



## Deep South Meat Supplies Pricelist

Pricelist generated on 28 July 2017

www.deepsouthmeats.co.za

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## Bundles

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### Breakfast Delights Bundle

Our Breakfast Delights Bundle consists of all the breakfast essentials. You can't go wrong with pork, pork and more pork. The bundle consists of the following.

- 2 x 1kg Diced Bacon
- 2 x 1kg Streaky Bacon
- 200g Sliced Salami
- 200g Sliced Parma Ham
- 1kg Sliced Sandwich Ham

**R770.00** (BUNDLE004)

□

### Broth Lovers Bundle

Our Broth Lovers Bundle is great for bone broth lovers. Bone broths are very high in protein and can also be a source of minerals. The bundle consists of the following.

- 2kg Beef Broth Bones
- 2 x 1kg Beef Marrow Bones
- 2 x 1kg Chicken Necks
- 1kg Lamb Neck

**R370.00** (BUNDLE005)

□

### Winter Comforts Bundle

It doesn't have to be winter to enjoy these great products. There's nothing quite like comfort food and our Winter Comforts Bundle puts together some of the best cuts of meat for your enjoyment. The bundle consists of the following.

- 1kg Beef Cubes
- 1kg Lamb Neck
- 1.5kg Pork Shoulder Roast
- 2 x 1kg Lean Beef Mince
- 1 x Whole Large Chicken

**R775.00** (BUNDLE002)



## Combos

- **Breakfast Combo 1**  
Free range prime cut shoulder bacon (1kg), organic Emmental cheese (250g), Boerew ors (1kg) and a tray of free range eggs (30 in a tray), conveniently put together in a breakfast special combo for your convenience.  
~~R440.00~~ **R420.00** (COMB005)
  
- **Breakfast Combo 2**  
Free range streaky bacon (1kg), organic Mozzarella cheese (250g), Boerew ors (1kg) and a tray of free range eggs (30 in a tray), conveniently put together in a breakfast special combo for your convenience.  
~~R475.00~~ **R455.00** (COMB006)
  
- **Cheesy Combo**  
Organic Emmental cheese (250g), organic Mozzarella cheese (250g) and organic Cheddar cheese (250g) put together in a delicious cheesy combo for your convenience.  
~~R125.00~~ **R105.00** (COMB007)
  
- **Chicken Fillets, Eggs and Bulgarian Yoghurt Combo**  
Free range chicken fillets (1kg), free range eggs (tray of 30) and organic full cream Bulgarian Yoghurt (1L) conveniently put together in a delicious bundle for your shopping ease.  
~~R225.00~~ **R205.00** (COMB002)
  
- **Over the Coals**  
The Over the Coals combo is perfect for your next braai day or Braai night. These products are essential to every braai.  
  
This combo was also designed to give your braai day a great variety of South African braai staples including Steaks, burger patties and boerew ors.  
  
Therefore, we've therefore decided to combine it and present to you:  
1kg Free range rump steak.  
1kg Free range lean beef burger patties.  
1kg free range boerew ors.  
  
Finally, keep a watchful eye on your braai to prevent overcooking anything.  
~~R390.00~~ **R360.00** (COMB009)
  
- **Prime Cut Shoulder Bacon, Gouda Cheese and Eggs Combo**  
Free range prime cut shoulder bacon (1kg), organic Gouda cheese (250g) and a tray of free range eggs (30 in a tray), conveniently put together in a breakfast special combo for your convenience.  
~~R330.00~~ **R300.00** (COMB001)



## Dry Goods

### Dried Fruit and Nuts

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#### Banting Nut Mix

Our Banting nut mix is the perfect mix of high fat nuts and includes raw almonds, pecans, cashew and macadamia nuts. The mix does not contain peanuts.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R135.00 – R270.00**

- Weight: 500g, 1kg

□

#### Dried Cranberries

Cranberries are a good source of vitamin C, fibre and vitamin E. Cranberries also offer antioxidant, anti-inflammatory, and anti-cancer health benefits.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R90.00 – R180.00**

- Weight: 500g, 1kg

□

#### Dried Pitted Dates

If you're looking for fiber, potassium, or copper, look no further than dried pitted dates. Dates are a favourite among dieters for their sweetness and nutritional content.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R30.00 – R60.00**

- Weight: 500g, 1kg

□

#### Raw Almonds

Raw Almonds are a nutritionally dense food and a 100g serving is a rich source of the B vitamins riboflavin and niacin, vitamin E, and the essential minerals calcium, iron, magnesium, manganese, phosphorus, and zinc.

