



GAME MEATS	RABBIT	Whole priced per lb	100% Grass fed non GMO	13.29		
				Price	Price	Price
Product Category	Product	Item	Description	Naturally Raised	Pastured	Organic
GAME MEATS	VENISON	Bones: Price per LB	100% pastured Ontario raised		11.29	
GAME MEATS	VENISON	Burger 4/pkg priced per package		19.99	20.99	
GAME MEATS	VENISON	Ground priced per package		19.49	24.29	
GAME MEATS	VENISON	Roasts: Price per LB	100% pastured Ontario raised	20.99	24.29	
GAME MEATS	VENISON	Sausage with Dijon & Red Pepper 4 X 90 gm priced per LB	La Ferme	21.99		
GAME MEATS	VENISON	Sausage with Apricot & Sage priced per package	Ont Harvest	19.99		
GAME MEATS	VENISON	Steaks: Sirloin and Chops	100% pastured Ontario raised		32.99	
GAME MEATS	VENISON	Steaks: Striploin, Tenderloin, proterhouse	100% pastured Ontario raised	34.99	34.99	
GAME MEATS	VENISON	Steaks: Flank, wing ,Round		18.99	29.29	
GAME MEATS	VENISON	Stew	100% pastured Ontario raised	24.29		
				Price	Price	Price
Product Category	Product	Item	Description	Naturally Raised	Pastured	Organic
GAME MEATS	WATER BUFFALO	Burgers 4oz 4/pkg priced per package			18.29	
	WATER BUFFALO	Burgers with bacon 6 oz 4/pkg priced per package			23.59	
GAME MEATS	WATER BUFFALO	Liver priced per package			12.99	
GAME MEATS	WATER BUFFALO	Ground priced per package			17.69	
GAME MEATS	WATER BUFFALO	Meatballs priced per package			20.29	
GAME MEATS	WATER BUFFALO	Roasts: (All) Price per LB			25.69	
GAME MEATS	WATER BUFFALO	Sausages honey garlic or jalepeno priced per package			18.69	
GAME MEATS	WATER BUFFALO	Steaks: Eye of Round Priced per lb			18.99	
GAME MEATS	WATER BUFFALO	Steaks: Flat Iron Priced per lb			25.99	
GAME MEATS	WATER BUFFALO	Steaks: Sirloin, Sirloin Tip & Inside Round Priced per lb			27.29	
GAME MEATS	WATER BUFFALO	Stew Priced per package			17.99	
GAME MEATS	WILD BOAR	Bacon Priced per package			14.49	

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Product Category	Product	Item	Description	Naturally Raised	Pastured	Organic
GAME BIRDS	CORNISH HENS	Whole priced per LB		9.79		
GAME BIRDS	DUCK	Breast (Boneless)		23.99		
GAME BIRDS	DUCK	Breast (Smoked)		29.99		
GAME BIRDS	DUCK	Confit. (Rougie) 190 gm. Priced per package		14.99		
GAME BIRDS	DUCK	Fat 300 gm Priced per unit		11.49		
GAME BIRDS	DUCK	Legs priced per LB		17.29		
GAME BIRDS	DUCK	Whole priced per LB		8.99		
GAME BIRDS	EMU	Ground –Extra Lean priced per LB			13.99	
GAME BIRDS	EMU	Steak priced per LB			18.99	
GAME BIRDS	EMU	<b>Note: We also have a variety of Emu oils and creams.</b>	<b>Also, Emu Shampoo, Conditioner and Washes.</b>			
GAME BIRDS	GEESE	Whole Priced per LB		11.7		
GAME BIRDS	OSTRICH	Medallion priced per LB		19.99		
GAME BIRDS	PARTRIDGE	Whole Priced per bird		25.99		
GAME BIRDS	PHEASANT	Whole Priced per LB		16.99		
	<b>DELI--PEPPERETTES, SALAMI</b>					
PEPPERETTES	BEEF KOBE STYLE	Pepperettes 2/package. Priced per package	Berbician Snack It Sticks	4.69		
PEPPERETTES	BEEF	Pepperettes 5/package. Priced per package	100% pastured Ontario raised non GMO	10.79		
PEPPERETTES	BEEF KOBE STYLE	Salami 275 gm priced per unit	Berbician	21.59		
	BEEF KOBE STYLE	Summer Sausage 1 LB priced per unit	Berbician	30.99		
PEPPERETTES	BISON	Pepperettes 1/package. Priced per package	Berbician Snack It Sticks	4.69		
PEPPERETTES	BISON	Pepperettes 5 per package. Priced per package		10.79		
PEPPERETTES	BISON	Salami 275 gm priced per unit	Berbician	21.59		
PEPPERETTES	DUCK	Salami 275 gm priced per unit	Berbician	21.59		
PEPPERETTES	ELK	Pepperettes 2 per package. Priced per package		4.69		
PEPPERETTES	EMU	Pepperettes 5 per package priced per package		12.99		
PEPPERETTES	KANGAROO	Pepperettes 2 per package. Priced per package		4.69		

