

WELCOME TO OUR WEBSITE

GOULDING'S Wholesale Limited

Learn more about our wholesale operation and distribution business situated in Gambo Newfoundland since 1956 delivering quality products across Newfoundland.

[LEARN MORE](#)

THE GOULDINGS BAKERY GROUP

We are proud owners of both Chatman's and West Tower bakeries producing a wide array of quality fresh baked products



[LEARN MORE](#)

OPENING LAUNCH PAGE FOR 2 PATHWAYS

POPULAR BRANDS



Central
Dairies



Coca-Cola



About Us

Goulding's Wholesale, based in Gambo, Newfoundland and Labrador, has grown from a small family bakery founded in 1953 into one of the province's leading wholesale distributors. Building on the legacy of the Goulding family, the company continues to be locally owned and operated, supplying quality products to retailers and foodservice partners across Newfoundland and Labrador.

The company switched its focus to wholesale in 1956 and has been providing a variety of quality products to retail outlets across Newfoundland ever since.

Over the years, Goulding's Wholesale has expanded to include West Tower Bakery in 1983, also based out of Gambo, and Chatman's Bakery, based out of Charlottetown, Newfoundland which was purchased in 2014.

Goulding's Wholesale provides a distribution system for a wide selection of product lines from such producers as Central Dairies, Old Dutch, Winsor Snacks, and many additional confectionary items and convenience store necessities and accessories.

Orders can be placed with Goulding's Wholesale and delivered within 24-48 hours. Freshness, quality and excellent service are the values that are most dear to the staff of Goulding's Wholesale.



Goulding's Wholesale provides a variety of quality products to retail outlets across Newfoundland, including:

- Central Dairies Ltd.
- Vachon
- Canada Bread
- Winsor Snacks
- Old Dutch Snack Foods
- Confectionary
- Restaurant Supplies & Fishing Supplies

Email: info@gouldings.ca
Tel: (709) 674-4605

BEGINNING OF CORPORATE - OPERATIONS SIDE OF WEBSITE

LOGISTICS and DISTRIBUTION



Goulding's Wholesale provides a distribution system for a wide selection of product lines from such producers as Central Dairies, Old Dutch, Winsor Snacks, and many additional confectionary items and convenience store necessities and accessories.

Orders can be placed with Goulding's Wholesale and delivered within 24-48 hours. Freshness, quality and excellent service are the values that are most dear to the staff of Goulding's Wholesale.

DISTRIBUTION



Goulding's Wholesale provides a distribution system for a wide selection of product lines from such producers as Central Dairies, Old Dutch, Winsor Snacks, and many additional confectionary items and convenience store necessities and accessories.

Orders can be placed with Goulding's Wholesale and delivered within 24-48 hours. Freshness, quality and excellent service are the values that are most dear to the staff of Goulding's Wholesale.



RELIABLE DELIVERY

Goulding's Wholesale provides a distribution system for a wide selection of product lines from such producers as Central Dairies, Old Dutch, Winsor Snacks, and many additional confectionary items and convenience store necessities and accessories.

Orders can be placed with Goulding's Wholesale and delivered within 24-48 hours. Freshness, quality and excellent service are the values that are most dear to the staff of Goulding's Wholesale.

