



D E N I S

SAUCISSES • GOURMET • SAUSAGES

Denis Gourmet Sausage is a company with a conscience. Ottawa-based teacher and founder Denis Arseneault owes it all to a trip to Cambodia in 2004 where he met Pi, a young, uneducated child. He thought that Pi would never be given the same opportunities as are children in Canada. And so, Denis decided to help these young kids caught in the broken system of developing countries. With the support of First Avenue Public School, where Denis taught, a partnership was formed with a

school in Mali and the fundraisers began. Thai Chicken sausages were a major hit with the community and in five years helped raise over \$50 000 for children in Mali. Denis Gourmet Sausages has partnered with Signature Foods & The Natural Gourmet to bring these delicious, nutritious and generous sausages to you. 10% of DGS profits will support integrated development of the poor in Cambodia.

THAI CHICKEN



When people get their first taste of Thai cooking, it's often a revelation and they are converts for life.

INGREDIENTS: Chicken, Thai green curry paste (green chilli, lemon grass, garlic, salt, galangal, shrimp paste, kaffir lime peel, coriander seed, pepper, cumin and turmeric), natural cod extract, garlic, ginger, herbs & spices.

PORK BAVARIAN



This hearty German sausage has an ample, smoky flavour from the bacon and a nice lift in its aroma and taste from the spices and mustard. It's fabulous on a bun or simmered with sauerkraut, onions and apples.

INGREDIENTS: picnic shoulder cut, lean smoked bacon, garlic, beer, and spices.

PORK SICILIAN



The mouth-watering taste of anise is enhanced by herbs, fennel, cayenne pepper and red chilli flakes. It's delicious off the grill and can add pizzazz to your favourite Italian dishes.

INGREDIENTS: pork picnic shoulder cut, anise extract, garlic, herbs and spices



DENIS

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THAI CHICKEN

Nutrition Facts Valeur nutritive

Per 1 Link (75 g) / pour 1 Lien (75 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 6 g	9 %
Saturated / saturés 1.5 g + Trans/ trans 0 g	8 %
Cholesterol / Cholestérol 45 mg	15 %
Sodium / Sodium 310 mg	13 %
Potassium / Potassium 210 mg	6 %
Carbohydrate / Glucides 2 g	1 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	2 %
Iron / Fer	10 %

INGREDIENTS: Chicken, Thai green curry paste (green chilli, lemon grass, garlic, salt, galangal, shrimp paste, kaffir lime peel, coriander seed, pepper, cumin and turmeric), natural cod extract, garlic, ginger, herbs & spices.

PORK BAVARIAN

Nutrition Facts Valeur nutritive

Per 1 Link (75 g) / pour 1 Lien (75 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 11 g	17 %
Saturated / saturés 3.5 g + Trans/ trans 0 g	18 %
Cholesterol / Cholestérol 45 mg	14 %
Sodium / Sodium 240 mg	10 %
Potassium / Potassium 290 mg	8 %
Carbohydrate / Glucides 1 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	4 %

INGREDIENTS: picnic shoulder cut, lean smoked bacon, garlic, beer, and spices.

PORK SICILIAN

Nutrition Facts Valeur nutritive

Per 1 Link (75 g) / pour 1 Lien (75 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 140	
Fat / Lipides 9 g	13 %
Saturated / saturés 3 g + Trans/ trans 0 g	14 %
Cholesterol / Cholestérol 45 mg	14 %
Sodium / Sodium 270 mg	11 %
Potassium / Potassium 320 mg	9 %
Carbohydrate / Glucides 2 g	1 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	2 %
Iron / Fer	6 %

INGREDIENTS: pork picnic shoulder cut, anise extract, garlic, herbs and spices