PEPPERETTES	KANGAROO	Pepperettes 5 per package. Priced per package		10.79		
PEPPERETTES	LAMB	Salami 275 gm priced per unit	Berbician	21.59		
PEPPERETTES	RABBIT	Pepperettes 1/package. Priced per package		2.89		
PEPPERETTES	VENISON	Pepperettes 1/package. Priced per package	Berbician Snack It Sticks	4.69		
PEPPERETTES	VENISON	Pepperettes (package of 5) priced per package		10.79		
PEPPERETTES	VENISON	Salami 275 gm priced per unit	Berbician	21.59		
				Price	Price	Price
Product Category	Product	Item	Description	Naturally Raised	Pastured	Organic
MEATS	BEEF	Bones priced per LB	Grass fed	7.49	8.99	
MEATS	BEEF	Brisket (Rolled or Roast) per lb	Grass fed		14.29	
MEATS	BEEF	Burgers 4 per package priced per LB	Grass fed	10.49	13.99	
MEATS	BEEF	Ground-Regular	Grass fed	9.79		
MEATS	BEEF	Ground- Lean priced per LB	Grass fed	10.79	13.99	
MEATS	BEEF	Liver priced per LB	Grass fed	8.99	10.99	
MEATS	BEEF	Ribs Braising or short rib	Grass fed	10.79	13.29	
MEATS	BEEF	Roasts Rump/Pot/ Blade/Brisket/Round/ Eye of Round priced per LB	Grass fed	11.99	14.29	
MEATS	BEEF	Roasts Sirloin/Sirloin Tip priced per LB	Grass fed	12.29	15.29	
MEATS	BEEF	Roasts ( Prime Rib) priced per LB	Grass fed	19.99	21.99	
MEATS	BEEF	SausageCoil (all beef, no fillers, no nitrates) priced per LB	Grass fed	10.29		
MEATS	BEEF	Shank priced per LB	Grass fed	9.79	11.29	
MEATS	BEEF	Steak-Ribeye,	Grass fed	26.59	26.99	
MEATS	BEEF	Steak T Bone, priced per LB	Grass fed	24.99	25.79	
MEATS	BEEF	Steak-Striploin, priced per LB	Grass fed	24.69	27.99	
MEATS	BEEF	Stew Meat priced per LB	Grass fed	11.79	13.29	
	BEEF	Tenderloin priced per LB		34.99		
MEATS	BEEF	Wieners 8 per package (No nitrates) priced per LB		10.29		
				Price	Price	Price

