



# FULL MENU

Below you will find the comprehensive list of offerings we stock. If you wish to have something from this list added to your order, kindly indicate in the notes section of the check out page.

**Products are subject to availability and price adjustments.**

**GF** Indicates that product is gluten free.

**AF** Indicates that product is additive free.

## BEEF



## PRICE

<b>AF</b> GROUND BEEF	\$10.25/lb
<b>AF</b> PATTIES 4OZ/6OZ	\$12.99/lb
<b>GF</b> WIENERS JUMBO	\$11.00/Each

### STEAKS

BASEBALL SIRLOIN STEAKS	\$20.49/lb
BLADE STEAK	\$12.99/lb
FILET MIGNON/TENDERLOIN	\$36.99/lb
FLANK	\$17.99/lb
PORTERHOUSE	\$19.99/lb
PRIME RIB	\$19.99/lb
RIBEYE	\$34.99/lb
ROULADEN/FAST FRY	\$11.49/lb
ROUND	\$8.99/lb
<b>GF</b> SHORT RIB STEAKS MARINATED/PLAIN	\$19.99/lb
SIRLOIN TIP	\$13.99/lb
SIRLOIN TOP	\$17.99/lb
SKIRT/FLAT IRON	\$16.99/lb
STRIPLOIN N.Y.	\$29.99/lb
T-BONE	\$17.99/lb

Beef continued on next page...

## **BEEF ROASTS**

BLADE	\$10.99/lb
BRISKET	\$12.49/lb
CROSS RIB	\$8.49/lb
EYE OF ROUND	\$9.99/lb
PRIME RIB BONELESS	\$15.99/lb
PRIME RIB	\$14.99/lb
ROUND	\$9.49/lb
RUMP	\$9.49/lb
SHORT RIB	\$10.99/lb
TENDERLOIN ROAST	\$29.99/lb
SIRLOIN TIP	\$12.99/lb
TOP BUTT/TOP SIRLOIN	\$15.99/lb
STRIPLOIN ROAST	\$25.99/lb

## **OTHER BEEF CUTS**

<b>GF</b> BEEF JERKY	\$9.25 each
BEEF MEATBALLS (10 pack)	\$11.00 each
BONES	\$7.29/lb
FAST FRY STRIPS/STIRFRY	\$11.49/lb
KOREAN RIBS/KALBI	\$9.99/lb
LIVER	\$11.99/lb
SMOKED BEEF BACON	\$14.99/lb
ORGANS/HEART/KIDNEY	\$9.74/lb
OXTAIL	\$14.49/lb
TONGUE	\$8.99/lb
STEW BEEF	\$12.99/lb
RIBS BACK	\$11.99/lb
RIBS BRAISING	\$10.99/lb
SHANK (OSSO BUCCO)	\$8.99/lb

## **BEEF SAUSAGES**

WEBERS PORK + BEEF SUMMER SAUS SLICED	\$28.50/lb
WEBERS PORK + BEEF SUMMER SAUS WHOLE	\$27.50 each

# BISON



## PRICE

BONES	\$10.99/lb
AF BURGERS	\$24.99/lb
AF GROUND BISON	\$23.99/lb
HEART/KIDNEY	\$11.69/lb
LIVER	\$13.99/lb
RIBS BACK	\$18.99/lb
STEW	\$17.99/lb
TAIL	\$15.99/lb
TONGUE	\$11.69/lb
<b>BISON STEAKS</b>	
FLAT IRON FLANK STEAK	\$22.99/lb
PRIME RIB	\$19.99/lb
RIBEYE	\$36.99/lb
TENDERLOIN, FILET MIGNON	\$37.99/lb
BLADE	\$24.99/lb
SIRLOIN TOP	\$29.99/lb
SIRLOIN TIP	\$24.99/lb
STRIPLOIN NY	\$35.99/lb
<b>BISON ROASTS</b>	
BLADE	\$24.99/lb
EYE OF ROUND	\$20.99/lb
ROUND	\$23.99/lb
RUMP	\$23.99/lb
PRIME RIB	\$24.99/lb
SIRLOIN TIP	\$24.99/lb
INSIDE ROUND	\$19.99/lb

# ELK



When available, we stock a variety of local, pasture raised elk products including burgers/stew/steaks. Please contact the store for information on availability and pricing.

# POULTRY



# PRICE


BREAST BONE IN - singles	\$9.29/lb
BREAST - BONELESS/SKINLESS - 4 per pkg	\$13.55/lb
BREAST - BONELESS/SKINLESS - singles	\$13.55/lb
WHOLE CHICKEN	\$5.55/lb
HALF CHICKEN	\$5.75/lb
<b>GF</b> BURGERS GOURMET - 4 per pkg	\$13.99/lb
CHICKEN DINNER 9 piece dinner	\$15.79/lb
THIGHS BONE IN	\$7.99/lb
THIGHS BONELESS	\$10.95/lb
DRUMSTICKS - 4 per pkg	\$6.29/lb
LEGS 2 per pkg	\$6.29/lb
FINGERS	\$15.79/lb
PARMESAN SCHNITZEL 2 per pkg	\$15.79/lb
WINGS PLAIN	\$9.99/lb
CHICKEN MEDALLIONS - 4 per pkg	\$14.99/pkg
POPCORN	\$14.49/lb
GRILLED STRIPS - precooked	\$15.29/lb
NUGGETS	\$16.99/pkg
<b>AF</b> GROUND	\$8.99/lb
PIES - Small - 2 per pkg	\$11.49/pkg
FEET	\$8.49/lb
LIVER (approx 2lb)	\$14.99/pkg
BONES/CARCUS	\$4.59/lb
SOUVLAKI	\$21.29/lb
STUFFED BREAST ( Parmesan/Cordon Bleu)	\$10.99/pkg

Chicken continued on next page...