The same serving size is also a good source of the B vitamins thiamine, vitamin B6, and folate, choline, and the essential mineral potassium. They are also rich in dietary fiber, monounsaturated fats, and polyunsaturated fats, fats which potentially may lower LDL cholesterol.

Typical of nuts and seeds, almonds also contain phytosterols such as beta-sitosterol, stigmasterol, campesterol, sitostanol, and campestanol, which have been associated with cholesterol-lowering properties.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R270.00 – R300.00**

- Nut Selection: flaked, whole

□

#### Raw Brazil Nuts

Brazil Nuts are native to the Amazon and are high in calories. It also contains good quantities of vitamins, anti-oxidants and minerals.

100g of Brazil Nuts provide about 656 calories, mostly from fats, much of which is mono-unsaturated fatty acids. This therefore helps lower "bad cholesterol" and increase "good cholesterol" levels in the blood.

They are also a very good source of Vitamin E and contain an exceptionally high level of selenium. Selenium helps to prevent coronary artery disease, liver cirrhosis and cancers.



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Brazil Nuts, just like [Almonds](#) are free of gluten. In addition, they are an excellent source of B-complex vitamins

- This product is hand packed to order and may vary slightly from the advertised weight.

**R350.00** (BRAZIL001)

### Raw Cashews

Raw Cashews have a high energy density and a high amount of dietary fiber. This has been attributed to a beneficial effect on weight management when eaten in moderation.

Furthermore, Cashews are rich in antioxidants that help in the elimination of free radicals that may cause certain cancers. In addition, they also contain healthy monounsaturated fat that promotes good cardiovascular health. Monounsaturated fats reduce high triglyceride levels which are also associated with increased risk for heart disease.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R260.00 – R340.00**

- Nut Selection: pieces, whole

### Raw Macadamias - Halves

Raw Macadamias have a sweet taste and are also a rich source of energy.

They are an excellent source of minerals such as calcium, iron, magnesium, manganese, zinc and selenium. Selenium is a cardio-protective micro-mineral and an important anti-oxidant.

Macadamias are also rich in many important B-complex vitamins that are vital for metabolic functions. 100g of Macadamia nuts provide 15% of niacin, 21% of pyridoxine (vitamin B-6), 100% of thiamin, and 12% of riboflavin.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R230.00** (MACADAMIA001)

### Raw Pecans

Raw Pecans are a rich source of energy and contain health benefiting nutrients, minerals, antioxidants and vitamins that are essential for wellness. They are rich in monounsaturated fatty acids like oleic acid and an excellent source of phenolic antioxidants. Pecans are also an excellent source of vitamin-E and a rich source of minerals like manganese, potassium, calcium, iron, magnesium, zinc, and selenium.

\*\*This product is hand packed to order and may vary slightly from the advertised weight.

**R340.00 – R410.00**

- Nut Selection: halves, pieces

### Raw Walnuts - Halves

Walnuts not only taste great but are a rich source of heart-healthy monounsaturated fats and an excellent source of those hard to find omega-3 fatty acids. Like most nuts, they can easily be added to your Healthiest Way of Eating. Just chop and add to your favorite salad, vegetable dish, fruit, or dessert.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R300.00** (WALNUT001)



## Flours and Baking Aids

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### Chickpea Flour

Chickpea Flour, also known as Gram Flour is naturally gluten free. Legumes are naturally high in energy, fibre and protein.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R65.00** (FLOUR001)

□

### Cocoa Powder

Our Cocoa Powder is natural and unsweetened and is ideal for hot chocolate, frostings, cakes, brownies and other rich chocolate desserts. Cocoa is a top source of antioxidants, and it contains an abundance of magnesium and iron.

A 2 tbsp. serving of cocoa contains just 25 calories and 1.5 g of fat. It also provides you with 3.6g of fiber, which is 14 percent of the daily value, and 8 percent of the daily value of iron and 14 percent of the daily value of magnesium.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R85.00 – R170.00**

- Weight: 500g, 1kg

□

### Coconut Flakes

Coconut Flakes are tasty and gluten-free. They are also an essential part of a Paleo or Celiac-friendly diet.

This product contains no additives, preservatives, artificial colours or flavours.

