

BARS/SNACKS

Love Good Fats – High fat bars

Meat Bar – Original, Sriracha

Giddy Yoyo – 100% Chocolate

Lindt – 85% and 90% chocolate

Eden – Nori sheets

Gimme – Organic roasted seaweed snacks

Julian Bakery – Paleo Crackers, Paleo Bars, Pro Granola

Smart Sweets

Stevia Sweetened Gummies (use with caution!)

DRINKS

Four Sigmatic Foods – Mushroom coffee

Bulletproof – Coffee beans, ground coffee

Zevia – Stevia sweetened soda, Zevia Water

La Croix – Unsweetened carbonated water

Commisso's – PH balanced water

Aqua Hydrate – Alkaline water

Flow – Alkaline water

Ener-C Sport – Electrolyte drink mix

DoMatcha – Matcha green tea

Commisso's – Fresh pressed, organic celery juice

COMMISSO'S KITCHEN

Hot Foods

Roasted whole chicken, chicken breast,
chicken legs

Grilled salmon

Steamed veggies (broccoli, cauliflower,
bell peppers, zucchini)

Sausage & bell peppers

Salads

Kale salad

Cherry tomato & bocconcini

Keto power bowl

Grab & Go

Grilled vegetable medley

Grilled chicken breast

Grilled salmon fillet

WELLNESS ITEMS/ SUPPORTIVE SUPPLEMENTS

Prairie Naturals – Keto Protein powder, Keto Coconut
(caps), Keto enzymes, Keto strips

Prairie Naturals – Bone Broth Protein Powder
(chicken or beef)

New Roots – Beef bone broth powder

Genuine Health – Marine collagen powder (unflavoured)
Bovine collagen powder (unflavoured)

Bulletproof – Upgraded Hydrolyzed Collagen powder

Organika – Enhanced collagen powder

Progressive – Complete Collagen

EnerC Sport – Electrolyte drink mix

Organic Traditions – Ashwagandha powder, Turmeric
powder, Maca powder (adaptogenic herbs that
aid in adrenal support)

Nutiva – MCT powder (original, vanilla, chocolate)

Giddy Yoyo – Chlorella powder, spirulina powder

Flora – Gandalf spirulina (powder, tablets & capsules)

Prairie Naturals – Aqua Greens, organic spirulina,
organic chlorella, fermented kale, organic alfalfa grass

Canprev – Electromag (magnesium + electrolytes)

Now – Potassium Citrate

AOR – B complex

Canprev – Vitamin D3 & K2

Lily of the Dessert – Aloe vera juice

FERMENTED FOODS/GUT HEALTH

Mighty Fine Brine – Fermented pickles

Wild Brine – Sauerkrauts & kimchi

Wild Brine – Probiotic Smoky Jalapeno Sriracha

Bubbies – Sauerkrauts & Pickles

Farmhouse Culture – Sauerkrauts & Kimchi

Live Organics – Kimchi

Genuine Health – Fermented Gut Superfood

Organic Traditions – Probiotic Super Greens

Various Brands – Probiotic Supplements



6161 Thorold Stone Road
Niagara Falls, ON L2J 1A4
905.357.6600
CommissosFreshFoods.com

Rev. 02/19



COMMISSO'S
FRESH FOODS

KETO
FRIENDLY
FOODS



MEATS & PROTEINS

Maple Leaf Prime

Antibiotic Free Chicken (dark, white, wings)

Store Made

Sausages, ground beef, turkey, chicken, brisket, bones

Seafood – *Wild Atlantic Salmon, cod, mackerel*

Raincoast – *Canned tuna & salmon*

Rio Mare – *Canned tuna in olive oil*

Brunswick – *Sardines*

Conestoga – *Organic or free run eggs*

Bluebird – *Chicken Bone Broth, Beef Bone Broth (frozen)*

Broya – *Bone Broth*

Stock Exchange

Chicken Bone Broth, Beef Bone Broth (frozen)

FATS

Alpha Supreme - *MCT Oil*

St. Francis - *MCT Oil, MCT & Ghee, Coconut Oil & Ghee
Cooking Spray, Coconut Oil & Ghee, Natural Ghee*

