

# 100% Grass Fed Beef Prices 2019

	CUT	Price per Pound	
	Back Ribs	\$5.95	
	Brisket	\$8.95	
	Burger (1 # packs)	\$6.75	
	Burger (2 # packs)	\$13.50	
	Burger (3 patties/pound)	\$6.95	
	Chuck Roast	\$8.50	
	Cube Steak	\$7.50	
	Delmonico Steak	\$18.95	
	Flank Steak	\$18.95	
	Flat Iron Steak	\$18.95	
	Hangar Steak	\$18.95	
	Heart & Liver	\$4.95	
	Porterhouse Steak	\$15.95	
	Rolled Rump Roast	\$8.50	
	Skirt Steak	\$15.95	
	Short Ribs	\$6.95	
	Sirloin Steak -Bone In	\$11.95	
	Sirloin Steak-Bone Out	\$14.95	
	Sirloin Tip Roast	\$9.50	
	Soup Bones (shank w/ meat)	\$5.95	
	Soup Bones (big ones for broth)	\$3.50	
	Stew Beef/StirFry/Kabob	\$8.50	
	Strip Steak	\$15.95	
	T-Bone Steak	\$13.95	
	Tenderloin/Filet Mignon	\$23.95	
	Tenderloin Roast	\$23.95	
	Ox Tail	\$7.95	
	Tongue	\$9.95	
	Tri-Tip Steak	\$14.95	

**100% Grass-Fed Beef Prices 2019**  
**Green Heron Growers, Panama, NY 716-720-3695**