA

FILLING: BEEF, LAMB, ONIONS, PARMESAN CHEESE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, BACTERIAL CULTURE, SALT, CALCIUM CHLORIDE, MICROBIOENZYME, LIPASE, CELLULOSE), WHOLE EGG, CANOLA OIL, MARGARINE, TOMATO PASTE, SALT, BLACK PEPPER, NUTMEG, CINNAMON.

FILLO PASTRY: WHEAT FLOUR, WATER, CORNSTARCH, DEXTROSE, POTASSIUM SORBATE, SALT, CANOLA OIL.

Nutrition Facts Valeur nutritive

Per 20g
Par 20g

Calories 50

* DV = Daily Value
VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ *	Amount / Teneur	% DV / % VQ *
Fat / Lipides 2.5 g	4 %	Cholesterol / Cholestérol 5 mg	2 %
Saturated / saturés 0.5 g	4 %	Sodium / Sodium 150 mg	6 %
+ Trans / trans 0.2 g		Carbohydrate / Glucides 5 g	2 %
Polyunsaturated / Polyinsaturés 0.5 g		Fibre / Fibres 0 g	0 %
Omega-6 / oméga-6 0.5 g		Sugars / Sucres 1 g	
Omega-3 / oméga-3 0.1 g		Protein / Protéines 3 g	
Monounsaturated / Monoinsaturés 1 g		Vitamin A / Vitamine A 7 % • Vitamin C / Vitamine C 9 % • Calcium / Calcium 8 % • Iron / Fer 13 %	

ORDER CODE	UPC CODE	SCC CODE	GROSS WT (LBS.)	TIE HIGH	QTY/CASE
KRE-270	6 22314 09062 3	1 06 22314 18862 2	3000 gr.	10 / 10	6 X 270 g



MOUSSAKA

FILLING: BEEF, LAMB, POTATOES, BGGPLANT, ZUCCHINI, ONIONS, CANOLA OIL, WATER, TOMATO PASTE, SALT, BLACK PEPPER, CINNAMON.

BECHAMEL SAUCE: MILK, WHEAT FLOUR, MARGARINE, (CONTAINS SOYA BEAN OIL), PARMESAN CHEESE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, BACTERIAL CULTURE, SALT, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE), WHOLE EGGS.

Nutrition Facts Valeur nutritive

Per 200g
Par 200g

Calories 360

* DV = Daily Value
VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ *	Amount / Teneur	% DV / % VQ *
Fat / Lipides 22 g	34 %	Cholesterol / Cholestérol 45 mg	16 %
Saturated / saturés 5 g	30 %	Sodium / Sodium 940 mg	39 %
+ Trans / trans 1 g		Carbohydrate / Glucides 23 g	8 %
Polyunsaturated / Polyinsaturés 6 g		Fibre / Fibres 3 g	12 %
Omega-6 / oméga-6 4.5 g		Sugars / Sucres 5 g	
Omega-3 / oméga-3 1 g		Protein / Protéines 17 g	
Monounsaturated / Monoinsaturés 9 g		Vitamin A / Vitamine A 15 % • Vitamin C / Vitamine C 0 % • Calcium / Calcium 8 % • Iron / Fer 10 %	

ORDER CODE	UPC CODE	SCC CODE	GROSS WT (LBS.)	TIE HIGH	QTY/CASE
MOU-800	6 22314 17985 4	1 06 22314 17985 1	3000 gr.	10 / 10	6 X 800 g



TIROPITA

FILLING: FETA CHEESE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, BACTERIAL CULTURE, CALCIUM CHLORIDE, BENNETT SALT), RICOTTA CHEESE (PARTLY SOYA PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, LACTIC ACID, SALT), WHOLE EGG, ENRICHED FLOUR.

WHOLE FLOUR, SALT, CALCIUM, PHOSPHATE MONOBASIC, SODIUM BICARBONATE, MARGARINE, BLACK PEPPER.

FILLO PASTRY: WHEAT FLOUR, WATER, CORNSTARCH, DEXTROSE, POTASSIUM SORBATE, SALT, CANOLA OIL.

