

Chicken more chicken less coating first and foremost

Our premier line
of lightly breaded
chicken products

**Trans Fat
FREE**

**ELMIRA**
POULTRY

Our focus is on putting you **first**

Chicken First™ stuffed breasts

Our newest addition to our Chicken First line! These premium prepared items are hand pocketed and stuffed using whole chicken breasts. Available in three popular fillings: Kiev, Cordon and Divan. Preparation couldn't be easier while not compromising quality.

Nutritional Analysis per 100 g

Product	Energy	Protein	Fat	Carbs	Cholesterol	Sodium	Potassium
Kiev	245 cal	15 g	17.2 g	8.0 g	29 mg	325 mg	219 mg
Cordon	193 cal	17 g	9.5 g	10.0 g	42 mg	579 mg	200 mg
Divan	185 cal	14 g	9.3 g	11.0 g	30 mg	485 mg	205 mg



Chicken First™ fillets

Our #1 selling product and with good reason! It's a moist, tender 100% whole tenderloin chicken fillet lightly dipped in a spicy coating — only 35% breading pickup. The natural shape and texture give it an appetizing “homemade” look for maximum presentation appeal. It's a versatile favourite that adds value and selection to any menu.

Nutritional Analysis per 100 g

Energy	Protein	Fat	Carbs	Cholesterol	Sodium	Potassium
196 cal	16 g	9.7 g	11.5 g	23 mg	566 mg	252 mg

Chicken First™ morsels

A winner from the word go, our breaded whole muscle morsels can be served as an appetizer with your house dipping sauce, or as an entrée alternative to chicken nuggets. Tender, juicy chunks of boneless breast lightly coated to deliver bite-sized mouthfuls of crispy taste. Individually frozen and par-fried for added convenience.

Nutritional Analysis per 100 g

Energy	Protein	Fat	Carbs	Cholesterol	Sodium	Potassium
175 cal	16 g	5.7 g	14.1 g	32 mg	438 mg	170 mg



Chicken *first*™

more chicken less coating



Chicken First™ “sandwich style” Trans Fat FREE

Just as the name suggests, our sandwich style breaded boneless breast gives great bun coverage. And it looks great as a centre-of-the-plate entrée. Lightly breaded and slightly spicy, our portion controlled breasts are prepared to ensure a consistent thickness for better cooking results.

Nutritional Analysis per 100 g

Energy	Protein	Fat	Carbs	Cholesterol	Sodium	Potassium
218 cal	14 g	10.3 g	17.3 g	25 mg	323 mg	155 mg



Chicken First™ schnitzel Trans Fat FREE

It's the perfect alternative to veal or pork and it's great as a centre-of-the-plate entrée or as part of a buffet. Our unique processing ensures a flattened look for better plate coverage and a natural home-style appearance. Our own special blend of seasonings, combined with just the right amount of crumbs, give it that traditional Bavarian look and taste.

Nutritional Analysis per 100 g

Energy	Protein	Fat	Carbs	Cholesterol	Sodium	Potassium
214 cal	13 g	10.2 g	17.6 g	31 mg	530 mg	164 mg

Chicken First™ dusted wings Trans Fat FREE

These lightly dusted wings have a crispy bite that your customers will love — especially when you serve them with your house specialty dipping sauce. They fit the menu for family and casual/roadhouse restaurants, institutions and take-out. Individually quick frozen and par-fried, Chicken First dusted wings go from the freezer to the table in no time.

Nutritional Analysis per 100 g

Energy	Protein	Fat	Carbs	Cholesterol	Sodium	Potassium
232 cal	13 g	15.7 g	9.6 g	94 mg	412 mg	102 mg



Chicken *first*™ product information



Chicken First™ stuffed breasts

Product Code	Product Description	Average Portion Size	Pieces Per Case	Case Weight	Cost Per Case	Cost Per Piece
1-10-4105	Chicken First Stuffed Kiev	198 g	12	2.4 kg	\$	\$
1-10-4106	Chicken First Stuffed Cordon	198 g	12	2.4 kg	\$	\$
1-10-4107	Chicken First Stuffed Divan	198 g	12	2.4 kg	\$	\$



Chicken First™ fillets

Product Code	Product Description	Average Portion Size	Pieces Per Case	Case Weight	Cost Per Case	Cost Per Piece
1-10-2440	Chicken First Fillet	45 g	80-100	4.0 kg	\$	\$



Chicken First™ morsels

Product Code	Product Description	Average Portion Size	Pieces Per Case	Case Weight	Cost Per Case	Cost Per Piece
1-10-2600	Chicken First Breaded Morsels	18 g	155-175	3.0 kg	\$	\$



Chicken First™ schnitzel

Product Code	Product Description	Average Portion Size	Pieces Per Case	Case Weight	Cost Per Case	Cost Per Piece
1-10-2950	Chicken First W/M Breaded Chicken Schnitzel	100 g	33-37	3.5 kg	\$	\$



Chicken First™ dusted wings

Product Code	Product Description	Average Portion Size	Pieces Per Case	Case Weight	Cost Per Case	Cost Per Piece
1-10-2305	Chicken First Par-Fried Dusted Wings	48 g	100-115	5.0 kg	\$	\$



Chicken First™ “sandwich style”

Product Code	Product Description	Average Portion Size	Pieces Per Case	Case Weight	Cost Per Case	Cost Per Piece
1-10-2505	Chicken First “Sandwich Style” Boneless Breast	90 g	37-41	3.5 kg	\$	\$
1-10-2510	Chicken First “Sandwich Style” Boneless Breast	113 g	29-33	3.5 kg	\$	\$



PUTTING POULTRY ON EVERY PLATE

WWW.ELMIRAPOULTRY.COM

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