



# 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.

<b>BEEF</b> 	<b>PRICE</b>
<b>AF</b> GROUND BEEF	\$14.15/lb
<b>AF</b> PATTIES 4OZ/6OZ	\$15.15/lb
<b>GF</b> WIENERS JUMBO - 4 per pkg	\$11.49/pkg
BALL PARK BEEF SAUSAGES - 4 per pkg	\$11.49/pkg
CABBAGE ROLLS - 4 per pkg	\$17.50/pkg
<b>STEAKS</b>	
BASEBALL SIRLOIN STEAKS	\$28.50/lb
BLADE STEAK	\$13.49/lb
FILET MIGNON/TENDERLOIN	\$36.99/lb
FLANK	\$18.40/lb
PORTERHOUSE	\$21.99/lb
PRIME RIB	\$21.99/lb
RIBEYE	\$34.99/lb
45 DRY AGED RIBEYE	\$49.95/lb
ROULADEN/FAST FRY	\$15.99/lb
ROUND	\$14.29/lb
EYE OF ROUND	\$15.29/lb
<b>GF</b> SHORT RIB STEAKS MARINATED/PLAIN	\$28.50/lb
SIRLOIN TIP	\$15.99/lb
SIRLOIN TOP	\$20.75/lb
SKIRT/FLAT IRON	\$18.90/lb
STRIPLOIN N.Y.	\$33.99/lb
T-BONE	\$20.90/lb

**Beef continued on next page...**

## **BEEF ROASTS**

BLADE	\$14.99/lb
BRISKET	\$14.50/lb
CROSS RIB	\$14.99/lb
EYE OF ROUND	\$14.29/lb
PRIME RIB BONELESS	\$17.10/lb
PRIME RIB BONE-IN	\$16.10/lb
ROUND	\$13.49/lb
RUMP	\$15.69/lb
SHORT RIB	\$14.99/lb
TENDERLOIN ROAST	\$29.99/lb
SIRLOIN TIP	\$14.99/lb
TOP BUTT/TOP SIRLOIN	\$15.99/lb

## **OTHER BEEF CUTS**

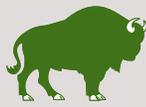
<b>GF</b> SMALL BEEF WEINERS - 8 per pkg	\$8.75/pkg
BEEF JERKY	\$10.25/pkg
BEEF MEATBALLS - 10 per pkg	\$14.50/lb
BONES	\$7.99/lb
KOREAN RIBS/KALBI	\$10.99/lb
LIVER	\$16.10/lb
SMOKED BEEF BACON	\$14.99/lb
ORGANS/HEART/KIDNEY	\$12.99/lb
OXTAIL	\$16.10/lb
TONGUE	\$12.99/lb
STEW BEEF	\$15.75/lb
RIBS BACK	\$11.99/lb
RIBS BRAISING	\$13.99/lb
SHANK (OSSO BUCCO)	\$8.99/lb
ANCESTRAL GROUND BEEF	\$15.25/lb

## **BEEF SAUSAGES**

WEBERS PORK + BEEF SUMMER SAUS SLICED	\$34.75/lb
WEBERS PORK + BEEF SUMMER SAUS WHOLE	\$33.75/each

## **PRICE**

# BISON



## PRICE

AF BONES	\$11.80/lb
AF BURGERS	\$24.99/lb
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
INSIDE/OUTSIDE ROUND, EYE OF ROUND STEAKS	\$27.49/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	\$9.98/lb
BREAST BONELESS/SKINLESS - 4 per pkg	\$15.50/lb
BREAST BONELESS/SKINLESS - singles/doubles	\$15.75/lb
WHOLE CHICKEN	\$6.59/lb
HALF CHICKEN	\$6.50/lb
BURGERS GOURMET - 4 per pkg	\$17.25/lb
<b>GF</b> CHICKEN DINNER 9 piece dinner	\$16.99/lb
THIGHS BONE IN - 6 per pkg	\$10.49/lb
THIGHS BONELESS/SKINLESS - 6 per pkg	\$13.96/lb
DRUMSTICKS - 4 per pkg	\$6.78/lb
LEGS - 2 per pkg	\$7.43/lb
FINGERS	\$17.99/lb
PARMESAN SCHNITZEL - 2 per pkg	\$17.99/lb
WINGS PLAIN	\$9.99/lb
CHICKEN MEDALLIONS - 4 per pkg	\$16.99/pkg
POPCORN	\$14.99/lb
GRILLED STRIPS - precooked	\$16.29/lb
NUGGETS	\$14.99/lb
GROUND	\$10.49/lb
PIES - Small - 2 per pkg	\$11.49/pkg
FEET	\$9.49/lb
LIVER (approx 2lb)	\$14.99/pkg
BONES/CARCUS	\$4.59/lb
SOUVLAKI	\$23.49/lb
STUFFED BREAST (Parmesan/Cordon Bleu)	\$14.99/pkg
Ancestral Ground Chicken	\$16.29/lb
Chicken Tenders	\$15.75/lb
<b>ORGANIC CHICKEN</b>	
BREAST BONELESS/SKINLESS organic - singles	\$18.10/lb
BREAST BONE IN organic - singles	\$13.09/lb
WHOLE organic	\$7.09/lb
DRUMSTICKS organic - 4 per pkg	\$9.39/lb
LEGS organic - 2 per pkg	\$9.49/lb
THIGHS BONE IN organic - 2 per pkg	\$12.46/lb
WINGS	\$10.29/lb

Chicken continued on next page...

