



Full of Life Farm

925-876-6720

www.fulloflifefarm.com

bernard@fulloflifefarm.com

Price List Individual Cuts

Revised 2/21/16

	Item	Cut	Notes	At the Farm	In Concord & Mountain View
				Price/lb	Price/lb
Beef	Ground	Ground Beef	80% or 90% lean, ~1 lb/pkg	\$6.99	\$7.99
	Steaks	Sirloin Tip Steak	~0.8-1.5 lbs/pkg; 2 steaks/pkg	\$11.99	\$12.99
		Chuck Eye Steak	~0.8-1.5 lbs/pkg; 2 steaks/pkg	\$11.99	\$12.99
		Tri-Tip Steak	~0.8-1.5 lbs/pkg; 2 steaks/pkg	\$12.99	\$16.99
		Top Sirloin Steak	~0.8-1.5 lbs/pkg; 2 steaks/pkg	\$14.99	\$15.99
		Flank Steak	~0.8-1.5 lbs/pkg; 2 steaks/pkg	\$15.99	\$16.99
		Skirt Steak	~0.8-1.5 lbs/pkg; 2 steaks/pkg	\$15.99	\$16.99
		Flat Iron Steak (filet)	~0.8-1.5 lbs/pkg; 1 filet steaks/pkg	\$14.99	\$15.99
		New York Steak	~1-1.5 lbs/pkg; 2 steaks/pkg	\$18.99	\$20.99
		Rib Steak (bone-in rib eye)	~1.3-2.3 lbs/pkg; 2 steaks/pkg	\$18.99	\$21.99
		Tenderloin Steak (Filet mignon)	~0.5-1 lb/pkg; 2-3 steaks/pkg	\$22.99	\$23.99
		Braise	Short Ribs (regular cut)	~1.5-3 lbs/pkg	\$7.99
	Brisket		~2.5-4 lbs/pkg	\$7.99	\$8.99
	London Broil (top round)		~1.5-2.5 lbs/pkg	\$7.99	\$8.99
	Cut for Stew		~1-1.75 lbs/pkg	\$7.99	\$8.99
	Roasts	Rump Roast	~2.5-4 lbs/pkg; Moist heat	\$7.99	\$8.99
		Top Round Roast	~2.5-3.5 lbs/pkg; Dry heat ok	\$7.99	\$8.99
		Cross Rib Roast	~2-4 lbs/pkg; Moist heat	\$7.99	\$8.99
		Eye of Round Roast	~0.8-1.8 lbs/pkg; Moist heat	\$7.99	\$8.99
		Sirloin Tip Roast	~2.5-3.5 lbs/pkg; Dry heat ok	\$8.99	\$9.99
	Meaty Bones	Meaty Neck Bones	~1-2.5 lbs/pkg	\$3.99	\$4.99
		Cross Cut Shanks	~1-2.5 lbs/pkg	\$5.49	\$7.49
	Bones	Beef Soup Bones	~2-3 lbs/pkg	\$3.99	\$4.99
	Organ Meats	Liver	~.75-1.5 lbs/pkg	\$4.99	\$5.99
		Heart	~.75-1.5 lbs/pkg	\$4.99	\$5.99
		Tongue	~.75-1.5 lbs/pkg	\$3.99	\$4.99
	Poultry	Chicken	Whole Broiler Chicken	~2.5-4 lbs ea	\$5.99
Whole Stew Chicken			~2-3 lbs ea	\$4.99	\$5.99
Turkey		Whole Turkey	~10-16 lbs ea	\$8.99	\$10.52



