



# FREE RANGE STORE

Free Range Meats & Meals-To-Go All Day

# PRODUCT LIST

## COGMAGUN FREE RANGE CHICKEN

Whole Chicken  
Whole Chicken Cut Up  
B/S Chicken Breast  
Bone-In Chicken Breast  
Butterflied Chicken  
Chicken Stir-Fry  
Bone-In Chicken Thighs  
B/S Chicken Thighs  
Whole Chicken Legs  
Chicken Drums  
Split Chicken Wings  
Ground Chicken  
Chicken Sausage  
*Varieties Breakfast/Maple/Honey Garlic/  
Mild Italian/Hot Italian/Sun Dried/Chorizo*  
Chicken Hearts  
Chicken Livers  
Chicken Necks  
Chicken Feet  
Chicken Carcasses

## NOVA SCOTIA GRASS FED BEEF

### Beef Steaks

Beef Tenderloin Steak  
Beef Rib Eye Steak  
Beef Prime-Rib  
Beef Striploin Steak  
Beef T-Bone Steak  
Beef Top Sirloin Steak  
Beef Flat Iron  
Beef Denver  
Beef Flank Steak  
Beef Teres-Major  
Beef Inside Skirt  
Beef Outside Skirt  
Beef Bavette

### Beef Roasts

Beef Boneless Cross Rib Roast  
Beef Boneless Rump  
Beef Boneless Chuck  
Beef Sirloin Tip Roast  
Beef Bone-In Prime-Rib  
Beef Stir-Fry  
Medium Ground Beef  
Lean Ground Beef  
Extra Lean Ground Beef  
Beef Patties (4oz & 10oz)  
Beef Boneless Stew  
Beef Soup Bones  
Beef Marrow Bones  
Beef Liver  
Beef Heart  
Beef Brisket  
Beef Brazing Ribs  
Bratwurst Sausages





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### NOVA SCOTIA PORK

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Pork Shoulder Steak  
Smoked Ham Steak  
Smoked Chops  
Bone-In Loin Chop  
Boneless Loin Chop  
End Chop  
Pork Tenderloin  
Pork Shoulder Roast  
Pork Boston Butt Roast  
Pork Bone-In Loin Roast  
Pork Boneless Loin Roast  
Pork Smoked Bone-In Ham Roast  
Pork Smoked Boneless Ham Roast  
Smoked Bacon  
Ground Pork  
Fresh Pork Ribs  
Pork Sausage  
*Varieties Breakfast/Honey Garlic/  
Mild Italian/Bratwurst*  
Pork Hocks  
Pork Bones

### COGMAGUN FREE RANGE TURKEY

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Whole Turkey  
Boneless Turkey Breasts  
Bone-In Turkey Breasts  
Turkey Leg  
Turkey Thigh  
Turkey Drums  
Turkey Wings  
Ground Turkey





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### COURTIA'S DELI MEATS

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#### Chicken

Chicken Pepperoni

**Varieties** Mild/Medium/Honey Garlic/Hot

Smoked Chicken Deli Meat

Smoked Turkey Deli Meat

#### Pork

Smoked Ham Deli Meat

#### Beef

Beef Pastrami (Smoked)

Montreal Meat (Smoked)

Beef Pepperoni

Beef Jerky

### COURTIA'S FROZEN PREPARED MEALS

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Meat Pies (5in)

Meat Pies (8in)

**Varieties** Chicken/Turkey/Steak n Cheese/  
Farmhouse/Huevos

Lasagna Small

Lasagna Large

Baked Beans

Chili

Shepherd's Pie Small

Shepherd's Pie Large

Quiche Small

Quiche Large

Homemade soup

*(Chicken/Turkey/Beef)*

Homemade bone broth

*(Chicken/Turkey)*

Homemade Bone Broth Beef

Pumpkin Pie (8in)

Homemade Sweets

*Carrot Cake/Peanut Butter Squares/Date Squares*

Homemade Apple Crisp





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### RANCHER ACRES GOAT MILK PRODUCTS

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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

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

### HOUSEMADE PRESERVES

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Corn Relish  
Pickled Beets  
Granola  
Rhubarb Conserve/Jam  
Homemade Jelly

### BREADS

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

### FRESH PRODUCE

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**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

