



REAL DEAL
AUSTRALIAN
MEAT PIES INC.™
EST. 2010



2023 CATALOGUE

realdealpies.com

OUR PIES - BEEF



GROUND BEEF + GRAVY

The one that started it all - the OG, the classic! Ground Beef + Gravy is considered the original Aussie meat pie. Found everywhere down under and now in Canada, this pie perfectly combines ground beef with our rich and tasty gravy.

RETAIL - 24 /case	
Product ID	24101
UPC	661501 24101 1
BULK - 24 /case	
Product ID	26101
SCC	00661501 26101 9



STEAK + GRAVY

Inside our Steak + Gravy pie, you'll find tender cubes of steak suspended in our rich and tasty gravy. Once you bite into the flaky golden pastry and have a taste - you'll see why this pie is a crowd-pleaser!

RETAIL - 24 /case	
Product ID	24102
UPC	661501 24102 8
BULK - 24 /case	
Product ID	26102
SCC	00661501 26102 6



PEPPER STEAK

Spice up your life with our Pepper Steak pie. We mix ground black pepper into our Steak + Gravy pie recipe to tickle your taste buds and leave you satisfied on any given day.

RETAIL - 24 /case	
Product ID	24103
UPC	661501 24103 5
BULK - 24 /case	
Product ID	26103
SCC	00661501 26103 3



STEAK, CHEESE + BACON

Our top-selling Steak, Cheese + Bacon pie is a flavourful explosion in each bite! We sprinkle bacon pieces into the pie base, cover them in Steak + Gravy filling, and top the pie with medium cheddar cheese and flaky pastry. A layered delight!

RETAIL - 24 /case	
Product ID	24104
UPC	661501 24101 1
BULK - 24 /case	
Product ID	26104
SCC	00661501 26104 0



STEAK + MUSHROOM

Try the robust flavour of our Steak + Mushroom pie. We delicately place thinly sliced mushrooms atop our signature Steak + Gravy filling to create this layered delight. Definitely, the tastiest way to eat your veggies.

RETAIL - 24 /case	
Product ID	24105
UPC	661501 24105 9
BULK - 24 /case	
Product ID	26105
SCC	00661501 26105 7

SUPER-SIMPLE HEATING INSTRUCTIONS

Remove packaging. Place pie on a baking sheet. If frozen, reheat in oven at 350°F (175°C) for 25 to 30 minutes, or in air fryer at 350°F (175°C) for 28 to 30 minutes. If thawed, reheat in oven at 350°F (175°C) for 15 to 20 minutes, or in air fryer at 350°F (175°C) for 14 to 15 minutes. Heating times and temperatures may vary with ovens.



OUR PIES - CHICKEN + VEGAN



190g

CHICKEN CURRY

Enjoy the subtle flavours of our mildly-spiced Chicken Curry pie. We mix savoury chicken pieces with Madras curry powder to create a perfectly portable, bright yellow gravy.

RETAIL - 24 /case	
Product ID	24106
UPC	661501 24106 6
BULK - 24 /case	
Product ID	26106
SCC	00661501 26106 4



190g

CHICKEN POT PIE

Our classic Canadian recipe with a homestyle taste you love! A hearty filling of carrots, peas and onions surrounded by a creamy sauce and flaky pastry. Comfort food that you can Heat, Grab, n' go!

RETAIL - 24 /case	
Product ID	24107
UPC	661501 24107 3
BULK - 24 /case	
Product ID	26107
SCC	TBD



190g

VEGAN CHILI

Packed with fibre and protein, our 7-bean Vegan Chili pie is filled with beans and veggies, providing textural contrast in each bite. The southwest-flavoured sauce has a warming cayenne pepper kick. A fun option for lunch or dinner.



RETAIL - 24 /case	
Product ID	24108
UPC	TBD
BULK - 24 /case	
Product ID	26108
SCC	00661501 26108 8

RETAIL PACKAGING





GROUND BEEF + GRAVY

NOSSACK CODE 24101

UPC 661501 24101 1

SPECIFICATIONS

Storage **Keep Frozen**

Shelf Life **Optimum Quality
18 Months**

Allergens **Wheat, Milk, Eggs.
May Contain Sulphites**

Inner Packaging **Flow Wrapped**

Unit Weight **190 g**

Units / Case **24**

Net Case Weight **4.56 kg**

Available in 24 unit bulk packs
Code 26101
SCC 00661501 26101 9

Nutrition Facts Valeur nutritive

Per 1/2 pie (95 g/3.4 oz)
pour 1/2 pâté (95 g/3.4 oz)

