



OUR FARM-TO-TABLE SELECTION

Ontario Raised Grass-Fed Beef

Beef Wieners
Back Ribs
Ground Beef
Lean
X Lean
Kidneys
Liver
Ox Tail
Patties
4oz
6oz
Short Ribs
Soup Bones
Stewing Beef
Stir Fry



Ground Beef

Ontario Raised Grass-Fed Beef Steaks

Blade Steak
Fast Fry Steak
Flank Steak
New York Strip Steak
Round Steak
T-Bone Steak
Tenderloin Steak
Tomahawk Steak
Top Sirloin Steak

Ontario Raised Grass-Fed Beef Roasts

Blade Roast
Brisket Roast
Cross Rib Roast
Eye of Round Roast
Prime Rib Roast
Round Roast
Rump Roast
Sirloin Tip Roast
Tenderloin Roast



T-Bone Steak

Ontario Raised Pastured Chickens

Pastured Whole Chicken
smaller cuts available seasonally

Turkey

Ground Turkey

Antibiotic-Free Air Chilled Chickens

Bone-in Skin-on Chicken Breast
Chicken Bones *(perfect for broths)*
Chicken Burgers
Chicken Legs
Chicken Nuggets
Chicken Pub Strips
Chicken Thighs
Boneless Skinless
Bone-in Skin-on
Chicken Wing Split
Drumsticks
Ground Chicken



Whole Chicken

Lamb

Ground Lamb
Lamb Chops
Lamb Spiducci



OUR FARM-TO-TABLE SELECTION



Bacon Sliced

Cage-Free Ontario Pork

- Bacon Sliced
- Back Rib
- Boneless Roast
- Boneless Loin Chop
- Boneless Loin Roast
- Boneless Dinner Hams
- Breakfast Sausage
- Center Cut Chops
- Chops
- Ground Pork
- Farmers' Sausage
 - Mild
 - Hot
 - H/G
- Peameal Bacon
- Pepperettes
- Pork and Beef Wieners
- Pulled Pork
- Side Ribs
- Shoulder Chops
- Tenderloin
- Thick Cut Bacon
- Vendor Sausage

Wild Caught Canadian Fish

- Cod Fillets
- Rainbow Trout
- Red Snapper
- Sole Fillets
- Tuna Loin
- Wild Salmon



Wild Salmon

Fruits & Vegetables

- Blueberries
- Broccoli Florets
- Carrots
- Chopped Spinach
- Corn Kernel
- Four Berry Mix
- Green Beans
- Mixed Veggies
- Peaches
- Peas
- Peas & Carrots
- Strawberries
- Smoothie Mix
- Sweet Potato Chunks
- Wok Mix

Organic Pantry

- Balsamic Glaze
- Organic Apple Sauce
- Organic BBQ Sauce
- Organic Black Beans
- Organic Chickpeas
- Organic Chicken Bouillon Powder
- Organic Diced Tomatoes
- Organic Dijon Mustard
- Organic Golden Cane Sugar
- Organic Honey
- Organic Linguini
- Organic Long Grain Rice
- Organic Olive Oil
- Organic Pasta Sauce
- Organic Penne
- Organic Quick Rolled Oats
- Organic Rigatoni
- Organic Spaghetti
- Organic Strawberry Jam
- Protein Pancake Mix





OUR FARM-TO-TABLE SELECTION



Rib Eye Steak

Gourmet Pork

Boneless Loin Chops
Boneless Loin Roast
Center Cut Pork Chops
Peameal Bacon
Pepperettes
Pork Back Ribs
Pork Tenderloin

Gourmet Poultry

Chicken Breasts Boneless & Skinless
Chicken Pub Strips
Chicken Stir Fry
Chicken Thighs Boneless & Skinless
Ground Chicken
Ground Turkey
Whole Chicken

Gourmet Beef

Back Ribs
Beef Wieners
Brisket
Extra Lean Ground Beef
Eye of Round Roast
Flank Steak
Prime Rib Roast
Rib Eye Steak
Short Ribs
Stir Fry
Tenderloin Steak
Tenderloin Roast
T-Bone Steak

Gourmet Fish

Pacific Cod
Rainbow Trout
Sole Fillets
Tuna Loins
Wild Pac Salmon Fillets
Wild Pacific Snapper Fillets



Chicken Thighs



Sole Fillets

Gourmet Fruits & Vegetables

Blueberries
Broccoli
Spinach