



# FREE RANGE STORE

Free Range Meats & Meals-To-Go All Day

## PRODUCT LIST

### COGMAGUN FREE RANGE CHICKEN

Whole Chicken	\$5.47/lb
Whole Chicken Cut Up	\$6.08/lb
B/S Chicken Breast	\$14.22/lb
Bone-In Chicken Breast	\$11.22/lb
Butterflied Chicken	\$7.41/lb
Chicken Stir-Fry	\$15.71/lb
Bone-In Chicken Thighs	\$5.62/lb
B/S Chicken Thighs	\$13.46/lb
Whole Chicken Legs	\$5.62/lb
Chicken Drums	\$5.10/lb
Split Chicken Wings	\$5.83/lb
Ground Chicken	\$10.57/lb
Chicken Sausage	\$11.02/lb
<i>Varieties Breakfast/Maple/Honey Garlic/ Mild Italian/Hot Italian/Sun Dried/Chorizo</i>	
Chicken Hearts	\$4.38/lb
Chicken Livers	\$4.38/lb
Chicken Necks	\$3.37/lb
Chicken Feet	\$3.37/lb
Chicken Carcasses	\$3.37/lb

### COGMAGUN FREE RANGE TURKEY

Whole Turkey	\$5.49/lb
Boneless Turkey Breasts	\$13.95/lb
Bone-In Turkey Breasts	\$11.00/lb
Turkey Leg	\$5.51/lb
Turkey Thigh	\$5.51/lb
Turkey Drums	\$5.01/lb
Turkey Wings	\$5.72/lb
Ground Turkey	\$10.57/lb
Turkey Sausage	\$11.02/lb
Turkey Hearts	\$4.38/lb
Turkey Liver	\$4.38/lb
Turkey Necks	\$3.37/lb
Turkey Carcasses	\$3.37/lb

### NOVA SCOTIA LAMB

Lamb Loin Chops	\$21.49/lb
Ground Lamb	\$13.89/lb
Lamb Stew Meat	\$14.29/lb
Rack of Lamb	\$26.99/lb
Boneless Leg of Lamb	\$23.99/lb
Bone-In Leg of Lamb	\$19.09/lb
Lamb Shanks	\$12.99/lb
Lamb Shoulder Roasts	\$15.50/lb



# FREE RANGE STORE

Free Range Meats & Meals-To-Go All Day

## PRODUCT LIST

### NOVA SCOTIA GRASS FED BEEF

#### Beef Steaks

Beef Tenderloin Steak	\$25.30/lb
Beef Rib Eye Steak	\$22.55/lb
Beef Prime-Rib	\$16.49/lb
Beef Striploin Steak	\$17.05/lb
Beef T-Bone Steak	\$15.95/lb
Beef Top Sirloin Steak	\$12.09/lb
Beef Pave	\$8.25/lb
Beef Denver	\$8.25/lb
Beef Flank Steak	\$13.20/lb
Beef Blade	\$6.92/lb
Beef Inside Skirt	\$9.35/lb
Beef Outside Skirt	\$9.35/lb
Beef Bavette	\$9.63/lb
Beef High End Grill	\$13.20/lb
Beef Low End Grill	\$9.63/lb

#### Beef Roasts

Beef Bone-In Cross Rib Roast	\$8.25/lb
Beef Boneless Cross Rib Roast	\$9.35/lb
Beef Bone-In Blade Roast	\$8.82/lb
Beef Boneless Blade Roast	\$9.25/lb
Beef Boneless Rump	\$7.14/lb
Beef Sirloin Tip Roast	\$8.02/lb
Beef Bone-In Prime-Rib	\$16.49/lb
Beef Stir-Fry	\$9.90/lb
Medium Ground Beef	\$6.59/lb
Lean Ground Beef	\$7.59/lb
Extra Lean Ground Beef	\$8.69/lb

Corn Beef	\$8.79/lb
Beef Patties (4oz & 10oz)	\$8.25/lb
Beef Boneless Stew	\$8.79/lb
Beef Soup Bones	\$6.60/lb
Beef Marrow Bones	\$5.78/lb
Beef Liver	\$4.40/lb
Beef Heart	\$2.75/lb
Beef Brisket	\$7.15/lb
Beef Brazing Ribs	\$6.78/lb
Bratwurst Sausages	\$8.15/lb