Calories 320 % Daily Value-
% valeur quotidienne-

Fat / Lipides 20 g 26 %
Saturated / saturés 10 g 48 %
+ Trans / trans 0.1 g

Carbohydrates / Glucides 26 g
Fiber / Fibres 2 g 7 %
Sugars / Sucres 1 g 1 %

Protein / Protéines 10 g

Cholesterol / Cholestérol 35 mg

Sodium 400 mg 17 %

Potassium 125 mg 4 %

Calcium 10 mg 1 %

Iron / Fer 3 mg 17 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup



The one that started it all - the OG, the classic!

Ground Beef + Gravy is considered the original Aussie meat pie. Found everywhere down under and now in Canada, this pie perfectly combines ground beef with our rich and tasty gravy.

INGREDIENTS

Filling: Ground beef, Water, Wheat flour, Brown gravy and beef bouillon mix (Modified corn starch, Hydrolyzed corn protein, Maltodextrin, Vegetable oil, Potassium chloride, Corn syrup solids, Salt, Caramel, Carrageenan, Guar gum, Modified cellulose, Garlic powder, Citric acid, Spice, Flavour, Yeast extract, Lactic acid [Calcium lactate], Beef stock powder, Silicon dioxide), Onions, Unsalted butter (Milk)

Pastry: Wheat flour, Water, Vegetable oil shortening, Baking powder, Salt, Deactivated yeast

Pastry Glaze: Liquid whole eggs, Water

Contains: Wheat, Milk, Eggs. **May Contain Sulphites**

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STEAK + GRAVY



NOSSACK CODE 24102

UPC 661501 24102 8

SPECIFICATIONS

Storage **Keep Frozen**

Shelf Life **Optimum Quality
18 Months**

Allergens **Wheat, Milk, Eggs.
May Contain Sulphites**

Inner Packaging **Flow Wrapped**

Unit Weight **190 g**

Units / Case **24**

Net Case Weight **4.56 kg**

Available in 24 unit bulk packs
Code 261012
SCC 00661501261026

Nutrition Facts

Valeur nutritive

Per 1/2 pie (95 g/3.4 oz)
pour 1/2 pâté (95 g/3.4 oz)

Calories 280 % Daily Value-
% valeur quotidienne-

Total Fat / Lipides 15 g 20 %
Saturated / saturés 7 g 34 %
+ Trans / trans 0.1 g

Carbohydrates / Glucides 25 g
Fiber / Fibres 1 g 3 %
Sugars / Sucres 1 g 1 %

Protein / Protéines 11 g

Cholesterol / Cholestérol 25 mg

Sodium 380 mg 17 %

Potassium 225 mg 7 %

Calcium 20 mg 2 %

Iron / Fer 2.25 mg 13 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Inside our Steak + Gravy pie, you'll find tender cubes of steak suspended in our rich and tasty gravy.

Once you bite into the flaky golden pastry and have a taste - you'll see why this pie is a crowd-pleaser!

INGREDIENTS

Filling: Steak, Water, Brown gravy and beef bouillon mix (Modified corn starch, Hydrolyzed corn protein, Maltodextrin, Vegetable oil, Potassium chloride, Corn syrup solids, Salt, Caramel, Carrageenan, Guar gum, Modified cellulose, Garlic powder, Citric acid, Spice, Flavour, Yeast extract, Lactic acid [Calcium lactate], Beef stock powder, Silicon dioxide), Wheat flour, Onions, Unsalted butter (Milk), Bay leaf

Pastry: Wheat flour, Water, Vegetable oil shortening, Baking powder, Salt, Deactivated yeast

Pastry Glaze: Liquid whole eggs, Water

Contains: Wheat, Milk, Eggs. **May Contain Sulphites**

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PEPPER STEAK



NOSSACK CODE 24103

UPC 661501 24103 5

SPECIFICATIONS

Storage **Keep Frozen**

Shelf Life **Optimum Quality
18 Months**

Allergens **Wheat, Milk, Eggs.
May Contain Sulphites**

Inner Packaging **Flow Wrapped**

Unit Weight **190 g**

Units / Case **24**

Net Case Weight **4.56 kg**

Available in 24 unit bulk packs
Code 261013
SCC 00661501261033

Nutrition Facts Valeur nutritive

Per 1/2 pie (95 g/3.4 oz)
pour 1/2 pâté (95 g/3.4 oz)

	% Daily Value- % valeur quotidienne
Calories 280	
Fat / Lipides 15 g	20 %
Saturated / saturés 7 g	
+ Trans / trans 0.1 g	34 %
Carbohydrates / Glucides 25 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 25 mg	
Sodium 380 mg	17 %
Potassium 225 mg	7 %
Calcium 20 mg	2 %
Iron / Fer 2.25 mg	13 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Spice up your life with our Pepper Steak pie!
We mix ground black pepper into our Steak +
Gravy pie recipe to tickle your taste buds and
leave you satisfied on any given day.

