

LAKE LAND MEATS

1226 St. Paul St. W.,
St. Catharines, Ontario L2R 6P7
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Specializing in
Farm-Raised Game Meats
Local Naturally Grown Beef, Berkshire Pork
Lamb, Chicken
www.lakelandmeats.com

PRODUCT DESCRIPTION	PRICE PER LB. OR PACKAGE	APPROXIMATE PKG. WEIGHT
HOME-GROWN NATURALLY-FED BEEF		
Tenderloin	\$ 23.00/lb.	.5
T-bone steaks	14.50/lb.	1
New York strip steaks	18.50/lb.	1
Delmonico steaks	18.50/lb.	1
Top sirloin steaks	12.50/lb.	1
Leg roasts (inside, outside, eye of round)	6.00/lb.	3
Stewing meat	6.00/lb.	1.5
Ground	4.00/lb.	1.5
Pure burgers (4/pkg.)	4.50/lb.	1
Hot dogs	6.00/lb.	1
NIAGARA GRASS-FED BEEF		
T-bone steaks	\$ 15.50/lb.	1
Rib steaks	15.50/lb.	1
Top sirloin steaks	13.50/lb.	1
Leg roasts (round)	7.50/lb.	3
Stewing meat	7.00/lb.	1.5
Ground	5.00/lb.	1.5
NIAGARA NATURALLY-FED LAMB		
Racks	\$ 24.75/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 or stewing meat	8.95/lb.	3
Shoulder chops (2/pkg.)	7.95/lb.	1
Shanks	5.75/lb.	.5
Ground	6.50/lb.	1
Sausage	7.90/lb.	1
LOCAL NATURALLY-FED BERKSHIRE PORK		
Bone-in loin and rib chops (2/pkg.)	9.50/lb.	1
Smoked bone-in ham steaks	5.75/lb.	1
Smoked ham bone-in roasts	5.75/lb.	10
Smoked Country ham slices (6-8/pkg.)	9.00/lb.	1
Mild Italian and Farmer's sausage (4/pkg.)	6.25/lb.	1.5
Smoked bacon	8.50/lb.	1
Smoked hocks	4.00/lb.	1
LOCAL NATURALLY-FED CHICKEN		
Whole	\$ 3.40/lb.	4
Boneless, skinless breast	10.70/lb.	1
Bone-in, skin-on breast	7.10/lb.	1
Legs & thighs (2/pkg.)	3.40/lb.	1
Sausage (4/pkg.)	9.80/lb.	1
Ground	8.50/lb.	1
Pure burgers (4/pkg.)	9.90/pkg.	1
LOCAL CERTIFIED ORGANIC CHICKEN		
Whole	\$ 4.75/lb.	4
Boneless breast	13.25/lb.	.75
Legs & thighs (2/pkg.)	4.75/lb.	1
Ground	9.45/lb.	1
Sausage (4/pkg.)	11.20/lb.	1
HOME-GROWN FREE-RUN NATURAL OMEGA EGGS		
	4.00/doz.	
NIAGARA FREE-RUN NATURAL DUCK EGGS		
	4.50/doz.	
NIAGARA NATURAL QUAIL EGGS		
	2.60/tray of 18	