Bulletproof- *Brain Octane, XCT Oil*

Omega Nutrition – *MCT Oil*

Nutiva - *Buttery Coconut Oil, MCT Powder*

Nature's Way - *Liquid Coconut oil*

Commisso's – *Raw, Organic Virgin Coconut Oil*

Omega Nutrition – *Virgin Coconut Oil (no coconut flavor)*

Rolling Meadows - *Grass Fed Butter*

Kiwi Pure - *Grass Fed Butter*

Thornloe – *Grass Fed Butter*

Manitoba Harvest- *Hemp Oil*

Artisana - *Coconut Butter*

Organic Traditions - *Coconut Milk Powder, Shredded
Coconut, Cacao Butter*

Know Brainer – *Ketogenic Creamers*

Duck Fat - *Cooking Lard*

Commisso's – *Lard (rendered in-store)*

Primal Kitchen – *Avocado Oil*

Flora - *Udos Oil, Omega Sport+*

La Turangelle – *Avocado Oil*

NutraSea - *Omega 3 Fish Oils*

MILK, CHEESE, DAIRY ALTERNATIVES

Silk - *Coconut yogurt, unsweetened beverages
(coconut, almond)*

Spread Em – *Fermented Cashew cheese spread*

Blossom Bakery – *Cashew cheese spreads*

L'Ancetre – *Aged cheeses*

Thornloe – *Grass fed cheeses*

Liberte – *Cream Fraiche, Unsweetened kefir*

Hewits Dairy – *Sour cream*

Organic Meadow – *Sour cream*

Western – *Sour cream, cream cheese*

Harmony – *Table cream, whipping cream*

Hope Eco Farms – *Water buffalo milk, yogurt*

Eby Manor – *Guernsey yogurt*

NUTS, SEEDS & CONCENTRATED FIBRE

Mike & Mikes or Prana – *Brazil, almonds, macadamia,
pecans, walnuts, etc...*

Nuts to You – *Natural nut butters*

NOW - *Psyllium husks*

Gold Top - *Flax seed (ground and whole)*

Prana - *White chia, black chia, proactive chia
(ground and whole)*

Manitoba Harvest – *Hemp Hearts*

Lorna Vanderhage – *Regular Girl*

Renew Life – *Organic Clear Fibre, Fibresmart*

Organic Traditions – *Black sesame seeds*

CARB REPLACEMENTS

Zeroodle – *Spaghetti, Fettuccini, rice (Shirataki)*

Nupasta – *Spaghetti, Fettuccini, Angel Hair (Konjac)*

Sea Tangle – *Kelp noodles*

Keto Oven – *Ketogenic Buns*

Keto Oven – *Ketogenic Pizza, keto bowls*

Julian Bakery – *Paleo Crackers
(Parmesan or Salt & Pepper)*

Julian Bakery – *Pro-Granola*

Live Organics – *Pumpkin nori crisps*

Live Organics – *Super Green Wraps*

Pure Wraps – *Coconut Wraps*

Harvest Fresh – *Spiralized zucchini, riced cauliflower*

BAKING/SWEETENERS

Bob's Redmill - *Unsweetened coconut shreds,
Coconut flour, Almond flour*

Now – *Psyllium husks*

Now – *Stevia liquid, stevia sachets, erythritol*

New Roots – *Stevia powders & sachets*

Benisweet – *Sweet fibre syrup*

Krisda – *Stevia (bulk), stevia sachets, xylitol (bulk),
monk fruit*

Lakanto – *Monk Fruit*

Swerve – *Granulated sweetener*

Organic Traditions – *Coconut milk powder, cacao powder,
cacao nibs, cacao butter*

Navitas – *Organic cacao powder*

Krisda – *Chocolate chips*

Lily's – *Chocolate chips*

Giddy Yoyo – *100% chocolate*

Organika – *Bovine Gelatin Powder*

GoBio – *Organic Gelatin Powder*

Sunhead – *Pink Himalayan Sea Salt*

CONDIMENTS/SPREADS

Braggs – *Apple cider vinegar*

Braggs – *Nutritional yeast, kelp seasoning, 24 herb & spice*

Braggs – *Coconut aminos*

Naked Coconuts – *Coconut aminos*

Coconut Secret – *Coconut aminos*

Filsinger's – *Apple cider vinegar*

Nuts to You – *Natural nut butters*

Skotidakis – *Dips*

Blossom Bakery – *Cashew – based cheeses & spreads*

Spread Em – *Fermented cashew spreads*

Primal Kitchen – *Salad dressings, marinade & mayo*

Chosen Foods – *Dressings & Mayo*

Steve's Paleo Goods – *Ketchup, steak sauce*

Eden – *Kombu, arame, kelp*