Product Category	Product	Item	Description	Naturally Raised	Pastured	Organic
MEATS	LAMB	Bones per LB	Grass fed non GMO		12.49	
MEATS	LAMB	Chops-Leg priced per LB	Grass fed non GMO		29.99	
MEATS	LAMB	Chops-Loin priced per LB	Grass fed non GMO		29.99	
MEATS	LAMB	Ground priced per LB	Grass fed non GMO		23.99	
MEATS	LAMB	Roasts (Bone in)	Grass fed non GMO		27.79	
MEATS	LAMB	Roasts (Boneless)	Grass fed non GMO		27.79	
MEATS	LAMB	Sausage priced per LB	Grass fed non GMO	13.59		
MEATS	LAMB	Stew Meat priced per LB	Grass fed non GMO		23.99	
				Price	Price	Price
Product Category	Product	Item	Description	Naturally Raised	Pastured	Organic
MEATS	PORK	Bacon "breakfast pork strips" no sugar no nitrates priced per LB	1 lb packages	12.35		
MEATS	PORK	Chops-Regular priced per LB	Regular	8.99		
MEATS	PORK	Ground-Regular priced per LB	Regular	7.55		
MEATS	PORK	Ham (cured, boneless, nitrate free) priced per LB	Regular	8.55		
MEATS	PORK	Ribs (Spare Ribs) riced per LB	Regular	7.99		
MEATS	PORK	Roast (shoulder ) priced per LB	Regular	7.75		
MEATS	PORK	Sausage (Breakfast Nutri Spring Farms) priced per LB	Regular	7.49		
MEATS	PORK	Sausage (Garlic Nutri Spring Farms) priced per LB	Regular	8.89		
MEATS	PORK	Sausage (Italian Nutri Spring Farms) priced per LB	Regular	9.29		
MEATS	PORK	Sausage: Premium priced per lb		10.99		
MEATS	PORK	Stew Meat priced per LB	Regular	8.25		
MEATS	PORK	Pork Tenderloin	Regular	10.29		
				Price	Price	Price
Product Category	Product	Item	Description	Naturally Raised	Free Range/Non GMO	Organic
POULTRY	CHICKEN	Bones			3.99/lb	

POULTRY	CHICKEN	Breast- Bone In (2 per package) priced per LB		10.39		
POULTRY	CHICKEN	Breast- Boneless (2 per package) priced per LB		16.29		
POULTRY	CHICKEN	Burgers priced per LB	Naturally Raised ABF	12.35		
POULTRY	CHICKEN	Drumsticks priced per LB	Naturally Raised ABF	11.49		
POULTRY	CHICKEN	Ground priced per LB	Naturally Raised ABF	12.59		
POULTRY	CHICKEN	Legs (2 per package) priced per LB	Naturally Raised ABF	7.99		
POULTRY	CHICKEN	Liver & Hearts (Packaged separately)			10.29	
POULTRY	CHICKEN	Sausage: Premium Gold Foil priced per LB		13.69		
POULTRY	CHICKEN	Sausage: Nutri Spring Plain priced per LB	(5 per package)	11.29		
POULTRY	CHICKEN	Sausage Nutri Spring Spinach & Feta priced per package	(5 per package)	13.99		
POULTRY	CHICKEN	Sausage: Nutri Spring Curry priced per package	(5 per package)	13.29		
POULTRY	CHICKEN	Sausage: Breakfast priced per lb	Locally raised	11.29		
POULTRY	CHICKEN	Thighs (Bonein) ( 2 per package) priced per LB	Naturally Raised ABF	11.79		
POULTRY	CHICKEN	Thighs (Boneless)(6 per package) priced per LB		14.65		
POULTRY	CHICKEN	Whole priced per LB		7.39		
POULTRY	CHICKEN	Wings priced per LB		8.49		
				Price	Price	Price
Product Category	Product	Item	Description	Naturally Raised	Pastured	Organic
POULTRY	TURKEY	Bacon priced per LB	Naturally Raised	12.35		
POULTRY	TURKEY	Bones Necks GMO free priced per LB	Naturally Raised	4.99		
POULTRY	TURKEY	Bones Soup parts GMO free (Priced per bag)	Naturally Raised	10.99		
POULTRY	TURKEY	Breast : boneless skin on priced per LB	Naturally Raised	13.99		
POULTRY	TURKEY	Breast Tenders: boneless skinless GMO Free priced lb	Naturally Raised	14.99		
POULTRY	TURKEY	Burgers (4 per package) priced per LB	Naturally Raised	11.99		
POULTRY	TURKEY	Drumsticks GMO free priced per LB	Naturally Raised	5.29		
POULTRY	TURKEY	Filletts: boneless skinless priced per LB	Naturally Raised	14.99		

