



Trevor & Jodie Gompf  
 Bison Spirit Ranch  
 Oak Lake, Manitoba  
 204-724-0523 or 204-724-3719  
 bisonspiritranchgmail.com



All meat is government **INSPECTED** and gauranteed.

**Bison Steaks**

Sirloin	\$16.00/lb
New York Strip	\$17.00/lb
Ribeye	\$20.00/lb
T-bone	\$20.00/lb
Tomahawk	\$22.00/lb
Tenderloin	\$25.00/lb

**Whole Tenderloin, Rib Eye, New York Striploin and Sirloin Available**

**Packages**

**Premium Package \$285**

- 10 lbs Ground Bison
- 1 Roast (3-5lbs)
- 12 Steaks\*

**Bison Sampler \$200**

- 5 lbs Ground Bison
- 1 Roast (3-5lbs)
- 6 Steaks\*
- 2 Package Sausage\*\*\*

**Bison Sizzler \$150**

- 2 Package Smokies \*\*
- 2 Package Burger Patties
- 4 Steaks\*
- 4 lbs Ground Bison

**Freezer Pack #1 \$950**

- 5 Bison Roasts (3-5lbs)
- 14 Steaks\*
- 30 lbs Ground Bison
- 5 packages Bison Patties (5/pkg)
- 5 packages Bison Sausage\*\*\*

**Weekender #1 \$75**

- 1 package Smokies\*\*
- 1 package Burger Patties
- 2 Steaks\*
- 2 lbs Ground Bison

**Weekender #2 \$300**

- 4 packages Smokies\*\*
- 4 packages Burger Patties
- 8 Steaks\*
- 8 lbs Ground Bison

**Freezer Pack #2 \$650**

- 3 Bison Roasts (3-5lbs)
- 8 Steaks\*
- 20 lbs Ground Bison
- 6 packages Bison Patties (5/pkg)
- 3 packages Bison Sausage\*\*\*

\* Steak cuts depend on availability

\*\* Regular, Cheese & Jalapeño Cheddar Smokies

\*\*\* Farmer or Dinner Sausage

**Other Cuts**

Roasts	\$12/lb
100% Ground Burger	\$10/lb
Dinner Sausage	\$15/pack
Farmer Sausage	\$15/pack
Long/Short Ribs	\$9/lb
5 Burger Patties (Pkg)	\$18/pkg
Box of Patties (30)	\$100.00/case
Smokies	\$15/pkg
Cheese Smokies	\$16/pkg
Jalepeno Cheddar Smokies	\$16/pkg
Jerky (¼ lb)	\$12.00/pkg
Pepperettes^ (½ lb/pkg)	\$10/pkg
Pepperettes^ (1 lb/pkg)	\$20/pkg
Corned Bison	\$12.50/lb

^ Regular, Honey Garlic or Dill Pickle Pepperettes

**Why Eat Bison??**

Species	Fat (gm)	Calories (kcal)	Cholesterol (mg)	Iron (mg)
<b>Bison</b>	<b>2.24</b>	<b>143</b>	<b>82</b>	<b>3.42</b>
Beef	9.28	211	86	2
Pork	9.66	212	86	1.1
Chicken (skinless)	7.41	190	89	1.21
Duck (skinless)	11.2	201	89	2.7
Venison	3.19	158	112	4.47
Halibut	2.94	140	41	1.07