Nutrition Facts Valeur nutritive

Per 20g
Par 20g

Calories 60

* DV = Daily Value
VQ = Valeur quotidienne

Amount / Teneur	% DV / % VQ *	Amount / Teneur	% DV / % VQ *
Fat / Lipides 3.5 g	5 %	Cholesterol / Cholestérol 10 mg	3 %
Saturated / saturés 1.5 g	8 %	Sodium / Sodium 80 mg	3 %
+ Trans / trans 0.2 g		Carbohydrate / Glucides 5 g	2 %
Polyunsaturated / Polyinsaturés 0.5 g		Fibre / Fibres 0 g	0 %
Omega-6 / oméga-6 0.5 g		Sugars / Sucres 0 g	
Omega-3 / oméga-3 0.1 g		Protein / Protéines 2 g	
Monounsaturated / Monoinsaturés 1 g		Vitamin A / Vitamine A 4 % • Vitamin C / Vitamine C 0 % • Calcium / Calcium 2 % • Iron / Fer 2 %	

ORDER CODE	UPC CODE	SCC CODE	GROSS WT (LBS.)	TIE HIGH	QTY/CASE
TIR-270	6 22314 16954 1	1 06 22314 16954 8	3000 gr.	10 / 10	6 X 270 g

**NOUVEAU!
NEW!**

**LA
MEILLEUR
DANS**



LA BELLE PROVINCE POUTINE

“CHEESE FRIES”

**FRITES DORÉES
ONDULÉES
NAPPÉES D'UNE
SAUCE BRUNE
SAVOUREUSE ET
DE FROMAGE**

**GOLDEN CRINKLE
CUT FRIES
WITH A RICH
BROWN GRAVY
AND CHEESE**



**UN GOÛTER
ÉPATANT PRÊT
EN QUELQUES
MINUTES!**

**GREAT SNACK
READY TO EAT
IN MINUTES!**

250 g

*Voir les détails au verso
See details on reverse*



**NOUVEAU!
NEW!**

**LA
MEILLEUR
DANS**



LA BELLE PROVINCE POUTINE "CHEESE FRIES"

FRITES DORÉES
ONDULÉES
NAPPÉES D'UNE
SAUCE BRUNE
SAVOUREUSE ET
DE FROMAGE

GOLDEN CRINKLE
CUT FRIES
WITH A RICH
BROWN GRAVY
AND CHEESE



UN GOÛTER
ÉPATANT PRÊT
EN QUELQUES
MINUTES!

GREAT SNACK
READY TO EAT
IN MINUTES!

Valeur nutritive Nutrition Facts

Pour 250 g / Per 250 g

Teneur Amount	% valeur quotidienne % Daily Value
Calories / Calories 360	
Lipides / Fat 16 g	25 %
Saturés / Saturated 9 g	45 %
+ trans / Trans 0.3 g	
Cholestérol / Cholesterol 40 mg	
Sodium / Sodium 430 mg	18 %
Glucides / Carbohydate 38 g	13 %
Fibres / Fibre 3 g	11 %
Sucres / Sugars 0 g	
Protéines / Protein 12 g	
Vitamine A / Vitamin A	20 %
Vitamine C / Vitamin C	8 %
Calcium / Calcium	20 %
Fer / Iron	6 %

250 g

CODE DE PRODUIT/ PRODUCT CODE	CODE CUP/ UPC CODE	CODE SCC/ SCC CODE	POIDS À L'UNITÉ/ UNIT WEIGHT	QTE/CAISSE QTY / CASE	CASE WEIGHT/ POIDS DE LA CAISSE	DIMENSIONS DE PALETTE/ TIE HIGH
25380	6 22314 25380 6	10 822314 253805	250 g	12	3.3 kg	20/6

