



Grass-only Beef	\$/lb.
Ground Beef	8.00
Beef Bratwurst	7.75
Cube Steak	8.20
Sirloin	11.10
Sedalia Strip steak	16.35
Ribeye steak	17.60
Filet	24.00
Flat Iron Steak	13.10
Skirt Steak	11.10
Flank Steak	13.10
Chuck Eye Steak	10.10
Hanging Tenders	7.25
Tri-Tip Steak	11.10
Stew Beef	7.60
Top Round Steak	8.80
Chuck Arm Roast	6.85
Boneless Chuck Roast	6.85
Brisket	6.85
Eye of Round Roast	8.80
London Broil	8.80
Rump Roast	7.50
Sirloin Tip Roast	8.20
Short Ribs	5.35
Oxtail	7.80
Shank	5.20
Soup Bones	2.70
Tongue	3.50
Sweetbreads	3.50
Bones: Dog/Stock/Soup	2.70
Dog Food	2.70
Liver/Kidney	2.70
Tallow/Suet	2.70

Pastured Pork	\$/lb.
Sausage (Natural Sage)	8.00
Ground Pork	8.00
Mild & Hot Italian, Chorizo Links	8.75
Sliced Bacon (pork bellies)	9.00
Ground Pork	7.50
Boneless Pork Chops	13.00
Whole Tenderloin	22.00
Bone-In Pork Chops	10.40
Ham Roast	7.00
Butt Roast or Picnic Roast	7.00
Ham Steak	7.00
Baby Back Ribs	6.20
Spare Ribs	4.90
Backbone/Neckbone, sliced jowls	5.20
Fatback/Lard	2.50
Liver/Tongue	2.60

Ben raises our animals from birth with the utmost care & respect. By using traditional animal husbandry methods, our cattle, pigs, and poultry thrive on natural, native pastures.

Use these cuts to sample our products, then buy in bulk & save with our cowpooling or pigpooling options. Details on our website.

Other Local Products	\$/lb.
Farm Fresh Eggs	\$5.00/dz.
Whole chicken, frozen	\$5.00/lb.

Rose Veal, Hogget Lamb and Catfish
 Seasonal variety of cuts equivalent to beef \$/lb.
 Seasonal Custom Catfish Filets \$15.60/lb.

To leave a message, call 434-299-5193

Farm Store open by appointment

Prices effective July 2015

To contact Ben and Carly Coleman, we prefer:

www.mountainrunfarm.com and Facebook