GOULDING'S Wholesale



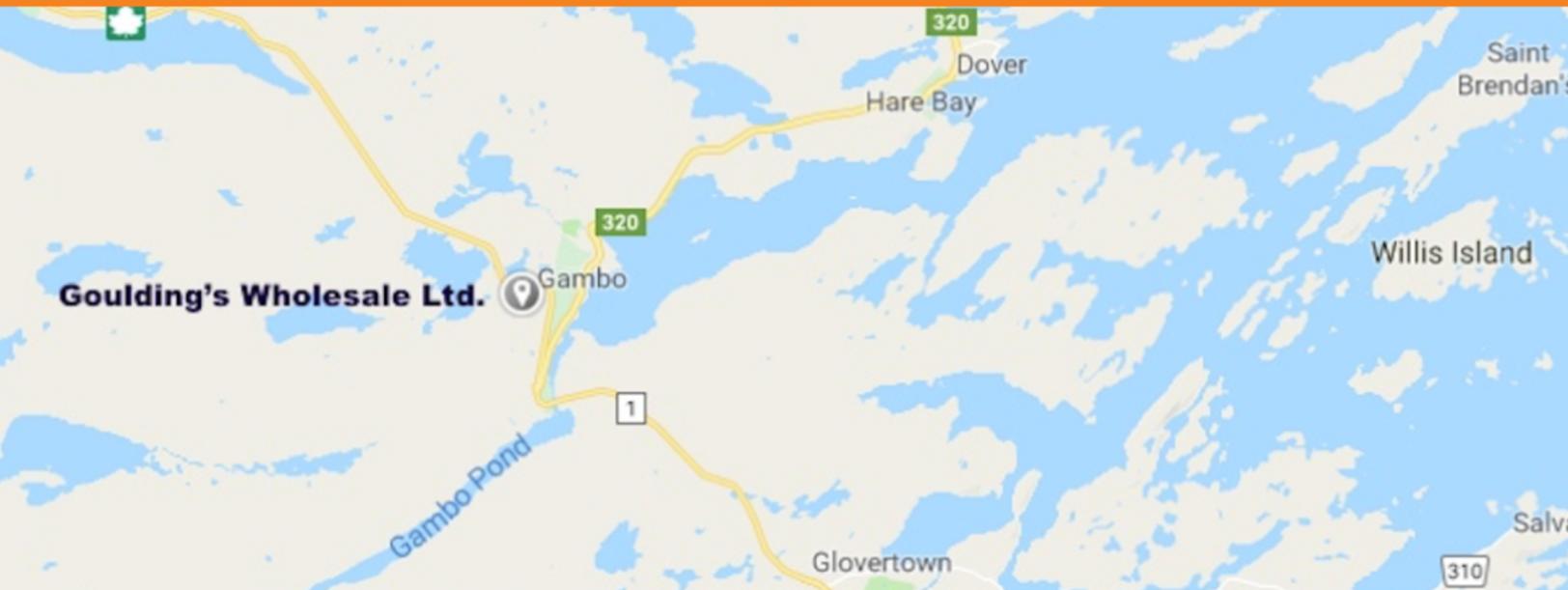
[ABOUT US](#)

[OUR REACH](#)

[OUR FLEET](#)

[CONTACT US](#)

[HOME](#)



HOW TO CONTACT US

Goulding's Wholesale Ltd.
and West Tower Bakery
383 J. R. Smallwood Blvd.,
Gambo, NL A0G 1T0

Phone: 709 674-4605

Fax: 709 674-4820

Email Goulding's Wholesale Ltd.

[Driving directions](#)

Chatman's Bakery
Office Address:
15 Quarry Road
Charlottetown, NL
A0C 1L0

Tel: 709 664-5181

Fax: 709 664-4231

Email Chatman's Bakery

Mailing address:

Chatman's Bakery

P.O. Box 9

Charlottetown, NL A0C 1L0



THE GOULDINGS BAKERY GROUP



OUR PRODUCT LINE



BREADS



PIES & TARTS



CAKES



BUNS



LOAVES



SQUARES



PACKS



BALLS & CUPS



OTHER GOODIES

THE GOULDINGS BAKERY GROUP



BREADS BUNS CAKES DELI LOAVES PIES SQUARES PACKS

PRODUCTS **BREADS**

Baked Fresh Daily



THE GOULDINGS BAKERY GROUP



BREADS BUNS CAKES DELI LOAVES PIES SQUARES PACKS

Breads



100% WHOLE WHEAT BREAD

Ingredients: Whole wheat flour, water, blackstrap molasses, palm and canola shortening, brown sugar, salt, yeast, enzymes, ascorbic acid, calcium propionate.

