



## ALL MEAT PRODUCTS 100% GRASS-FED & PASTURE-RAISED

PRICES MAY VARY AND ARE SUBJECT TO CHANGE

KINDLY NOTE THAT OUR MEATS ARE PREPACKAGED BY THE BUTCHER. SMALLER CUTS TYPICALLY WEIGH 1 LB OR 2 LBS, WHILE ROASTS AND LARGER CUTS ARE USUALLY PORTIONS OF 3 LBS OR MORE.

BEEF & HALAL			FISH		
WHOLE/HALF OR QUATER COW	HANGING WEIGHT	CALL OFFICE	FILLET MACKEREL	PER PKG	<b>SOLD OUT</b>
BEEF HEART	PER LB	\$ 5.50	KING FISH	PER LB	<b>SOLD OUT</b>
BEEF KIDNEY	PER LB	\$ 4.00	LANE SNAPPER	PER LB	\$ 12.00
BEEF LIVER	PER LB	\$ 4.00	LOBSTER, ATLANTIC	PER LB	TBA
BEEF RIBS	PER LB	\$ 10.75	PARROT FISH	PER LB	\$ 12.00
BEEF SHANK	PER LB	\$ 8.00	POLLOCK (MED)	PER LB	\$ 5.60
BEEF SAUSAGE - <b>GLUTEN FREE</b>	PER LB	<b>SOLD OUT</b>	POLLOCK (SM)	PER LB	\$ 5.60
(HOUSE SEASONED)			POLLOCK CELLO	PER LB	\$ 8.96
BEEF TONGUE	PER LB	\$ 5.00	SALFISH / COD BITS	PER LB	\$ 7.98
COW COD	PER LB	\$ 4.00	SALTFISH / COD FISH (MED)	PER LB	\$ 9.59
COW FEET	PER LB	\$ 7.00	SALTFISH / COD FISH (SM)	PER LB	\$ 9.24
HAMBURGER	PER LB	<b>SOLD OUT</b>	SALT MACKEREL	PER LB	<b>SOLD OUT</b>
HAMBURGER PATTIES	PER LB	<b>SOLD OUT</b>	SPRAT FIST	5 LB BOX	\$ 22.00
BEEF RIBS	PER LB	\$ 12.00	<b>GOAT &amp; HALAL</b>		
RIBEYE STEAK	PER LB	\$ 12.00	GOAT - WHOLE	HANG WHT	\$ 13.00
ROUND STEAK	PER LB	<b>SOLD OUT</b>	GOAT LEG/SYOU	PER LB	\$ 14.50
RUMP ROAST	PER LB	<b>SOLD OUT</b>	GOAT MEAT - STEW	PER LB	\$ 13.50
SIRLOIN	PER LB	<b>SOLD OUT</b>	GOAT HEAD	PER LB	\$ 6.00
STEAK	PER LB	<b>SOLD OUT</b>	GOAT LIVER	PER LB	\$ 7.00
STEW BEEF	PER LB	\$ 10.00	<b>LAMB &amp; HALAL</b>		
STRIP LOIN	PER LB	\$ 12.00	LAMB CHOPS	PER LB	\$ 10.00
STIR FRY	PER LB	\$ 12.00	LAMB RIBLETS	PER LB	\$ 12.00
T-BONE	PER LB	\$ 11.50	LEG OF LAMB	PER LB	\$ 10.00
TENDERLOIN	PER LB	<b>SOLD OUT</b>	LAMB SHANK	PER LB	\$ 8.00
<b>CHICKEN &amp; HALAL (SOLD OUT)</b>			LAMB SHOULDER ROAST	PER LB	\$ 15.00
<b>WHOLE CHICKEN - PASTURED RAISED</b>			LAMB STEW	PER LB	\$ 10.00
UNDER 2.5 LBS	UNDER 2.5 LBS	\$20.00	<b>PORK</b>		
4 LBS WHOLE CHICKEN	3.5 - 4.4 LBS	\$30.00	WHOLE PIG	CALL OFFICE	
5 LBS WHOLE CHICKEN	4.5 - 5 LBS	\$37.00	FRESH BACON	PER LB	\$ 7.00
CHICKEN FEET	PER LB	\$ 6.00	PORK - GROUND (BURGER)	PER LB	\$ 6.00
CHICKEN LIVER/HEART /GIZZARD	PER LB	\$ 6.00	PORK CHOPS	PER LB	\$ 7.00
<b>EGGS</b>			PORK HOCK	PER LB	\$ 7.00
EGGS, FARM FRESH	PER DOZEN	\$5.00	PORK ROAST	PER LB	\$ 7.00
			PORK SAUSAGE - <b>GLUTEN FREE</b>	PER LB	\$ 8.00
			(MAPLE OR HOUSE)		
			SPARE RIBS	PER LB	\$ 8.00
			PIG / PORK TAIL	PER BUCKET	\$ 30.00