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Pork	Cuts	Boneless Sirloin Pork Chops	~1-1.75 lbs/pkg; 2-3 chops/pkg	\$12.99	\$13.99
		Pork Loin Chops	~1-1.75 lbs/pkg; 2-3 chops/pkg	\$13.99	\$14.99
		Boneless Leg Steaks	~1.5-2.5 lbs/pkg; 2-3 chops/pkg	\$9.99	\$10.99
		Baby back Ribs	~0.9-1.5 lbs/pkg	\$12.99	\$13.99
		Spare Ribs	~0.9-1.5 lbs/pkg	\$11.99	\$12.99
	Cuts – Roast	Boston Butt and Picnic (Shoulder)	~ 2.5-4 lbs/pkg	\$8.99	\$9.99
		Boneless Leg Roast	~ 2.5-4 lbs/pkg	\$8.99	\$9.99
		Fresh Hock (Skin-on, Bone-in)	~ 1.5-2.5 lbs/pkg	\$5.99	\$6.99
		Boneless Tenderloin	~ 1-2 lbs/pkg	\$21.99	\$22.99
	Bacon	Cured/Smoked Bacon	~1-2 lbs/pkg;	\$13.49	\$14.49
	Ground	Ground Pork, Pork Sausage	~1-1.5 lbs/pkg	\$7.99	\$8.99
	Other	Fresh Side Pork (Belly)	~1-2 lbs/pkg;	\$11.99	\$12.99
		Pork Fat, Skin	~1.75-2.5 lbs/pkg	\$0.99	\$0.99
	Goat	Steaks	Leg Steaks	~1.25-1.75 lbs/pkg, 2 stks/pkg	\$12.99
Chops		Sirloin Chops (boneless)	~1-1.6 lbs/pkg, ~4-5 chops/pkg	\$14.99	\$15.99
		Loin Chops	~1-1.6 lbs/pkg, ~4-5 chops/pkg	\$15.99	\$16.99
		Rib Chops	~1-1.6 lbs/pkg, ~4-5 chops/pkg	\$15.99	\$16.99
Braise		Hind or Fore Shanks	~2-3 lbs/pkg, 2 shanks/pkg	\$9.99	\$10.99
		Cut for Stew (boneless)	~1-1.75 lbs/pkg	\$9.99	\$10.99
		Cut for Stew (bone-in)	~1-1.75 lbs/pkg	\$9.99	\$10.99
Ground		Ground Goat	~1-1.2 lbs / pkg	\$9.99	\$10.99
Organ meats		Heart, Kidney, Liver	~.25-.5 lbs/pkg	\$3.99	\$4.99
Bones	Soup Bones	~.75-1.5 lbs/pkg	\$3.99	\$4.99	
Lamb	Steaks	Leg Steaks	~1.25-1.75 lbs/pkg, 2 stks/pkg	\$12.99	\$13.99
	Chops	Sirloin Chops (boneless)	~1-1.6 lbs/pkg, ~4-5 chops/pkg	\$17.99	\$18.99
		Loin Chops	~1-1.6 lbs/pkg, ~4-5 chops/pkg	\$17.99	\$18.99
		Rib Chops	~1-1.6 lbs/pkg, ~4-5 chops/pkg	\$17.99	\$18.99
	Braise	Riblets	~1-1.6 lbs/pkg, ~6-7 pcs/pkg	\$17.99	\$18.99
		Hind or Fore Shanks	~2-3 lbs/pkg, 2 shanks/pkg	\$9.99	\$10.99
		Cut for Stew (boneless)	~1-1.75 lbs/pkg	\$10.99	\$11.99
		Cut for Stew (bone-in)	~1-1.75 lbs/pkg	\$10.99	\$11.99
	Roasts	Leg Roast	~2.5-4 lbs/pkg	\$10.99	\$11.99
		Boneless Leg Roast	~2.5-4 lbs/pkg	\$10.99	\$11.99
	Ground	Ground Lamb	~1-1.2 lbs / pkg	\$9.99	\$10.99
	Organ meats	Heart, Kidney, Liver	~.25-.5 lbs/pkg	\$4.99	\$5.99
	Bones	Soup Bones	~.75-1.5 lbs/pkg	\$3.99	\$4.99