## CHICKEN SAUSAGES

	PRICE
GF LEEK& FETA - 4 per pkg	\$10.72/lb
GF FETA & SPINACH - 4 per pkg	\$10.72/lb
GF BASIL & TOMATO- 4 per pkg	\$10.72/lb
GF GOURMET- 4 per pkg	\$13.99/lb
GF SALT & PEPPER -4/pkg	\$10.72/lb
GF JALAPENO/CHEDDAR -4 per pkg	\$10.72/lb
BREAKFAST SAUSAGE - 10 per pkg	\$13.29/lb
GF Honey Garlic 4perpkg	\$10.72/lb

## ORGANIC CHICKEN

BREAST B/L organic - singles	\$16.79/lb
WHOLE CHICK organic	\$7.07/lb
DRUMSTICKS organic - 4 per pkg	\$8.99/lb
LEGS organic	\$8.99/lb
THIGHS B/l organic	\$8.99/lb
WINGS 	\$10.29/lb

## TURKEY

GF Boneless/skinless Breast	\$16.13/lb
GF GOURMET BURGERS 4 per pkg	\$13.99/lb
AF GOURMET SAUSAGE 4 per pkg	\$13.99/lb
GROUND	\$13.29/lb
TURKEY WIENERS - 8 per pkg	\$8.95/lb
WHOLE TURKEY - seasonal	\$5.15/lb

# PORK

## PRICE

BACON PEAMEAL \$11.50/lb

BACON SIDE/SLAB \$13.75/lb

**GF** FLAVOURED SAUSAGE 5 per pkg \$10.60/lb

**GF** BREAKFAST SAUSAGE \$10.60/lb

BREAKFAST SAUSAGE (pasture raised) \$12.74/lb

**GF** FARMERS SAUSAGE (variety) 4 per pkg \$10.60/lb

**GF AF** MAPLE GARLIC SAUSAGE \$10.85/lb

GROUND \$9.50/lb

### PORK CHOPS

BUTT \$8.99/lb

BUTTERFLY \$10.99/lb

RIB \$7.99/lb

SIRLOIN/CENTRE/LOIN \$9.99/lb

### PORK ROASTS

BUTT \$7.99/lb

LOIN BONE IN \$9.99/lb

LOIN BONELESS \$10.99/lb

SHOULDER BONE IN \$7.99/lb

SHOULDER BONELESS \$8.49/lb

SMOKED HAM BONE IN seasonal \$9.49/lb

SMOKED HAM BONELESS seasonal \$9.99/lb

### PORK OTHER CUTS

TENDERLOIN \$11.49/lb

RIBS BACK \$13.99/lb

RIBS SIDE/SPARE \$8.99/lb

PULLED PORK BURG/SAUSG. 4 per pkg \$13.99/lb

**GF** PORK SOUVLAKI SKEWERS \$18.75/lb

BONES \$3.89/lb

HOCKS SMOKED OR PLAIN \$6.99/lb

# LAMB

## PRICE

AF	GROUND LAMB	\$18.70/lb
GF	GOURMET BURGERS - 4 per pkg	\$17.99/lb
GF	GOURMET SAUSAGES - 4 per pkg	\$16.99/lb
	RACK OF LAMB	\$29.99/lb
	SHANK	\$18.99/lb

### LAMB CHOPS

	LEG CHOPS	\$22.99/lb
	LOIN CHOPS	\$25.99/lb
	RIB CHOPS	\$23.99/lb
	SHOULDER CHOPS	\$24.99/lb

### LAMB ROASTS

	LEG - BONELESS	\$21.99/lb
	LEG - BONE IN	\$19.99/lb
	SHOULDER - BONE IN	\$16.99/lb
	SHOULDER - BONELESS	\$18.99/lb

### LAMB - other cuts

	BONES	\$10.99/lb
	KIDNEY	\$17.99/lb
	LIVER	\$17.99/lb
	ORGANS/HEART	\$17.00/lb
	STEW	\$19.99/lb

# FISH



# PRICE

HADDOCK EAST COAST WILD	\$13.49/lb
LAKE TROUT GEORGIAN BAY/HURON	\$18.99/lb
MAHI MAHI	\$18.99/lb
PICKEREL GEORGIAN BAY	\$24.99/lb
PICKEREL LAKE HURON	\$24.99/lb
FISH CAKES	\$12.95/lb
WHITEFISH GEORGIAN BAY	\$18.99/lb
RAINBOW TROUT LAKE HURON	\$18.49/lb
SALMON ORGANIC EAST COAST	\$35.99/lb
SALMON POKE	\$7.99 each
TUNA POKE	\$6.99 each
SALMON WILD SOCKEYE	\$25.99/lb
NORWEGIAN STEELHEAD SALMON	\$20.30/lb
NOVA SCOTIA OCEAN PERCH	\$13.99/lb

# MISCELLANEOUS

PEPPERETTES HOT/MILD	\$7.75 each
HORSERADISH	\$6.99 each

# EGGS/DAIRY



DOZEN EGGS	\$7.20 each
GOAT FETA - <i>CELEBRITY</i>	\$6.75/pkg
SHEEP CHEDDAR	individually priced
GOAT CHEDDAR	individually priced
GOAT ARTISAN CHEVERE - <i>CROSSWINDS</i>	\$12.49 each
GOAT FETA TUB REG - <i>CROSSWINDS</i>	\$12.49 each
GOAT CHEDDAR - <i>CROSSWINDS</i>	\$11.99 each
CHEESE BLOCKS - <i>EMPIRE CHEESE</i>	individually priced
CHEESE CURDS - <i>EMPIRE CHEESE</i>	individually priced