INGRÉDIENTS : POMMES DE TERRES FRITES, POMMES DE TERRE, HUILE VÉGÉTALE NON HYDROGÉNÉE (CANOLA/SOJA), PYROPHOSPHATE DISODIQUÉ, DEXTROSE, SAUCE / SAUCE, MODIFIÉ CORN STARCH / CORN STARCH, EXTRAIT SEC DE SIROP DE MAÏS, SEL, FARINE DE BLÉ, DEXTROSE, FARINE DE MAÏS, HUILE DE PALME, GLUTAMATE MONOSODIQUÉ, EXTRAIT DE LÉVURE (SOJA), PROTÉINES DE MAÏS HYDRATÉES, LÉGUMES DESHYDRATÉS (ONION, TOMATE, AIL), HUILE DE CANOLA, ÉPICES, GOMME DE GUAR, GOMME XANTHANE, ACIDE CITRIQUE, COLORANT EXTRAITS D'ÉPICÉ, INOSINATE DISODIQUÉ, GUANYLATE DISODIQUÉ, BENZOATE DE SODIUM (AGENT DE CONSERVATION), FROMAGE CHEDDAR EN GRAINS - LAIT PASTEURISÉ, SUBSTANCES LAITIÈRES MODIFIÉES, CULTURE BACTÉRIENNE, SEL, ENZYME MICROBIENNE.

INGRÉDIENTS FRENCH FRIES, POTATOES, NON HYDROGENATED VEGETABLE OIL (CANOLA/SOYBEAN), SODIUM ACID PYROPHOSPHATE, DEXTROSE, SAUCE/WATER, MODIFIED CORN STARCH / CORN STARCH, SOLIDS, SALT, WHEAT FLOUR, DEXTROSE, CORN FLOUR, PALM OIL, MONOSODIUM GLUTAMATE, YEAST EXTRACT (SOY), HYDROLYZED CORN PROTEINS, DEHYDRATED VEGETABLES (ONION, TOMATO, GARLIC), CANOLA OIL, SPICES, GUAR GUM, XANTHAN GUM, CITRIC ACID, COLOUR, SPICE EXTRACTS, DISODIUM INOSINATE, DISODIUM GUANYLATE, SODIUM BENZOATE (AS PRESERVATIVE), CHEDDAR CHEESE CURDS - PASTEURIZED MILK, MODIFIED MILK PRODUCTS, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME.

DURÉE DE CONSERVATION/SHELF LIFE :

CONGÉLÉ - UN AN RÉFÉRIGÉRE - 14 JOURS. / FROZEN - ONE YEAR REFRIGERATED - 14 DAYS.

ENTREPOSAGE/STORAGE : VEUILLEZ GARDER CONGÉLÉ / KEEP FROZEN (-5 °C/23°F)



(450) 688-9980

Communiquez avec votre fournisseur/
Contact your distributor

PRODUIT DU/PRODUCT OF CANADA

TZATZIKI

DIP



Here's a healthy alternative!

Instead of high-fat sauces like mayonnaise or ketchup, why not garnish with delicious dips and spreads? Choose from a wide variety of products to bring out the flavour of your dishes.

MENU SUGGESTIONS:

- An appetizer
- With an assortment of raw vegetables
- On pita bread
- In a green salad
- As a garnish to your meat, poultry, grilled fish or roasted potatoes

For more recipes, visit
www.arahova-souvlaki.ca



ARAHOVA INC. - LAVAL QUÉBEC H7V-2V9
(450) 688-3535
www.arahova-souvlaki.ca

Contact your distributor
PRODUCT OF CANADA

INGREDIENTS:

MILK SOLIDS, BACTERIAL CULTURE, CUCUMBER, VEGETABLE OIL, VINEGAR, GARLIC, SALT.