Coconut Flakes are a great source of dietary fibre, essential minerals and vegan friendly protein.

It also helps to promote healthy digestion, protects heart health and is a source of essential fatty acids, including lauric acid.

Furthermore, you can also Sprinkle some Coconut flakes over our delicious [Chocolate pudding](#)

- This product is hand packed to order and may vary slightly from the advertised weight.

**R120.00** (COCOFLAKES001)

□

### Coconut Flour

Coconut flour is low in carbohydrates but high in protein, iron and fibre and is suitable for vegans, diabetics and Celiac. It's also suitable for those following a Paleo diet.

Coconut flour is perfect for making cakes, breads and cookies and can also be added to sauces and smoothies as a nutrient-rich, wheat-free thickener.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R50.00 – R90.00**

- Weight: 500g, 1kg

□

### Fine Coconut

Fine Coconut is tasty and gluten-free and is also an essential part of a Paleo or Celiac-friendly diet.

In addition, This product contains no additives, preservatives, artificial colours or flavours.

Coconut is a great source of dietary fibre, essential minerals and vegan friendly protein. It also helps to promote healthy digestion, protects heart health and is a source of essential fatty acids, including lauric acid.

- This product is hand packed to order and may vary slightly from the advertised weight.



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**R85.00** (FINECOCO001)

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### Flaxseed Powder

Flaxseed Powder, made from finely milled flax seeds, has been found to help reduce the risk of heart disease, cancer, stroke and diabetes. Flaxseed contains Omega-3 essential fatty acids, Lignans (anti-oxidants) and fibre.

Flaxseed is one of the few plant based sources of "complete protein" making it a great choice for vegans and vegetarians.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R45.00 – R90.00**

- Weight: 500g, 1kg

□

### Oat Flour

Our Oat Flour is low in gluten and is made from pure rolled oats and is a tasty alternative to wheat flour. Oats are a great source of energy and contain beta-glucan fibres which help to lower cholesterol levels.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R40.00** (FLOUR003)

□

### Rice Flour

Rice Flour is naturally gluten-free and is a good substitute for wheat flour, which causes irritation in the digestive system of people who are gluten-intolerant.

Long grain white rice has been stoneground to produce this flour.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R40.00** (FLOUR002)

□

### Unfiltered Apple Cider Vinegar

Unfiltered Apple Cider Vinegar has been used for centuries by people as both a food and a medicine for themselves and their pets.

Our Unfiltered Apple Cider Vinegar is made with locally grown apples and is free of additives and preservatives.

This product therefore continues to ferment after bottling and has a delicious fruity flavour.

Health benefits of Unfiltered Apple Cider Vinegar also include:

- Metabolism boost: Drinking 2 tablespoons of apple cider vinegar to 500ml water has shown to increase one's metabolism.
- Gout: helps to balance the body's pH and prevent excess acidity.
- Arthritis: helps to ease swollen and painful joints

Warning: This product is packed in a facility that processes nuts and peanuts.

**R40.00** (ACV001)



## Pasta and Grains

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### Bulgur Wheat

Bulgur Wheat is a quick-cooking form of whole wheat that has been cleaned, parboiled, dried, ground into particles and sifted into distinct sizes. Bulgur is a nutritious, versatile wheat product with a pleasant, nut-like flavour and an extended shelf-life that allows it to be stored for long periods.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R45.00** (GRAINS001)

□

### Cous Cous

Cous Cous is a traditional North African dish of semolina, derived from wheat, which is cooked by steaming. Cous Cous is versatile and can be used in place of rice or pasta and is quick to prepare.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R65.00** (GRAINS002)

□

### Gluten Free Penne Pasta

Our Gluten Free Penne Pasta is egg, dairy and preservative free.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R50.00** (GFPASTA001)

□

### Gluten Free Spaghetti

Our Gluten Free Spaghetti is egg, dairy and preservative free.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R50.00** (GFPASTA002)

□

### GMO Free Polenta

Polenta is a dish of boiled cornmeal that can be consumed hot as a porridge. It can also be allowed to cool and solidify into a loaf, which is then baked, fried or grilled.

Ideally eaten with stews, grilled meats or fish.

Polenta is typically simmered in a water-based liquid with other ingredients and takes a long time to cook, simmering in four to five times its volume of liquid for about 45 minutes with near-constant stirring. Ingredients can also be added later once the polenta is done.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R35.00 – R70.00**

- Weight: 500g, 1kg

□

### Psyllium Husks

Psyllium Husks are naturally gluten free and is a natural fibre supplement.