INGREDIENTS

Filling: Steak, Water, Brown gravy and beef bouillon mix (Modified corn starch, Hydrolyzed corn protein, Maltodextrin, Vegetable oil, Potassium chloride, Corn syrup solids, Salt, Caramel, Carrageenan, Guar gum, Modified cellulose, Garlic powder, Citric acid, Spice, Flavour, Yeast extract, Lactic acid [Calcium lactate], Beef stock powder, Silicon dioxide), Wheat flour, Onions, Black pepper, Unsalted butter (Milk), Bay leaf

Pastry: Wheat flour, Water, Vegetable oil shortening, Baking powder, Salt, Deactivated yeast

Pastry Glaze: Liquid whole eggs, Water

Contains: Wheat, Milk, Eggs. **May Contain Sulphites**

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STEAK, CHEESE + BACON



NOSSACK CODE 24104

UPC 661501 24104 2

SPECIFICATIONS

Storage **Keep Frozen**

Shelf Life **Optimum Quality
18 Months**

Allergens **Wheat, Milk, Eggs.
May Contain Sulphites**

Inner Packaging **Flow Wrapped**

Unit Weight **200 g**

Units / Case **24**

Net Case Weight **4.80 kg**

Available in 24 unit bulk packs
Code 261014
SCC 00661501261040

Nutrition Facts

Valeur nutritive

Per 1/2 pie (100 g/3.5 oz)
pour 1/2 pâté (100 g/3.5 oz)

Calories 340 % Daily Value-
% valeur quotidienne-

Fat / Lipides 20 g 27 %
Saturated / saturés 9 g
+ Trans / trans 0.2 g 47 %

Carbohydrates / Glucides 25 g
Fiber / Fibres 1 g 3 %
Sugars / Sucres 1 g 1 %

Protein / Protéines 14 g

Cholesterol / Cholestérol 35 mg

Sodium 500 mg 22 %

Potassium 225 mg 7 %

Calcium 100 mg 8 %

Iron / Fer 2 mg 11 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Our top-selling **Steak, Cheese + Bacon** pie is a flavourful explosion in each bite! We sprinkle bacon pieces into the pie base, cover them in **Steak + Gravy** filling, and top the pie with medium cheddar cheese and flaky pastry.

A layered delight!

INGREDIENTS

Filling: Steak, Water, Cheddar cheese (Milk), Brown gravy and beef bouillon mix (Modified corn starch, Hydrolyzed corn protein, Maltodextrin, Vegetable oil, Potassium chloride, Corn syrup solids, Salt, Caramel, Carrageenan, Guar gum, Modified cellulose, Garlic powder, Citric acid, Spice, Flavour, Yeast extract, Lactic acid [Calcium lactate], Beef stock powder, Silicon dioxide), Wheat flour, Bacon (Pork), Onions, Unsalted butter (Milk), Bay leaf

Pastry: Wheat flour, Water, Vegetable oil shortening, Baking powder, Salt, Deactivated yeast

Pastry Glaze: Liquid whole eggs, Water

Contains: Wheat, Milk, Eggs. **May Contain Sulphites**

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STEAK + MUSHROOM



NOSSACK CODE 24105

UPC 661501 24105 9

SPECIFICATIONS

Storage **Keep Frozen**

Shelf Life **Optimum Quality
18 Months**

Allergens **Wheat, Milk, Eggs.
May Contain Sulphites**

Inner Packaging **Flow Wrapped**

Unit Weight **200 g**

Units / Case **24**

Net Case Weight **4.80 kg**

Available in 24 unit bulk packs
Code 261015
SCC 00661501261057

Nutrition Facts

Valeur nutritive

Per 1/2 pie (100 g/3.5 oz)
pour 1/2 pâté (100 g/3.5 oz)

Calories 300 % Daily Value-
% valeur quotidienne-

Fat / Lipides 15 g 21 %
Saturated / saturés 7 g 34 %
+ Trans / trans 0.1 g

Carbohydrates / Glucides 28 g
Fiber / Fibres 2 g 7 %
Sugars / Sucres 1 g 1 %

Protein / Protéines 13 g

Cholesterol / Cholestérol 25 mg

Sodium 540 mg 23 %

Potassium 225 mg 7 %

Calcium 20 mg 2 %

Iron / Fer 2.25 mg 13 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Try the robust flavour of our Steak + Mushroom pie. We delicately place thinly sliced mushrooms atop our signature Steak + Gravy filling to create this layered delight.