POULTRY	TURKEY	Ground priced per LB	Naturally Raised	10.49		
POULTRY	TURKEY	Ground Premium GMO free priced per package	Naturally Raised	15.29		
POULTRY	TURKEY	Sausage-Nutri Spring Breakfast plain (8 /package) priced per LB	Naturally Raised	10.25		
POULTRY	TURKEY	Sausage-Nutri Spring Dinner Plain ) priced per LB	Naturally Raised	10.25		
POULTRY	TURKEY	Sausage-Nutri Spring Breakfast (Premium gold foil) per LB	Naturally Raised	13.99		
POULTRY	TURKEY	Thighs: boneless GMO Free priced per LB	Naturally Raised	11.99		
POULTRY	TURKEY	Whole priced per LB	Naturally Raised	4.79		
POULTRY	TURKEY	Wieners Nitrate Free( 8 per package) priced per LB	Naturally Raised	9.99		
POULTRY	TURKEY	Wings GMO freePriced per LB	Naturally Raised	4.99		
BONE BROTH	Beef	(1 Litre) priced per jar		15.99	17.99 (Simmered 36 hours)	
BONE BROTH	Chicken	(1 Litre) priced per jar		15.99	17.99 (Simmered 36 hours)	
BONE BROTH	Chicken & Beef	(1 Litre) priced per jar		15.99		
				Price	Price	Price
Product Category	Product	Item	Description	Naturally Raised	Pastured	Organic
FISH	CHAR	Arctic Char priced per LB	Wild caught Iceland	25.49		
FISH	PICKEREL	Pickrel priced per LB	Wild caught	26.35		
FISH	SALMON	Salmon priced per LB	Organic Scotland			37.99
FISH	SALMON	Salmon Sockeye priced per LB	Wild caught	30.99		
FISH	SALMON	Salmon Burgers priced per Package (4x4oz)	Wild caught	22.99		
FISH	WHITEFISH	Whitefish priced per LB	Wild caught	24.99		
				Price	Price	Price
Product Category	Product	Item	Description	Naturally Raised	Pastured	Organic
EGGS	CHICKEN	Dozen priced per Carton	Pastured Brown Large		6.99	
EGGS	CHICKEN	Flat (2.5 dozen) priced per Flat Certified Organic	Pastured Brown XL			19.99
EGGS	DUCK	6 PAC priced per half dozen	Non- GMO humanely raised	5.99		
EGGS	DUCK	30 piece (2.5 doz) flat. Priced per flat	Non- GMO humanely raised	25.99		

DAIRY	BUTTER	Seasonally Pastured 1 lb		7.39		
DAIRY	YOGURT	Saugeen Country Organic 9.08 kg				4.50
DAIRY	KEFIR	Saugeen Country Organic 9.08 kg				4.50
DAIRY	CHEESE	Cheddar – Mild priced per LB		12.69		
DAIRY	CHEESE	Cheddar – Medium priced per LB		13.69		
DAIRY	CHEESE	Cheddar – Old priced per LB		14.95		
DAIRY	CHEESE	Cheddar – Extra Old priced per LB		17.79		
DAIRY	CHEESE	Mozzarella priced per LB		13.35		
DAIRY	GOAT CHEESE	Cream Cheese (Chive or Plain) priced per LB		17.99		
DAIRY	GOAT CHEESE	Feta priced per LB		19.55		
DAIRY	GOAT CHEESE	Gouda priced per LB		19.55		
DAIRY	GOAT CHEESE	Havarti (Chive or Plain) priced per LB		20.55		
DAIRY	GOAT CHEESE	Goatserella (Mozzerella) priced per LB		22.2		
DAIRY	GOAT CHEESE	Mild Cheddars ( Plain or Marbled) priced per LB		22.2		
DAIRY	GOAT CHEESE	Aged Cheddars (Chive or Plain) priced per LB		23.69		
				Price	Price	Price
Product Category	Product	Item	Description	Naturally Raised	Pastured	Organic
HONEY	Clover 500 gm	UNPASTURIZED 375 ml		7.99		
HONEY	Clover 1 kg	UNPASTURIZED 750 ml		14.99		
HONEY	Buckwheat 500 gm	UNPASTURIZED Buckwheat 375 ml		10.29		
HONEY	Buckwheat 1kg	UNPASTURIZED Buckwheat 750 ml		18.49		
MAPLE SYRUP	MAPLE SYRUP	Organic Dark 1 Litre				26.75
GLUTEN FREE	PIES: FRUIT	Apple - 5 inch each		8.25		
GLUTEN FREE	PIES: FRUIT	Cherry – 5 inch each		8.25		
GLUTEN FREE	PIES: FRUIT	Peach – 5 inch each		8.25		
GLUTEN FREE	PIES: MEAT	Chicken Vegetable – 5 inch each		9.25		
GLUTEN FREE	PIES: MEAT	Chicken Mushroom – 5 inch each		9.25		