SHELF LIFE:

50 DAYS* (* THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

STORAGE:

REFRIGERATED AT ALL TIMES (2-4 °C)

Nutrition Facts Valeur nutritive	Amount / Teneur	% DV / % VQ*	Amount / Teneur	% DV / % VQ*
Per 30g (2 Tbsp.) Par portion de 30g (2c. à table) Calories 60	Fat / Lipides 4.5 g	7 %	Cholesterol / Cholestérol 15 mg	5 %
	Saturated / saturés 2.8 g	14 %	Sodium / Sodium 55 mg	2 %
	+ Trans / trans 0 g		Carbohydrate / Glucides 2 g	1 %
	Polyunsaturated / Polyinsaturés 0.4 g		Fibre / Fibres 1 g	4 %
	Omega-6 / oméga-6 0.3 g		Sugars / Sucres 0.2 g	
	Omega-3 / oméga-3 0.1 g		Protein / Protéines 1 g	
	Monounsaturated / Monoinsaturés 1.5 g			
	* DV - Daily Value VQ - Valeur quotidienne			
	Vitamin A / Vitamine A 4 %		Vitamin C / Vitamine C 2 %	
	Calcium / Calcium 4 %		Iron / Fer 2 %	

ORDER CODE	UPC CODE	SCC CODE	GROSS WEIGHT (LBS.)	CASE CUBE	TIE HIGH	QTY/CASE
250g						
TZA-250	6 22314 00001 1	1 06 22314 00032 2	3000 gr.	9.52 m ³	20/10	12
500g						
TZA-500	6 22314 00002 8	1 06 22314 00002 8	6000 gr.	16.98 m ³	12/10	12



LA BELLE PROVINCE SAUCE À POUTINE POUTINE SAUCE



*Idéale pour...
Ideal for...*

- Patates en purée ou au four
Mashed or baked potatoes
- Patates frites
French fries
- Sandwiches au poulet chaud
Hot chicken sandwiches
- Bœuf hamburger
Hamburger steak
- Rôti de bœuf
Roast beef

**UNE RICHE
SAUCE BRUN**

**A RICH BROWN
GRAVY SAUCE**

300 ml

*Voir les détails au verso
See details on reverse*



SAUCE À POUTINE

POUTINE SAUCE



SUGGESTIONS MENU : MENU SUGGESTIONS:

- *Sur patates en purée ou au four*
On mashed or baked potatoes
- *Sur patates frites*
On french fries
- *Sur sandwichs au poulet chaud*
On hot chicken sandwiches
- *Sur bœuf hamburger*
On hamburger steak
- *Sur rôti de bœuf*
On roast beef

INGRÉDIENTS/INGREDIENTS : EAU, AMIDON DE MAÏS MODIFIÉ, BASE (EXTRAIT SEC DE GLUCOSE ET DE MAÏS, SEL, PROTÉINES VÉGÉTALES HYDROLYSÉES (PROTÉINES DE SOYA, MAÏS, GLUTEN DE MAÏS ET DE BLÉ), FARINE DE BLÉ, SUCRE, DEXTROSE, HUILE DE SOYA ET DE PALME, GLUTAMATE MONOSODIQUÉ, GRAS DE POULET, LÉGUMES DÉSHYDRATÉS (OIGNON, AIL), ÉPICES, ASSAISONNEMENT, COLORANT (TARTRAZINE, SULFITES), PERSIL, SAUMUR, ACIDE CITRIQUE, EXTRAIT DE BŒUF ET DE LEVURE AUTOLYSÉE, GOMME XANTHANE, INOSINATE DISODIQUÉ, GUANYLATE DISODIQUÉ, BOROXYDE DE SILICUM), PÂTE DE TOMATE, JUS DE CITRON, BENZOATE DE SODIUM.

WATER, MODIFIED CORNSTARCH, BASE (GLUCOSE AND CORN SYRUP SOLIDS, SALT, HYDROLYSED PLANT PROTEIN (SOY AND CORN PROTEIN, CORN AND WHEAT GLUTEN), WHEAT FLOUR, SUGAR, DEXTROSE, SOY AND PALM OIL, MONOSODIQUÉ GLUTAMATE, CHICKEN FAT, DEHYDRATED VEGETABLES (ONION, GARLIC), SPICES, SEASONING, COLOR (TARTRAZINE, SULPHITES), PARSLEY, FLAVOR, CITRIC ACID, BEEF AND AUTOLYSED YEAST EXTRACT, XANTHAN GUM, DISODIUM INOSINATE, DISODIUM GUANYLATE, SILICONE DIOXYDE), TOMATO PASTE, LEMON JUICE, SODIUM BENZOATE.