Definitely the tastiest way to eat your veggies.

INGREDIENTS

Filling: Steak, Water, Mushrooms, Brown gravy and beef bouillon mix (Modified corn starch, Hydrolyzed corn protein, Maltodextrin, Vegetable oil, Potassium chloride, Corn syrup solids, Salt, Caramel, Carrageenan, Guar gum, Modified cellulose, Garlic powder, Citric acid, Spice, Flavour, Yeast extract, Lactic acid [Calcium lactate], Beef stock powder, Silicon dioxide), Wheat flour, Onions, Unsalted butter (Milk), Bay leaf

Pastry: Wheat flour, Water, Vegetable oil shortening, Baking powder, Salt, Deactivated yeast

Pastry Glaze: Liquid whole eggs, Water

Contains: Wheat, Milk, Eggs. **May Contain Sulphites**

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CHICKEN CURRY



NOSSACK CODE 24106

UPC 661501 24106 6

SPECIFICATIONS

Storage **Keep Frozen**

Shelf Life **Optimum Quality
18 Months**

Allergens **Wheat, Milk,
Eggs, Mustard**

Inner Packaging **Flow Wrapped**

Unit Weight **190 g**

Units / Case **24**

Net Case Weight **4.56 kg**

Available in 24 unit bulk packs
Code 261016
SCC 00661501261064

Nutrition Facts Valeur nutritive

Per 1/2 pie (95 g/3.4 oz)
pour 1/2 pâté (95 g/3.4 oz)

	% Daily Value- % valeur quotidienne
Calories 280	
Fat / Lipides 15 g	20 %
Saturated / saturés 6 g	
+ Trans / trans 0.1 g	33 %
Carbohydrates / Glucides 25 g	
Fiber / Fibres 1 g	5 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 25 mg	
Sodium 380 mg	17 %
Potassium 50 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 2 mg	11 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Enjoy the subtle flavours of our mildly-spiced Chicken Curry pie. We mix savoury chicken pieces with Madras curry powder to create a perfectly portable, bright yellow gravy.

INGREDIENTS

Filling: Chicken, Water, Wheat flour, Onions, Chicken bouillon base and seasoning (Salt, Corn syrup solids, Flavour, Yeast extract, Chicken fat, Sugar, Tricalcium phosphate, Powdered cooked chicken, Milk ingredients, Chicken broth powder, Disodium inosinate, Disodium guanylate, Canola oil, Calcium silicate, Spices), Madras curry powder (Spice, Salt, Chickpea flour, Mustard, Onion powder, Garlic powder), Unsalted butter (Milk), Xanthan gum

Pastry: Wheat flour, Water, Vegetable oil shortening, Baking powder, Salt, Deactivated yeast

Pastry Glaze: Liquid whole eggs, Water

Contains: Wheat, Milk, Eggs. **May Contain Sulphites**

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CHICKEN POT PIE



NOSSACK CODE 24107

UPC 661501 24107 3

SPECIFICATIONS

Storage **Keep Frozen**

Shelf Life **Optimum Quality
18 Months**

Allergens **Wheat, Milk, Eggs**

Inner Packaging **Flow Wrapped**

Unit Weight **190 g**

Units / Case **24**

Net Case Weight **4.56 kg**

Available in 24 unit bulk packs
Code 261017

Nutrition Facts

Valeur nutritive

Per 1/2 pie (95 g/3.4 oz)
pour 1/2 pâté (95 g/3.4 oz)

Calories 290 % Daily Value-
% valeur quotidienne-

Total Fat / Lipides 16 g 21 %
Saturated / saturés 7 g 35 %
+ Trans / trans 0.1 g

Carbohydrates / Glucides 26 g
Fiber / Fibres 1 g 5 %
Sugars / Sucres 1 g 1 %

Protein / Protéines 11 g

Cholesterol / Cholestérol 20 mg

Sodium 290 mg 13 %

Potassium 50 mg 1 %

Calcium 20 mg 2 %

Iron / Fer 1.75 mg 10 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucomp

Our classic Canadian recipe with a homestyle taste you love!

