

HERO FOOD STANDARDS

Since 2003, Hero has served high-quality, responsibly-sourced meals in franchised restaurants (currently over 50 locations), across the GTA and beyond.

Hero was the first Canadian brand to offer a fully-traceable, Canadian Angus Beef burger, and we continue to apply this policy of great taste, high-quality and sustainability to all our products.

Our beef is raised without antibiotics or additional hormones. Our seafood is wild-caught from sustainable fisheries and our poultry products are raised without the use of antibiotics, and sourced from Canadian Chicken farmers who implement a national, auditable and enforced Animal Care Program.

We take our moral and ethical obligations regarding animal care very seriously. Full details of our policy can be found at

<https://web.archive.org/web/20191031153616/https://heroburgers.com/animal-welfare-policy/>

Visit Hero online to order for delivery or pick up, and check out our Catering and School Lunch programs.

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heroburgers.com

**HERO
CERTIFIED
BURGERS®**

HERO@HOME®

HERO CERTIFIED FOOD® MEAL KITS

Thank you for ordering HERO@HOME. Our frozen products are ready to cook. For best results, follow the instructions below. Enjoy your meal!

COOKING INSTRUCTIONS

HERO BURGER, 4 oz	Oven 400 °F, 10 to 12 min.	Frying pan 6 to 8 min.
HERO BURGER, 6 oz	Oven 400 °F 10 to 14 min.	Frying pan 8 to 10 min.
MEATLESS BURGER, 4 oz	Oven 400 °F 8 to 10 min.	Frying pan 4 to 6 min.
SALMON FILLET	Oven 400 °F 6 to 8 min.	Frying pan 4 to 6 min.
HADDOCK FILLET	Oven 400 °F 12 to 15 min.	Frying pan 8 to 10 min.
FISHLESS SEAFOOD FILLET	Oven 400 °F 12 to 15 min.	Frying pan 8 to 10 min.
TEMPURA SHRIMP	Oven 400 °F 12 to 15 min.	Frying pan 8 to 10 min.
GRILLED CHICKEN BREAST	Oven 400 °F 6 to 8 min.	Frying pan 4 to 6 min.
CRISPY CHICKEN BREAST	Oven 400 °F 15 to 18 min.	Frying pan 10 to 12 min.
CHICKEN FINGERS	Oven 400 °F 8 to 10 min.	Frying pan 5 to 6 min.
MEATLESS CHICKEN	Oven 400 °F 8 to 10 min.	Frying pan 5 to 6 min.
MEATLESS CHICKEN STRIPS	Oven 400 °F 8 to 10 min.	Frying pan 5 to 6 min.
ULTIMATE FRIES	Oven 400 °F 8 to 10 min.	Frying pan 5 to 6 min.
SWEET POTATO FRIES	Oven 400 °F 8 to 10 min.	Frying pan 5 to 6 min.
ONION RINGS	Oven 400 °F 8 to 10 min.	Frying pan 5 to 6 min.
TEMPURA ZUCCHINI	Oven 400 °F 8 to 10 min.	Frying pan 5 to 6 min.
POUTINE KIT	Recommended serving per 5lb bag of fries: Use ¼ bag of gravy and 8 packs of poutine. (serves 8 x 250g portions)	

STORAGE

Always store products in the freezer. Re-seal and return to freezer after opening.

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