DURÉE DE CONSERVATION/SHELF LIFE :

55 JOURS* (LA PÉRIODE DE CONSERVATION COMMENCE À LA DATE DE PRODUCTION ET NON LORSQUE LE PRODUIT EST ENTAMÉ)
55 DAYS* (THE SHELF LIFE BEGINS FROM THE DATE OF PRODUCTION, NOT AFTER PRODUCT HAS BEEN OPENED)

ENTREPOSAGE/STORAGE :

RÉFRIGÉRER APRÈS OUVERTURE / REFRIGERATE AFTER OPENING

Valeur nutritive Nutrition Facts	Teneur / Amount	% VQ / % DV*	Teneur / Amount	% VQ / % DV*
	Par portion de 30 ml Per 30 ml	Lipides / Fat 0 g	0 %	Glucides / Carbohydate 2 g
	Saturés / Saturated 0 g + trans / Trans 0 g	0 %	Fibres / Fibre 0 g	0 %
	Cholestérol / Cholesterol 0 mg		Sucres / Sugars 0 g	
Calories 10	Sodium / Sodium 60 mg	3 %	Protéines / Protein 0 g	
* VQ = Valeur quotidienne DV = Daily Value	Vitamine A / Vitamin A 0 % • Vitamine C / Vitamin C 0 % Calcium / Calcium 0 % • Fer / Iron 0 %			



(450) 688-9980

Communiquez avec votre fournisseur
Contact your distributor
PRODUIT DU CANADA

300 ml						
CODE DE PRODUIT	CODE CJP	CODE SCC	POIDS BRUT (LB)	VOLUME	TIE HIGH	QTÉ/CAISSE
50025	6 22314 25373 8	10622314253735	3600 ml	12.1 cm	12/6	12

ARAHOVA[®]

FULLY COOKED

BEEF GYROS



ENJOY
A MEDITERRANEAN
TASTE EXPERIENCE!

Here's a tasty alternative!

- Low in saturated fat
- No trans fat
- Source of Omega 3 & 6
- Source of Beta-carotene

550g See more details
on back



**NEW!
NOUVEAU!**

DELI
STYLE

CHEESE FRIES

"POUTINE"

GOLDEN CRINKLE
CUT FRIES
WITH A RICH
BROWN GRAVY
AND CHEESE

FRITES DORÉES
ONDULÉES
NAPPÉES D'UNE
SAUCE BRUNE
SAVOUREUSE ET
DE FROMAGE



GREAT SNACK
READY TO EAT
IN MINUTES!

UN GOÛTER
ÉPATANT PRÊT
EN QUELQUES
MINUTES!

250 g

See details on reverse
Voir les détails au verso



**NEW!
NOUVEAU!**

DELI
STYLE

CHEESE FRIES

"POUTINE"

**GOLDEN CRINKLE
CUT FRIES
WITH A RICH
BROWN GRAVY
AND CHEESE**

**FRITES DORÉES
ONDULÉES
NAPPÉES D'UNE
SAUCE BRUNE
SAVOUREUSE ET
DE FROMAGE**



**GREAT SNACK
READY TO EAT
IN MINUTES!**

**UN GOÛTER
ÉPATANT PRÊT
EN QUELQUES
MINUTES!**

**Nutrition Facts
Valeur nutritive**

Per 250 g / Pour 250 g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 360	
Fat / Lipides 16 g	25 %
Saturated / Saturés 9 g + Trans / trans 0.3 g	45 %
Cholesterol / Cholestérol 40 mg	
Sodium / Sodium 430 mg	18 %
Carbohydrate / Glucides 38 g	13 %
Fibre / Fibres 3 g	11 %
Sugars / Sucres 0 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	20 %
Iron / Fer	6 %

