



MOUNTAIN RUN FARM

SEDALIA, VA

Grass-only Beef	\$/lb.	Pastured Pork	\$/lb.
Ground Beef	8.00	Sausage (Natural Sage)	8.00
Beef Bratwurst	7.75	Ground Pork	8.00
Cube Steak	8.20	Mild & Hot Italian, Chorizo Links	8.75
Sirloin	11.10	Sliced Bacon (pork bellies)	9.00
Sedalia Strip steak	16.35	Ground Pork	7.50
Ribeye steak	17.60	Boneless Pork Chops	13.00
Filet	24.00	Whole Tenderloin	22.00
Flat Iron Steak	13.10	Bone-In Pork Chops	10.40
Skirt Steak	11.10	Ham Roast	7.00
Flank Steak	13.10	Butt Roast or Picnic Roast	7.00
Chuck Eye Steak	10.10	Ham Steak	7.00
Hanging Tenders	7.25	Baby Back Ribs	6.20
Tri-Tip Steak	11.10	Spare Ribs	4.90
Stew Beef	7.60	Backbone/Neckbone, sliced jowls	5.20
Top Round Steak	8.80	Fatback/Lard	2.50
Chuck Arm Roast	6.85	Liver/Tongue	2.60
Boneless Chuck Roast	6.85		
Brisket	6.85		
Eye of Round Roast	8.80		
London Broil	8.80		
Rump Roast	7.50		
Sirloin Tip Roast	8.20		
Short Ribs	5.35		
Oxtail	7.80		
Shank	5.20		
Soup Bones	2.70		
Tongue	3.50		
Sweetbreads	3.50		
Bones: Dog/Stock/Soup	2.70		
Dog Food	2.70		
Liver/Kidney	2.70		
Tallow/Suet	2.70		

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.

Use these cuts to sample our products, then buy in bulk & save with our cowpooling or pigpooling options. Details on our website.

Other Local Products	\$/lb.
Farm Fresh Eggs	\$5.00/dz.
Whole chicken, frozen	\$5.00/lb.

Rose Veal, Hogget Lamb and Catfish
 Seasonal variety of cuts equivalent to beef \$/lb.
 Seasonal Custom Catfish Filets \$15.60/lb.

To leave a message, call 434-299-5193

Farm Store open Saturdays 10-2

Prices effective July 2015

To contact Ben and Carly Coleman, we prefer

www.mountainrunfarm.com and Facebook