



The natural choice.
FREE RANGE PORK
 Pasture raised & naturally fed

Greg and Bonnie Spragg
 "those pork people"

- * from farm to table the focus is on quality and taste
- * provincially inspected meat sold only in Alberta
- * humanely raised in low stress environmentally friendly manner
- * fed plant based diet only no animal by-products
- * no growth hormones or antibiotics in feed

| FRESH | price/kg | |
|---------------------|-----------------|-------|
| centre cut chops | \$18.18 | _____ |
| rib end chops | \$16.53 | _____ |
| bnls sirloin steak | \$18.18 | _____ |
| boston butt steak | \$15.42 | _____ |
| picnic roast | \$11.01 | _____ |
| bnls shoulder roast | \$14.87 | _____ |
| boneless ribs | \$17.07 | _____ |
| bnls loin roast | \$20.94 | _____ |
| bnls chops | \$23.15 | _____ |
| leg roast bnls | \$14.32 | _____ |
| side pork | \$12.12 | _____ |
| ribs | \$14.99 | _____ |
| pork stir fry | \$17.74 | _____ |
| rib end loin roast | \$16.53 | _____ |
| tenderloin | \$28.34 | _____ |
| baby back ribs | \$19.94 | _____ |
| flank steak | \$19.94 | _____ |
| ground pork | \$9.99 | _____ |
| schnitzel | \$20.94 | _____ |
| pork hocks | \$7.65 | _____ |
| pork fat | \$6.60 | _____ |
| leg roast rind on | \$9.91 | _____ |

| MARINATED | price/kg | |
|---------------------|-----------------|-------|
| stir fry | \$17.63 | _____ |
| side ribs | \$14.99 | _____ |
| rib end chops | \$16.53 | _____ |
| pork sirloin steak | \$19.28 | _____ |
| roasts | \$16.53 | _____ |
| breaded schnitzel | \$22.04 | _____ |
| bnls stuffed chops | \$24.24 | _____ |
| boneless ribs | \$18.18 | _____ |
| bacon wrapped roast | \$24.24 | _____ |
| pork souvlaki | \$19.28 | _____ |

| CURED | price/kg | |
|----------------------------------|-----------------|-------|
| sliced back bacon | \$28.34 | _____ |
| sliced english bacon | \$28.34 | _____ |
| sliced reg bacon | \$16.98 | _____ |
| chunk reg bacon | \$16.17 | _____ |
| ham bone in | \$10.46 | _____ |
| boneless ham | \$16.53 | _____ |
| smoked chops | \$18.73 | _____ |
| smoked hocks | \$8.99 | _____ |
| bacon ends | \$6.93 | _____ |
| ham steak | \$12.66 | _____ |
| country roll (brined not smoked) | \$14.87 | _____ |

| FRESH SAUSAGE | price/kg | |
|----------------------------|-----------------|-------|
| breakfast sausage | \$13.99 | _____ |
| breakfast patties | \$13.99 | _____ |
| Bratwurst | \$13.99 | _____ |
| chorizo reg & mexican | \$13.99 | _____ |
| english bangers | \$13.99 | _____ |
| cumberland | \$13.99 | _____ |
| linguica | \$13.99 | _____ |
| longanissa | \$13.99 | _____ |
| fresh mild italian | \$13.99 | _____ |
| currywurst | \$13.99 | _____ |
| all fresh sausage 10lb box | \$40.00 | _____ |

| SMOKED SAUSAGE | price/kg | |
|-----------------------|-----------------|-------|
| cold smoked mennonite | \$20.99 | _____ |
| farmers | \$20.99 | _____ |
| polish | \$20.99 | _____ |
| spicy italian | \$20.99 | _____ |
| smokies | \$20.99 | _____ |
| hawaiian | \$20.99 | _____ |
| gourmet hot dogs | | _____ |

SIDE OF PORK \$260.00