250 g

PRODUCT CODE/ CODE DE PRODUIT	UPC CODE/ CODE CUP	SCC CODE/ CODE SCC	UNIT WEIGHT/ POIDS À L'UNITÉ	QTY/CASE QTE/CAISSE	CASE WEIGHT/ POIDS DE LA CAISSE	TIE HIGH/ DIMENSIONS DE PALETTE
25384	6 22314 25384 4	10 622314 25384 1	250 g	12	3.3 kg	20/6

INGRÉDIENTS FRENCH FRIES: POTATOES, NON HYDROGENATED VEGETABLE OIL (CANOLA/SOYBEAN), SODIUM ACID PYROPHOSPHATE, DEXTROSE, SAUCE: WATER, MODIFIED CORN STARCH, CORN STARCH SOLIDS, SALT, WHEAT FLOUR, DEXTROSE, CORN FLOUR, PALM OIL, MONOSODIUM GLUTAMATE, YEAST EXTRACT (SOY), HYDROLYZED CORN PROTEINS, DEHYDRATED VEGETABLES (ONION, TOMATO), GARLIC, CANOLA OIL, SPIES, GUM, XANTHAN GUM, CITRIC ACID, COLOR, SALT. SPECIFIC EXTRACTS: DISODIUM INOSINATE, DISODIUM GUANYLATE, SODIUM BENZOATE (AS PRESERVATIVE), CHEDDAR CHEESE CURDS: PASTEURIZED MILK, MODIFIED MILK PRODUCTS, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME.

INGRÉDIENTS : POMMES DE TERRES FRITES : POMMES DE TERRE, HUILE VÉGÉTALE NON HYDROGÉNÉE (CANOLA/SOJA), PYROPHOSPHATE DISODIQUÉ, DEXTROSE, SAUCE : EAU, AMIDON DE MAÏS MODIFIÉ, EXTRAIT SEC DE SIROP DE MAÏS, SEL, FARINE DE BLÉ, DEXTROSE, FARINE DE MAÏS, HUILE DE PALME, GLUTAMATE MONOSODIQUÉ, EXTRAIT DE LEVURE (SOJA), PROTÉINES MAÏS HYDROLYSÉES, LÉGUMES DÉSHYDRATÉS (OIGNON, TOMATE, AIL), HUILE DE CANOLA, ÉPICES, GOMME DE GUM, GOMME XANTHANE, ACIDE CITRIQUE, COLORANT, EXTRAITS D'ÉPICES, INOSINATE DISODIQUÉ, GUANYLATE DISODIQUÉ, BENZOATE DE SODIUM (AGENT DE CONSERVATION), FROMAGE CHEDDAR EN GRAINS : LAIT PASTEURISÉ, SUBSTANCES LAITIÈRES MODIFIÉES, CULTURE BACTÉRIENNE, SEL, ENZYME MICROBIENNE.

SHelf LIFE / DURÉE DE CONSERVATION :

FROZEN - ONE YEAR REFRIGERATED - 14 DAYS / CONGÉLÉ - UN AN RÉFRIGÉRÉ - 14 JOURS

STORAGE / ENTREPOSAGE : KEEP FROZEN / VIEUXEZ GARDER CONGÉLÉ (-5 °C/23°F)



(450) 688-9980

Contact your distributor/
Communiquez avec votre fournisseur
PRODUCT OF / PRODUIT DU CANADA

NEW!



NEW YORK STYLE Cheese Fries "Poutine"



**GOLDEN CRINKLE
CUT FRIES
WITH A RICH
BROWN GRAVY
AND CHEESE**

**GREAT SNACK
READY TO EAT
IN MINUTES!**



**250 g
(8.82 oz)**

See details on reverse



NEW!