Taking psyllium regularly also helps to keep your cholesterol and blood sugar levels in check. This protects you from the risk of heart disease.

Psyllium husks is also a great ingredient to use in your homemade pizza bases or as a binding ingredient in any low carb cooking or baking.

Psyllium husks are ideal for binding in all your Banting bakes with some .



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**R80.00** (PSYHUSK001)

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### Raw Rolled Oats

Raw Rolled Oats are a good source of fibre, manganese, selenium, phosphorus, fiber, magnesium, and zinc. Oats are also rich in carotenoids, tocopherols (Vitamin E), flavonoids and avenanthramides - a class of polyphenols.

One cup of dry oats (81g) contains approximately 307 calories.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R30.00** (GRAINS003)

□

### Red Quinoa

Quinoa is naturally gluten-free, high in energy and a great source of protein. Quinoa contains almost twice as much protein as most other grains. It also contains Iron, Lysine and is rich in Magnesium.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R180.00** (GRAINS004)

□

### White Quinoa

Quinoa is naturally gluten-free, high in energy and a great source of protein. Quinoa contains almost twice as much protein as most other grains. It also contains Iron, Lysine and is rich in Magnesium.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R180.00** (GRAINS005)





## Seeds

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### Chia Seeds

Chia seeds are among the healthiest foods on the planet and are loaded with nutrients that can have important benefits for your body and brain.

A 28 gram serving contains 11g of fiber, 4g of protein, 9g of fat (5 of which are Omega-3s), 18% of Calcium RDA, 30% of Manganese and Magnesium RDA and 27% of Phosphorus RDA. They also contain a decent amount of Zinc, Vitamin B3 (Niacin), Potassium, Vitamin B1 (Thiamine) and Vitamin B2.

Chia Seeds are loaded with antioxidants and almost all the carbs in them are fiber. They provide an excellent nutritional boost when added to smoothies, oats or baked products.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R160.00 – R295.00**

- Weight:500g, 1kg

□

### Pumpkin Seeds

Pumpkin Seeds contain phosphorus, magnesium, manganese, iron, copper, vitamin K, vitamin B and are a good source of protein. Pumpkin seeds are high in Zinc which can help reduce the risk of osteoporosis.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R110.00 – R220.00**

- Weight:500g, 1kg

□

### Sesame Seeds

Sesame Seeds have a nutty taste and are also an excellent source of copper and a very good source of manganese.

Sesame seeds are also a good source of calcium, magnesium, iron, phosphorus, vitamin B1, zinc, molybdenum, selenium, and dietary fiber.

In addition, sesame seeds contain two unique and powerful antioxidant and anti-inflammatory compounds. These are known as sesamin and sesamol.

Sesamin and sesamol compounds have been shown to have a cholesterol-lowering effect in humans. It also prevents high blood pressure and increases vitamin E supplies in animals.

Sesamin has also been found to protect the liver from oxidative damage.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R80.00 – R160.00**

- Type of Sesame Seed:white, black

□

### Sunflower Seeds

Sunflower Seeds are a good source of selenium which helps to reduce cell damage. Sunflower Seeds also contain copper, calcium, magnesium, vitamin E and are known to have anti-inflammatory and antioxidant properties.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R40.00 – R80.00**

- Weight:500g, 1kg



## Free Range Meat

### Free Range Bacon

□

#### Back Bacon

Back bacon is a traditional British cut of typically unsmoked bacon.

It's then sliced to include the pork loin from the back and also a bit of pork belly in the same cut.

It's either wet or dry cured and is much leaner than American style smoked side bacon. American style smoke side bacon is made only from the pork belly.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R155.00**

- Feed Type:certified-grass-fed
- Weight:1kg

□

#### Diced Bacon

Our diced bacon comes from grass fed, free range pigs. Carefully selected loin and belly meat which has been diced for your convenience.

**R150.00**

- Feed Type:certified-grass-fed
- Weight:1kg

□

#### Prime Cut Shoulder Bacon

Our Prime Cut Shoulder Bacon is Grass fed and free range. It is also a less fatty and bigger cut than streaky bacon.

This bacon is perfect when fried or grilled in the oven.