### NOVA SCOTIA PORK

Pork Shoulder Steak	\$5.49/lb
Smoked Ham Steak	\$8.03/lb
Smoked Chops	\$10.99/lb
Bone-In Loin Chop	\$6.04/lb
Boneless Loin Chop	\$10.14/lb
End Chop	\$6.04/lb
Pork Tenderloin	\$13.20/lb
Pork Shoulder Roast	\$5.72/lb
Pork Boston Butt Roast	\$5.49/lb
Pork Bone-In Loin Roast	\$6.04/lb
Pork Boneless Loin Roast	\$10.14/lb
Pork Smoked Bone-In Ham Roast	\$7.60/lb
Pork Smoked Boneless Ham Roast	\$8.60/lb
Smoked Bacon	\$10.45/lb
Ground Pork	\$4.95/lb
Fresh Pork Ribs	\$5.50/lb
Pork Sausage	\$6.60/lb
<i>Varieties Breakfast/Honey Garlic/ Mild Italian/Bratwurst</i>	
Pork Hocks	\$2.75/lb
Pork Bones	\$2.20/lb
Pork Kidneys	\$1.65/lb



# FREE RANGE STORE

Free Range Meats & Meals-To-Go All Day

## PRODUCT LIST

### COURTIA'S DELI MEATS

#### Chicken

Chicken Smokey's \$14.30/lb  
*Varieties* Regular/Cheddar

Chicken Pepperoni \$14.30/lb  
*Varieties* Mild/Medium/Honey Garlic/Hot

Smoked Chicken Deli Meat \$18.62/lb

Smoked Turkey Deli Meat \$18.62/lb

#### Pork

Smoked Ham Deli Meat \$16.02/lb

#### Beef

Beef Pastrami (Smoked) \$18.94/lb

Montreal Meat (Smoked) \$18.94/lb

Beef Pepperoni \$14.30/lb

Beef Jerky \$49.50/lb

### COURTIA'S FROZEN PREPARED MEALS

Meat Pies (5in) \$10.45

Meat Pies (8in) \$28.60  
*Varieties* Chicken/Turkey/Steak n Cheese/  
Farmhouse/Huevos

Lasagna Small \$8.80

Lasagna Large \$16.50

Baked Beans \$8.80

Chili \$8.80

Shepherd's Pie Small \$11.00

Shepherd's Pie Large \$16.50

Quiche Small \$4.95

Quiche Large \$16.50

Homemade soup \$8.80  
*(Chicken/Turkey/Beef)*

Homemade bone broth \$4.40  
*(Chicken/Turkey)*

Homemade Bone Broth Beef \$5.50

Pumpkin Pie (8in) \$10.45

Homemade Sweets \$4.40  
*Carrot Cake/Peanut Butter Squares/Date Squares*

Homemade Apple Sauce \$7.00

Homemade Apple Crisp \$5.00



# FREE RANGE STORE

Free Range Meats & Meals-To-Go All Day

## PRODUCT LIST

### RANCHER ACRES GOAT MILK PRODUCTS

---

- Kefir (450ml/965ml)
- Goat's Milk Yogurt
- Chevre (Plain/Peppercorn)
- Feta Cheese
- Cheddar/Monterey Jack Cheese
- Fresh curds
- Cheese spreads  
*(Garden blend/Herb n Garlic/Onion Blend)*

### FOXHILL

---

- White Milk (2lt/ 500 mL)
- Chocolate Milk (2lt/500ml)
- Yogurt (Plain/Vanilla)
- Fresh curds
- Gouda  
*(Smoked/Medium/Herb n Garlic)*

### HOUSEMADE PRESERVES

---

- Corn Relish
- Pickled Beets
- Granola
- Rhubarb Conserve/Jam
- Homemade Jelly

### BREADS

---

- Bread from Stone-Hearth and Julien's  
*(Delivered every Tues/Fri)*

### FRESH PRODUCE

---

**Local & Spray free when available**

- Potatoes
- Sweet Potatoes
- Turnips
- Carrots
- Rainbow Carrots
- Parsnips
- Lettuce
- Cherry Tomatoes
- Cabbage (Green/Purple)
- Peppers
- Spinach
- Mesclan Mix
- Broccoli
- Zucchini
- Mushrooms
- Brussel Sprouts
- Kale
- Onions (Red/Spanish)
- Leeks
- Free Range Eggs (Brown/White)
- Quail Eggs

---

*Prices may change without notice*

*Last Updated January 11, 2021*

---