

HENRY FARM, COWICHAN BAY, BC

GRASS FED BEEF CUT PRICES



Effective - March 2024

SIDES OF BEEF (<i>Cut & Wrapped</i>)	PRICE/LB
Full Sides - approximately 300 to 385 lbs (Hanging Weight)	\$9.00
Half Sides - approximately 125 to 185 lbs (Hanging Weight)	\$9.00
INDIVIDUAL BEEF CUTS	PRICE/LB
Cross Rib Roast	\$16.00
Sirloin Tip Roast	\$20.00
Baron of Beef Roast	\$16.00
Boneless Rolled Brisket	\$16.00
Prime Rib Roast	\$25.00
New York Strip	\$25.00
Sirloin Steak	\$25.00
Club Steak	\$25.00
Tenderloin	\$36.00
Prime Rib Steak	\$28.00
T-Bone Steak	\$28.00
Porterhouse Steak	\$28.00
Chuck Steak	\$18.00
Flank Steak	\$18.00
Skirt Steak	\$18.00
Round Steak	\$18.00
Lean Ground Beef	\$12.00
Maui Style Short Ribs	\$14.00
Bone-In Short Rib	\$14.00
Lean Stir Fry	\$16.00
Plain Beef Sausages	\$14.00
Mild Italian Beef Sausage	\$14.00
Chorizo Beef Sausage	\$14.00
Beef Liver, Tongue or Heart	\$8.00
Beef Bones	\$5.00