NEW YORK STYLE Cheese Fries "Poutine"

**GOLDEN CRINKLE
CUT FRIES
WITH A RICH
BROWN GRAVY
AND CHEESE**

**GREAT SNACK
READY TO EAT
IN MINUTES!**



Nutrition Facts

Serving size (250 g)
Servings per container 1

Amount Per Serving

Calories 360 Calories from fat 150

% Daily Value*

Total Fat 16 g **25 %**

 Saturated Fat 9 g **45 %**

 Trans Fat 0 g

Cholesterol 40 mg **13 %**

Sodium 430 mg **18 %**

Total Carbohydrate 38 g **13 %**

 Dietary Fiber 3 g **12 %**

 Sugars 0 g

Protein 12 g

Vitamin A 10% • Vitamin C 8%

Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

250 g (8.82 oz)

PRODUCT CODE	UPC CODE	SCC CODE	UNIT WEIGHT	QTY / CASE	CASE WEIGHT	TIE HIGH
25373	6 22314 25395 0	10 622314 25395 7	250 g (8.82 oz)	12	3.3 kg (7.3 lbs)	206

INGREDIENTS: FRENCH FRIES, POTATOES, CANOLA AND/OR SOYBEAN OIL, SODIUM ACID PYROPHOSPHATE, DEXTROSE, SALAD WATER, MODIFIED CORN STARCH, CORN SYRUP SOLIDS, SALT, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN), DEXTROSE (CORN), WHITE CORN FLOUR, PALM OIL, MONOSODIUM GLUTAMATE, YEAST EXTRACT (DRIED SOY SAUCE [HYDROLYZED SOY PROTEIN, CORN SYRUP SOLIDS, SALT], SALT, SOYBEAN OIL, HYDROLYZED CORN PROTEIN, CANOLA OIL, GUAR GUM, XANTHAN GUM, DEHYDRATED ONION, TOMATO POWDER, SPICE AND COLORING, CITRIC ACID, CARAMEL COLOR, SPICES, DEHYDRATED GARLIC, SPICE EXTRACTS, DISODIUM INOSINATE, DISODIUM GUANYLATE, PAPRIKA EXTRACT, SODIUM BENZOATE (PRESERVATIVE), CURD CHEESE, PASTEURIZED MILK, MILK PROTEIN CONCENTRATE, CREAM, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME, MAY CONTAIN ANNATTO.

CONTAINS WHEAT, SOY AND MILK.

SHelf LIFE:

FROZEN - ONE YEAR, REFRIGERATED - 14 DAYS.

STORAGE: KEEP FROZEN (-5 °C/23°F)



(450) 688-9980

Contact your distributor
PRODUCT OF CANADA



TZATZIKI
TZA-250 - 250 g
6-22314-00001-1
TZA-500 - 500 g
6-22314-00002-8



TZATZIKI SQUEEZE
SQU-500 - 500 g
6-22314-00626-6



TZATZIKI LIGHT
TL-250 - 250 g
6-22314-33333-1



GREEK SPINACH
SPI-250 - 250 g
6-22314-44444-0



GREEK SPINACH LIGHT
SPI-210 - 210 g
6-22314-00156-8



TARAMOSALATA
TAR-250 - 250 g
6-22314-10101-5



SOUVLAKIS TZATZIKI COMBO PORK
FCSP-350G - 350 g
6-22314-55555-9



SKORDALIA
SKO-250 - 250 g
6-22314-00006-6



FETA CHEESE & GREEK OLIVES
FO-250 - 250 g
6-22314-88888-6



HOT FETA CHEESE
HOT-250 - 250 g
6-22314-99999-5



ROASTED PEPPER & FETA CHEESE
ROA-250 - 250 g
6-22314-22222-2



ASSORTED DIPS
PAR-500 - 500 g
6-22314-00021-9



DOLMADES
DOL-500 - 500 g
6-22314-00139-1



SOUVLAKIS TZATZIKI COMBO CHICKEN
FCSC-350G - 350 g
6-22314-77777-7



SOUVLAKIS PORK
SOU-400 - 400 g
6-22314-13784-7



SOUVLAKIS CHICKEN
POU-400 - 400 g
6-22314-14875-1



SPANAKOPITA
SPA-270 - 270 g
6-22314-15923-8



KREATOPITA
KRE-270 - 270 g
6-22314-09062-3



MOUSSAKA
MOU-800 - 800 g
6-22314-17985-4



TIROPITA
TIR-270 - 270 g
6-22314-16954-1



CALAMARI
CAL-250 - 250 g
6-22314-16161-3