



# Lake Land Meats

*local and naturally grown*

<b>PRODUCT DESCRIPTION</b>	<b>PRICE/LB.OR PKG.</b>	<b>APPROX. PKG. WEIGHT</b>
<b>HOME-GROWN GRASS-FED, CORN-FINISHED BEEF</b>		
Tenderloin	\$ 25.00/lb.	.5
New York strip steaks	19.50/lb.	1
Boneless ribeye steaks	19.50/lb.	1
T-bone steaks	18.00/lb.	1
Top sirloin steaks	13.50/lb.	1
Flank steaks	13.50/lb.	2
Leg roasts (inside, outside)	6.50/lb.	3
Stewing meat	6.50/lb.	1.5
Ground	5.00/lb.	1.5
Pure burgers (4/pkg., 6 oz each)	8.50/pkg.	1
Hot dogs (8/pkg.)	6.50/lb.	1
<b>ONTARIO GRASS-FED BEEF</b>		
New York strip steaks	30.00/lb.	1
Boneless ribeye steaks	30.00/lb.	1
Leg roasts	10.00/lb.	3
Top sirloin steaks	25.00/lb.	1
Stewing meat	10.00/lb.	1.5
Ground	8.50/lb.	1.5
<b>BEAMSVILLE NATURALLY-FED LAMB</b>		
Racks	\$ 29.20/lb.	1
Loin chops (4/pkg.)	18.50/lb.	1
Whole, bone-in leg or leg steaks	10.50/lb.	7
Whole, boneless leg roast	15.95/lb.	5
Boneless shoulder roasts	10.95/lb.	3
Shoulder chops (2/pkg.)	7.95/lb.	1
Shanks	9.50/lb.	.5
Ground	9.55/lb.	1
Sausage	11.45/lb.	1
Burgers (4/pkg.)	10.30/pkg.	1
<b>BLACK BOW FARMS (SOUTHWESTERN ONT.) NATURALLY-FED BERKSHIRE PORK</b>		
Tenderloin	\$ 17.05/lb.	1.5
Frenched chops (2/pkg.)	13.50/lb.	1
Bone-in loin chops (2/pkg.)	12.00/lb.	1
Boneless shoulder roasts	9.50/lb.	2
Smoked Country ham slices (6-8/pkg.)	10.00/lb.	1
Mild Italian and Farmer's sausage (4/pkg.)	8.50/lb.	1.5
Ground	8.50/lb.	1.5
Smoked bacon	9.95/lb.	1
<b>ONTARIO VEAL</b>		
White, Milk Fed Scallopini	\$23.75/lb.	.3
Red, Grain Fed Osso Buco	9.95/lb.	1.5
Cheeks	6.00/lb.	1
Sweet Breads	13.75/lb.	1
Marrow bones	3.15/lb.	2
<b>FENWOOD FARMS (ANCASTER) NATURALLY-FED CHICKEN</b>		
Whole	\$ 4.00/lb.	4
Boneless, skinless breast	12.50/lb.	1
Bone-in, skin-on breast	8.65/lb.	1
Legs or thighs (2/pkg.)	4.15/lb.	1
Ground	10.95/lb.	1
Sausage (4/pkg.)	12.20/lb.	1
Pure burgers (4/pkg.)	11.80/pkg.	1
Stock (no salt added)	6.00/cont.	
<b>FENWOOD FARMS (ANCASTER) CERTIFIED ORGANIC CHICKEN</b>		
Whole	\$ 5.15/lb.	4
Boneless breast	15.00/lb.	.75
Legs or thighs (2/pkg.)	5.20/lb.	1
<b>SHADY GROVE TURKEY FARM (WOOLWICH) NATURALLY-FED TURKEY</b>		
Boneless breast	\$ 11.25/lb.	1
Ground	9.50/lb.	1
Smoky Maple Sausage	10.55/lb.	1.5
<b>EGGS</b>		
Chicken	\$ 4.50/doz.	
Duck	6.50/doz.	
Quail	4.00/pkg. of 18	