## CHICKEN SAUSAGES

	PRICE
GF LEEK & FETA - 4 per pkg	\$13.99/lb
GF FETA & SPINACH - 4 per pkg	\$13.99/lb
GF BASIL & TOMATO- 4 per pkg	\$13.99/lb
GF HONEY GARLIC - 4 per pkg	\$13.99/lb
GF SALT & PEPPER - 4 per pkg	\$13.99/lb
GF JALAPENO/CHEDDAR - 4 per pkg	\$13.99/lb
BREAKFAST SAUSAGE - 10 per pkg	\$14.95/lb
GF GOURMET- 4 per pkg	\$17.25/lb

## TURKEY



GF BONELESS SKINLESS BREAST	\$18.60/lb
GF GOURMET BURGERS - 4 per pkg	\$17.25/lb
AF GOURMET SAUSAGE - 4 per pkg	\$17.25/lb
GROUND	\$13.75/lb
BREAKFAST SAUSAGE	\$10.33/lb
LEEK & GARLIC DINNER SAUSAGE	\$13.85/lb
TURKEY WIENERS - 8 per pkg	\$8.75/pkg
WHOLE TURKEY (seasonal)	\$5.85/lb

## PORK



BACON PEAMEAL	\$11.50/pkg
BACON SIDE/SLAB	\$16.50/lb
FLAVOURED SAUSAGE - 5 per pkg	\$12.50/lb
GF HEALTHY CHOICE BREAKFAST SAUSAGE	\$10.89/pkg
GF BREAKFAST SAUSAGE (pasture raised)	\$13.99/lb
GF FARMERS SAUSAGE (variety) - 4 per pkg	\$11.95/lb
GF AF GROUND	\$9.50/lb

Pork continued on next page...

## PORK CHOPS

BUTT	\$8.99/lb
BUTTERFLY	\$13.49/lb
RIB	\$7.99/lb
SIRLOIN	\$11.99/lb
LOIN	\$12.99/lb

## PORK ROASTS

BUTT	\$8.99/lb
LOIN BONE IN	\$9.99/lb
LOIN BONELESS	\$10.99/lb
PORK PICNIC ROAST BONELESS	\$9.99/lb
PORK CAPICOLLA ROAST	\$11.99/lb
SHOULDER BONE IN	\$12.99/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	\$13.99/lb
RIBS BACK	\$13.99/lb
<b>GF</b> RIBS SIDE/SPARE	\$8.99/lb
PULLED PORK BURG/SAUSG. - 4 per pkg	\$17.15/lb
PORK SOUVLAKI SKEWERS	\$18.75/lb
BONES	\$3.99/lb
HOCKS - SMOKED OR PLAIN	\$8.99/lb
PORK FAT	\$6.00/lb
PORK FEET	\$5.99/lb

## LAMB



<b>AF</b> GROUND LAMB	\$23.75/lb
<b>GF</b> GOURMET BURGERS - 4 per pkg	\$19.99/lb
<b>GF</b> GOURMET SAUSAGES - 4 per pkg	\$19.99/lb
RACK OF LAMB	\$30.99/lb
SHANK	\$21.99/lb
SOUVLAKI	\$33.95/lb

Lamb continued on next page...

## LAMB CHOPS

LEG CHOPS	\$22.99/lb
LOIN CHOPS	\$29.49/lb
RIB CHOPS	\$23.99/lb
SHOULDER CHOPS	\$25.99/lb

## LAMB ROASTS

LEG - BONELESS	\$23.99/lb
LEG - BONE IN	\$19.99/lb
SHOULDER - BONE IN	\$16.99/lb
SHOULDER - BONELESS	\$18.99/lb

## LAMB OTHER CUTS

BONES	\$15.99/lb
KIDNEY	\$19.99/lb
LIVER	\$19.99/lb
ORGANS/HEART	\$19.99/lb
STEW	\$17.99/lb

## FISH



HADDOCK EAST COAST WILD	\$17.99/lb
LAKE TROUT GEORGIAN BAY/HURON	\$18.99/lb
MAHI MAHI	\$18.99/lb
PICKEREL GEORGIAN BAY/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/pkg
TUNA POKE	\$7.25/pkg
SALMON WILD SOCKEYE	\$30.69/lb
NORWEGIAN STEELHEAD SALMON	\$21.60/lb
NOVA SCOTIA OCEAN PERCH	\$13.99/lb
HALIBUT	\$28.99/lb
CHIPOTLE MAPLE SALMON	\$31.69/lb

## EGGS/DAIRY



DOZEN EGGS	\$8.25 each
CHEESE BLOCKS - <i>EMPIRE CHEESE</i>	individually priced
CHEESE CURDS - <i>EMPIRE CHEESE</i>	individually priced
ST BRIGIDS SALTED BUTTER	\$14.95 each
ST BRIGIDS UNSALTED BUTTER	\$14.95 each

## PRICE

## MISCELLANEOUS

PEPPERETTES HOT/MILD/HONEY GARLIC	\$8.75 each
HORSERADISH	\$6.99 each
PORTOBELLO ROAD'S ORGANIC SOURDOUGH PIZZA	\$18.95 each
SOURDOUGH BREAD- BREADCHUBBY	individually priced

## BONE BROTH

GRASS-FED BEEF - 946ml	\$21.00
ORGANIC LIQUID GOLD CHICKEN - 946ml	\$21.00
ORGANIC CHICKEN - ROASTED GARLIC - 750ml	\$17.00
PASTURE RAISED CHICKEN - GARLIC & GINGER or LEMONGRASS - 946ml	\$21.00
PASTURE RAISED TURKEY - 946ml	\$22.00
CHICKEN SIBO (plain) - 946ml	\$21.00
BEEF SIBO (plain) - 946ml	\$21.00
BEEF BASIL AND ROSE- 946ml	\$21.00