CONTAINS: WHEAT



Nutrition Facts	
Valeur nutritive	
Per 2 slices (86 g) / par 2 tranches (86 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 230	
Fat / Lipides 3 g	5 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 390 mg	16 %
Carbohydrate / Glucides 44 g	15 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 3 g	
Protein / Protéines 8 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	6 %
Iron / Fer	15 %

NEXT >

THE GOULDINGS BAKERY GROUP



BREADS BUNS CAKES DELI LOAVES PIES SQUARES PACKS

PRODUCTS **BUNS**

Fresh Buns



THE GOULDINGS BAKERY GROUP



BREADS BUNS CAKES DELI LOAVES PIES SQUARES PACKS

PRODUCTS **BUNS**

Buns

RAISIN TEA BUNS

Ingredients: Enriched wheat flour, modified palm and palm kernel margarine, sugar, water, raisins, whole liquid eggs, evaporated milk, baking powder, artificial flavour.

CONTAINS: WHEAT, EGGS, MILK, SOY, SULPHITES
Produced on equipment that also handles peanuts and tree nuts



Nutrition Facts Valeur nutritive

Per 1 bun (65 g) / par 1 petit pain (65 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 230	
Fat / Lipides 9 g	14 %
Saturated / saturés 2 g + Trans / trans 0 g	10 %
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 220 mg	9 %
Carbohydrate / Glucides 35 g	12 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 13 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	15 %
Iron / Fer	10 %

NEXT >

THE GOULDINGS BAKERY GROUP



BREADS BUNS CAKES DELI LOAVES PIES SQUARES PACKS

PRODUCTS **CAKES**

Traditional Cakes



THE GOULDINGS BAKERY GROUP



BREADS BUNS CAKES DELI LOAVES PIES SQUARES PACKS

Cakes



LIGHT FRUIT CAKE

Ingredients: Wheat flour, sugar, palm and palm kernel margarine, sweetened cherries (cherries, sugar and/or glucose-fructose, glucose, citric acid, sodium benzoate, artificial flavour, colour, sulphites, calcium chloride), crushed pineapple with pineapple juice, glazed mixed fruit (fruit blend (rutabaga, orange peel, lemon peel, cherries), sugar and/or glucose-fructose, glucose, citric acid, sodium benzoate, artificial flavour, colour (tartrazine), sulphiting agent, calcium chloride), water, liquid whole eggs, raisins, evaporated milk, artificial flavoring, baking powder, salt.



CONTAINS: WHEAT, EGGS, MILK, SOY, SULPHITES, MAY CONTAIN OCCASIONAL PIT

Produced on equipment that also handles peanuts and tree nuts

Nutrition Facts Valeur nutritive

Per 1 cake (85 g) / par 1 gâteau (85 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 290	
Fat / Lipides 9 g	14 %
Saturated / saturés 2 g + Trans / trans 0 g	10 %
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 220 mg	9 %
Carbohydrate / Glucides 48 g	16 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 31 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	10 %

THE GOULDINGS BAKERY GROUP



BREADS BUNS CAKES DELI LOAVES PIES SQUARES PACKS

PRODUCTS **PIES**

*Delicious
Pies*



THE GOULDINGS BAKERY GROUP



BREADS BUNS CAKES DELI LOAVES PIES SQUARES PACKS



Pies

Peach Apricot Pie

Pastry ingredients: Enriched flour, margarine (canola oil, modified palm and palm kernel oils), sugar, water, liquid whole eggs, evaporated milk, artificial flavour, baking powder, salt.

Filling: Peaches (peaches, sugar, water, ascorbic acid, citric acid), sugar, glucose, water, modified corn starch, dried apricots (apricots, sulphites), carob bean gum, sodium benzoate, natural flavor.

CONTAINS: WHEAT,
EGGS, MILK, SOY,
SULPHITES

Produced on equipment
that also handles peanuts,
and tree nuts



Nutrition Facts Valeur nutritive

Per 1/6 pie (76 g) / par 1/6 tarte (76 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 230	
Fat / Lipides 8 g	12 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Cholesterol / Cholestérol 10 mg	
Sodium / Sodium 170 mg	7 %
Carbohydrate / Glucides 36 g	12 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 16 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	2 %
Iron / Fer	8 %