A hearty filling of carrots, peas and onions surrounded by a creamy sauce and flaky pastry. Comfort food that you can Heat, Grab, n' go!

INGREDIENTS

Filling: Chicken, Water, Wheat flour, Peas, Carrots, Onions, Chicken boullion base and seasoning (salt, corn syrup solids, flavour, yeast extract, chicken fat, onion powder, sugar, tricalcium phosphate, powdered cooked chicken, spices, calcium silicate, milk ingredients, chicken broth powder, disodium inosinate, disodium guanylate, canola oil), Unsalted butter (milk), Xanthan gum

Pastry: Wheat flour, Water, Vegetable oil shortening, Baking powder, Salt, Deactivated yeast

Pastry Glaze: Liquid whole eggs, Water

Contains: Wheat, Milk, Eggs. **May Contain Sulphites**

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VEGAN CHILI



NOSSACK CODE 24108

UPC 661501 24108 0

SPECIFICATIONS

Storage **Keep Frozen**

Shelf Life **Optimum Quality
18 Months**

Allergens **Wheat**

Inner Packaging **Flow Wrapped**

Unit Weight **190 g**

Units / Case **24**

Net Case Weight **4.56 kg**

Available in 24 unit bulk packs
Code 261018
SCC 00661501261088



Packed with fibre and protein, our 7-bean Vegan Chili pie is filled with beans and veggies, providing textural contrast in each bite.

The southwest-flavoured sauce has a warming cayenne pepper kick. A fun option for lunch or dinner.

This pie has been Vegan Certified by VegCert.

Nutrition Facts Valeur nutritive

Per 1/2 pie (95 g/3.4 oz)
pour 1/2 pâté (95 g/3.4 oz)

Calories 250 % Daily Value-
% valeur quotidienne-

Total Fat / Lipides 14 g 18 %
Saturated / saturés 6 g 30 %
+ Trans / trans 0.1 g

Carbohydrates / Glucides 27 g
Fiber / Fibres 2 g 9 %
Sugars / Sucres 2 g 2 %

Protein / Protéines 5 g

Cholesterol / Cholestérol 0 mg

Sodium 180 mg 8 %

Potassium 125 mg 4 %

Calcium 30 mg 2 %

Iron / Fer 1.75 mg 10 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS

Filling: 7 Bean mix (northern beans, black turtle beans, garbanzo beans, navy beans, red kidney beans, pinto beans, blackeyed peas), Water, Diced tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), Seasoning (spice, potato starch, dehydrated onion, salt, dehydrated carrot, dehydrated garlic, tomato powder, sugar, dehydrated red and green bell pepper, yeast extract, dehydrated jalapeno pepper), Red bell peppers, Green bell peppers, Carrots, Onions, Corn, Broccoli, Celery, Tomato paste, Wheat flour, Canola oil, Vegetable broth base (salt, dehydrated vegetables, cane sugar, spices, herbs, color [paprika]), Pea protein, Garlic, Xanthan gum, Cayenne pepper

Pastry: Wheat flour, Water, Vegetable oil shortening, Baking powder, Salt, Deactivated yeast

Pastry Glaze: Water, Modified potato starch

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Made in Canada since 2010 - they're the Real Deal!



We make savoury, handcrafted pies with both traditional + gourmet recipes.

What do they have in common? Other than being 100% awesome - they have a flaky puff pastry top and a shortcrust bottom, which graciously holds the filling in.

Hold your pie in one hand + eat on-the-go!

Q: What characteristics make them 'Aussie'?

A: Many things make them categorically Aussie:

- a perfectly cooked shortcrust pastry base
- a flaky puff pastry top that provides a soft bite
- rich, thick gravy that stays in the pie (*no mess!*) thanks to the unique two-dough design
- you can eat it on-the go - no utensils required
- they don't contain peas or carrots (*except for our very Canadian Chicken Pot Pie!*)
- our handheld, delicious savoury recipes are created by an Australian expat



PRODUCT LINE HIGHLIGHTS

- Real Deal Australian Meat Pies are the first federally inspected authentic Australian Meat Pies available in Canada
- We launched nationally with six Authentic recipes that Western Canadians already love, including the Original (OG), Classic Aussie 'minced meat' as Ground Beef + Gravy. We have already expanded to eight delicious flavours, including a Vegan option.
- Look for exciting new flavours coming soon!

