

## Grass Fed Beef *Vacuum Sealed Packaging*

Our Calves have been raised in our pastures with a variety of Seasonal grasses to select from. Our pastures and gardens have not been exposed to man made fertilizers, pesticides, herbicides and genetically engineered grains since 1969. Additionally, our cattle do not receive antibiotics, GMOs, artificial growth hormones /or chemicals. This meat is dry aged 10 to 14 days for a one-of-a-kind taste. Please thaw in fridge or ask for cold rinse thawing instructions to avoid destroying this delicate, flavorful meat.

### HAMBURGER

Grd Beef-1# pkgs (85% lean) \$8.49/#  
Grd Chuck-1# pkgs (86-88% lean) \$9.69/#  
Grd Sirloin-1# pkgs (88-93% lean) \$9.89/#  
Patties (All Types-85% lean)-4/1# Pkg (and 3/1# Pkg)  
\$9.99/#

### SHORT LOIN

Tenderloin Filets \$40.99/#  
Tenderloin Roasts \$39.99/#--Sold Out  
Beef Strip Loin (New York Strip/Club) Steak \$33.99/#  
T-Bone/Porterhouse Steak \$30.99/#

### RIB LOIN

Ribeye Steak\* (boneless) \$26.99/#  
Rib Steak (Bone in "Ribeye") \$25.99/#  
Prime Rib Roast (bone in) \$22.99/#  
Prime Rib Roast (boneless/Ribeye Roast) \$24.99/#

### SIRLOIN

Sirloin Steak \$18.99/#  
Sirloin Steak (bottom sub-primal or tri-tip) \$16.79/#  
Sirloin Flat Steak \$14.99/#  
Tri-Tip Roast \$13.99/#

### FLANK

Flank Steak \$15.49/#  
Hanger (Butcher's) Steak \$17.99/#

### SKIRT (PLATE)

Skirt Steak \$14.49/#  
Short Ribs \$8.49/#  
Brisket \$10.49/#

### SHOULDER/CHUCK

Chuck Roast (bone in) \$11.59/#  
Chuck Arm or Arm Pot Roast (bone in) \$10.29/#  
Denver Steak (also known as chuck under blade steak, under blade center, or boneless cut short rib steak) \$21.99/#  
Chuck Eye Steak\*\* (boneless) \$12.99/#  
Chuck Arm Steak (bone in) \$9.99/#--Sold out  
Flat Iron Steak+ (boneless) \$18.99/#  
Mock Tenderloin++ (boneless) \$10.99/#

ROUND

Rump Roast (boneless) \$11.99/#  
Sirloin Tip Roast (boneless) \$12.59/#  
Sirloin Tip Steak \$13.99/#  
Sirloin Tip (Top and Bottom) Steak \$9.99/#  
Round Steak-Whole (marrow bone showing) \$5.99/#  
Eye of Round \$7.99/#  
Round (Top and Bottom) Steak \$7.99/#  
Rolled Round Roast \$6.99/#  
Swiss Roast \$7.49#  
Swiss Steak (top round tenderized once) \$7.99/#  
Cubed Steak (bottom round tenderized 3 times) \$8.99/#  
Stew Meat \$9.99/#  
Shank (marrow bone showing for stew or other) \$6.99/#  
Soup Marrow Bones (for broth or other) \$6.99/#--Paper Pkgs  
Soup Bones (beef on bone for stew) \$4.99/#--Paper Pkgs

**PLEASE NOTE THAT ANY STEAK OR ORGAN MEAT PRICING AT <\$4.99 MUST BE SOLD AT A FLAT FEE OF \$4.99 / package TO PAY FOR THE BUTCHER BAG AND PACKAGING FEE**

Oxtail \$12.29/#  
Tongue \$10.29/#  
Liver \$7.99/# (or/pkg, if < 1#)  
Brain \$8.99/# (or/pkg if < 1#)  
Heart \$8.99/# (or/pkg if < 1#)  
Beef Cheeks \$8.99/#  
  
Sweetbread \$9.99/# (or/pkg, if < 1 #)  
Kidney \$7.99/# (or/pkg, if < 1#)  
Hull Fat or Suet (for tallow, etc.) \$3.99/#  
Cutlets \$6.99/pkg

### **Kitchen Notes:**

\*The Ribeye Steak is cut from the Rib and is one of the most popular, flavorful and tender steaks. Popular to grill or sauté, just a few minutes on each side and then a rest of 5-10 minutes before serving.

\*\*The Chuck Eye Steak is a rare and popular cut from the 5th rib of the beef. It's close to a Rib Eye in taste and tenderness, but as it's not quite a Rib Eye, the price is more attractive. Sauté or grill with light seasoning, can also be marinated.

°The Denver Steak comes from the chuck or shoulder area of the beef (from the section underneath the blade bone of the shoulder. Compared with other muscles, this one doesn't get much action, which gives the cut extra tenderness and has been ranked as one of the tenderest with plenty of great, deep beefy flavor. It takes a strong hand and an experienced butcher to remove the blade-shaped bone, divide and remove the muscle, and pull out the steak. But it's worth it. Try it on the grill using our recommended steak recipe posted online and you will be pleased.

+The Flat Iron Steak from the Chuck of the beef is a shoulder steak, also known as Top Blade Steak. Its even and uniform shape, combined with its full flavor and relative tenderness makes this steak a popular one to grill especially after marinating it.

++The Mock Tenderloin isn't as delicate as the name might suggest. The shoulder tender needs some special attention, as overcooking will render the meat anything but tender. Cooking methods that are more forgiving, like braising, will deliver the best results. Marinades make grilling a viable option, oven roasting can produce a juicy dish, and advanced techniques like sous vide will guarantee a temperature-perfect product. Mock tenders are similar in "tenderness" to a top sirloin, but if cooked on the grill as a steak they cannot be cooked "Well" as they become very tough. They tend to bleed-out after cooking, so they must be served quickly. The mock tender has a more beefy flavor than fillet mignon, but is not as tender as a fillet mignon.