GLUTEN FREE	PIES: MEAT	Beef Carrot – 5 inch each		9.25		
				Price	Price	Price
Product Category	Product	Item	Description	Naturally Raised	Pastured	Organic
PREPARED FOODS	PIZZA	Pizza Piano Margarita	12" Priced per package	19.29		
PREPARED FOODS	PIZZA	Pizza Piano Pepperoni or Silian Sausage	12" Priced per package	19.29		
PREPARED FOODS	PIZZA	Pizza PianoMushroom & Onion	12" Priced per package	19.29		
				Price	Price	Price
Product Category	Product	Item	Description	Naturally Raised	Pastured	Organic
PRESERVES	JAMS	blackberry, black currant, cherry, peach, raspbery, 250 ml each	Prices as Marked			
PRESERVES	JAMS	raspberry rhubarb, rhubarb, strawberry, strawberry ruhbarb 250 ml each	Prices as Marked			
PRESERVES	MARMELAIDE	orange pineapple	Prices as Marked			
PRESERVES	JAMS	Traffic Jam :) (Straw, Rasp, Peach, Cranberry & Cherry!)	Prices as Marked			
PRESERVES	JAMS	very berry 250 ml each	Prices as Marked			
PRESERVES	JAMS NO SUGAR	blueberry, peach, raspberry, stawberry 250 ml each	Prices as Marked			
PRESERVES	JELLY	Red Pepper Jelly 250 ML each	Prices as Marked			
PRESERVES	PEACHES	500 ml	Prices as Marked			
PRESERVES	BBQ Sauce	500 ML each	Prices as Marked			
PRESERVES	Bean Salad	500 ML each	Prices as Marked			
PRESERVES	Beet & Horseradish	500 ML each	Prices as Marked			
PRESERVES	Pickled Beets	500 ML each	Prices as Marked			
PRESERVES	Bread and Butter Pickles	500 ML each	Prices as Marked			
PRESERVES	Chili Beans	500 ML each	Prices as Marked			
PRESERVES	Chili Sauce	Hot or Mild 500 ML each	Prices as Marked			
PRESERVES	Corn Relish	500 ML each	Prices as Marked			
PRESERVES	Cranberry Sauce	500 ML each	Prices as Marked			
PRESERVES	Garlic Dill Pickles	500 ML each	Prices as Marked			
PRESERVES	Green Tomato Blend	500 ML each	Prices as Marked			
PRESERVES	Garden Mix	Cauliflower, cukes, carrots, peppers, corn 500 ML each	Prices as Marked			

<b>PRESERVES</b>	Lady Rose	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Mustard	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Mustard Pickle	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Peach & Peppery Chutney	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Peaches	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Peaches	1 Litre each	Prices as Marked			
<b>PRESERVES</b>	Pears	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Piccalilli	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Pickled Asparagus	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Pickled Corn	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Pickled Eggs	Garlic and Onion or Regular 500 ML each	Prices as Marked			
<b>PRESERVES</b>	Pizza Sauce	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Salsa	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Steak Sauce	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Sweet Baby Dills	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Sweetened Sandwich Savers	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Unsweetened Sandwich Saver	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Zuchinni Relish	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Pickled Corn	500 ML each	Prices as Marked			
<b>PRESERVES</b>	Icicle Pickles	500 ML each	Prices as Marked			