Mountain Run Farm

Sedalia, Va

Grass-only Beef	$/lb.
Ground Beef	5.20
1/3 lb. Ground Beef Patties	5.50
Beef Sausage	5.20
Kabob Meat	8.45
Stew Beef	6.50
Hot Dogs (8)	10.00/pack
Chuck Eye Steak	10.00
Cube Steak	8.10
Filet	24.00
Flank Steak	13.00
Flat Iron Steak	13.00
Hanging Tenders	7.15
Philly Steak	9.20
Porterhouse	18.30
Ribeye steak/whole	17.50/12.50
Sedalia Strip steak/whole	16.25/11.50
Sirloin	11.00
Sirloin Tip Steak	11.00
Skirt Steak	11.00
T-Bone	16.25
Top Round Steak	8.70
Tri-Tip Steak	11.00
Boneless Chuck Roast	6.75
Brisket	6.75
Eye of Round Roast	8.70
London Broil	8.70
Rump Roast	7.40
Sirloin Tip Roast	8.10
Bones: Dog/Stock/Soup	2.70
Dog Food	2.70
Liver/Kidney	2.70
Oxtail	7.80
Shank	5.20
Short Ribs	5.25
Soup Bones	2.70
Sweetbreads	3.50
Tallow	2.70
Tongue	3.50

Pastured Pork	$/lb.
Sausage (Natural Sage)	5.20
Breakfast/Mild & Hot Italian Links	5.20
Sliced Bacon (pork bellies)	6.50
Sliced Jowls	5.20
Ground Pork	5.20
Pork Kabobs	7.80
Pork Stew Meat	6.20
Bone-In Pork Chops	10.40
Boneless Pork Chops	13.00
Cube Steak	5.20
Ham Steak	6.20
Whole Tenderloin	17.50
Butt Roast	5.50
Ham Roast	5.50
Bone-In Pork Loin Roast	8.70
Boneless Pork Loin Roast	11.30
Baby Back Ribs	6.20
Country-Style Ribs	4.90
Spare Ribs	4.90
Backbone, Neckbone	5.20
Fatback/Lard	2.60
Liver/Tongue	2.60

Ben raises our animals from birth with the utmost care & respect. By using traditional animal husbandry methods, our cattle, pigs, and poultry thrive on natural, native pastures. Our poultry is processed by hand on our farm. Our beef and pork is aged and hand-cut at Smith Valley Meats in western Virginia.

Pastured Poultry	**$/lb.**
Chickens, whole	$4.00/lb.
Turkey, whole	$4.50/lb.
Fresh Livers	$5.00/lb.
Heads and Feet	$2.00/pair
Farm Fresh Eggs	$4.00/dz.

Custom Catfish	**$/lb.**
Fillet	$15.60/lb.
Whole	$15.60/fish

Prices effective January 2010. Weight and retail price printed on label.

Contact Ben or Carly Coleman 434-299-5193

www.mountainrunfarm.com