

# Kinikin Heights Natural Foods

## Product Price List

(prices listed are per pound)

### 100% Grass-Fed Beef

Ribs	\$3.85	Sirloin tip Roast	\$8.85
Ground	\$4.85	Flank Steak	\$10.85
Cubed	\$5.85	Flatiron or Tri-Tip	\$10.85
Round Steak	\$6.15	Sirloin Steak	\$10.85
Arm Roast	\$6.85	T-bone or NY Steak	\$13.85
Chuck Roast	\$7.85	Ribeye Steak	\$14.85
Rump Roast	\$8.35	Porterhouse Steak	\$15.85
Brisket	\$8.85	Tenderloin	\$22.85
Ball Tip Steak	\$8.85		

### 100% Grass-Fed Lamb

Ribs	\$3.15	Bone-in Leg	\$11.85
Shanks	\$6.85	Boneless Leg	\$12.85
Ground	\$8.35	Loin Chops	\$19.85
Kabob	\$9.85	French Half-Rack	\$22.85

### Milk-Fed, Pasture-Raised Pork

Spare Ribs	\$7.35	Country Style Ribs	\$7.35
Ham Hock	\$7.35	Ham Steak or Roast	\$8.85
Sausage*	\$7.35	Smoked Bacon	\$8.85
Shoulder	\$8.35	Pork Chops	\$11.85

\*Sausage varieties: Breakfast, Spicy Breakfast, Italian, and Fresh Ground

### Pasture-Raised Poultry

Whole Chicken	\$4.00 (Avg 3.5-5lbs)	*Bulk discount available
Whole Turkey	\$3.50 (Avg. 10-20+ lbs)	
Liver and Hearts	\$3.00	

#### **Buy in bulk and save!**

Prices are based on hanging weight (HW) of the animal (before meat is cut into primal cuts) so that choosing bone in/out will not affect your final cost. The final yield "In Your Freezer" (IYF) varies by the percentage of steaks/roasts that are left bone in/out. Processing fees are not included below.

	Price/lb	Avg HW	Avg yield IYF
Whole Beef	\$3.00	640 lbs	400 lbs
Half Beef	\$3.15	320 lbs	200 lbs
Qtr Beef	\$3.25	160 lbs	100 lbs
Whole Lamb	\$5.00	55 lbs	35 lbs
Whole Hog	\$3.00	160 lbs	100 lbs
Half Hog	\$3.25	80 lbs	50 lbs

### Raw Dog Food

\$2.00/lb

A blend of ground beef with a small amount of heart and liver added for healthy nutrients. Feed your dog the diet nature intended!

Jeff and Jenika Downs

(970) 901-9959

**Thank you for your support!**

[www.kinikinfoods.com](http://www.kinikinfoods.com)