



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	\$18.00/lb
New York Strip	\$20.00/lb
Ribeye	\$26.00/lb
T-bone	\$23.00/lb
Tomahawk	\$27.00/lb
Tenderloin	\$28.00/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
Brisket	\$11/lb
100% Ground Burger	\$10/lb
Stew	\$10/lb
Dinner Sausage	\$18/pkg
Farmer Sausage	\$18/pkg
Long/Short Ribs	\$10/lb
5 Burger Patties (Pkg)	\$18/pkg
Box of Patties (30)	\$100.00/case
Smokies	\$16/pkg
Cheese Smokies	\$18/pkg
Jalepeno Cheddar Smokies	\$18/pkg
Jerky (¼ lb)	\$14/pkg
Pepperettes^ (½ lb/pkg)	\$10/pkg
Corned Bison	\$14/pkg

^ Regular, Honey Garlic or Dill Pickle Pepperettes

Why Eat Bison??

Species	Fat (gm)	Calories (kcal)	Cholesterol (mg)	Iron (mg)
Bison	2.24	143	82	3.42
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