**R150.00**

- Feed Type:certified-grass-fed
- Weight:1kg

□

#### Streaky Bacon

Our Streaky bacon comes from grass fed, free range pork. Streaky Bacon comes from pork belly and is very fatty with long layers of fat running parallel to the rind.

**R170.00**

- Feed Type:certified-grass-fed
- Weight:1kg



## Free Range Beef

□

### Angus Beef Fillet Steak

Angus Beef Fillet steak is the most highly prized of all the steak cuts. Furthermore, it comes from the tenderloin area and is a muscle that isn't worked very hard when the animal moves about. As a result, it remains very tender and is also a very lean cut of meat.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R65.00 – R260.00**

- Feed Type:certified-grass-fed
- Weight:250g, 500g, 1kg

□

### Angus Beef Rib Eye Steak

Angus Beef Rib Eye Steak is a fine-grained cut of steak. Furthermore, this cut is rich, flavourful and juicy with generous marbling throughout.

Rib Eye Steak is one of the most tender beef cuts.

- This product is hand packed to order and may vary slightly from the advertised weight.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R50.00 – R340.00**

- Feed Type:certified-grass-fed, grain
- Weight:250g, 500g, 1kg

□

### Angus Beef Rump Steak

Angus Beef Rump steak is full of flavour and is also known as the steak lover's steak.

Furthermore, it is a lean cut with little fat. This makes it a little less tender than other cuts of beef.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R90.00 – R240.00**

- Feed Type:certified-grass-fed, grain
- Weight:500g, 1kg

□

### Angus Beef Sirloin Steak

Our Angus Beef Sirloin Steak is a delicious cut of steak that is tender and pretty lean.

One of the differences between fillet and sirloin is that sirloin is covered with a layer of fat. When cooked properly, it melts into the meat consequently making it juicy, tender and delicious.

- This product is hand packed to order and may vary slightly from the advertised weight.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R50.00 – R260.00**

- Feed Type:certified-grass-fed, grain
- Weight:250g, 500g, 1kg

□



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### Angus Beef T-Bone Steak

Angus Beef T-Bone steak lovers will classify this cut as the best of both worlds. It offers both the fillet and front of the sirloin. It is a must for braai lovers.

- This product is hand packed to order and may vary slightly from the advertised weight.
- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R85.00 – R220.00**

- Feed Type:certified-grass-fed, grain
- Weight:500g, 1kg

□

### Beef Cubes

The Beef Cubes are from the same high quality meat you've become accustomed to.

Our Free Range Beef Cubes are great for stews. For flavour and goodness, it has been selected from pasture reared as well as free range cattle

- This product is hand packed to order and may vary slightly from the advertised weight
- **This is a variable product. It is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed.**

**R170.00 – R850.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg, 5kg

□

### Beef Short Rib Stewing Meat

A beef stew is comfort food at its best! A classic beef stew is a wonderful dish, but prepared using Beef Short Rib makes a huge difference to the meat vs. bone ratio of your dish. This cut has far more meat than its pork counterpart and is full of rich flavour. Another cheaper cut that is absolutely delicious if left to simmer along for a few hours.

- This product is hand packed and may vary slightly from the advertised weight.
- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R110.00 – R250.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg, 1-5kg, 2kg

□

### Half Beef Fillet Steak

Our Half Beef Fillet steak is the most highly prized of all the steak cuts with it coming from the tenderloin area.

Furthermore, The tenderloin muscle area hardly gets worked when the animal moves hence producing a very lean cut of beef fillet steak.

Due to its lean cut and minimal fat, just season generously with salt and pepper and olive oil or butter.

Braai this delicious cut on HIGH heat for 3 minutes per side to give you the perfect Medium-rare steak.



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Most of all, any steak is only as good as its rest period. Rest for at least 10 minutes before serving.

### Serving Suggestion:

Round it off with some delicious [potato wedges](#) and a side salad.

In conclusion, This half Beef Fillet steak is tasty, Restaurant-quality steak, at home!

### Note

- This is a variable weight product and has an average weight of 600g.

### R160.00

- Feed Type:grain
- Weight:600g

□

## Lean Beef and Cheddar Burger Patties

Our lean beef and cheddar burger patties offer the same top quality as our plain beef patties. There is however a little something extra.

There's no need to grate or slice cheese. As a result, these patties have grated cheddar in the mix, for added convenience.

- This product is hand packed to order and may also vary slightly from the advertised weight.
- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

### R110.00 – R140.00

- Feed Type:certified-grass-fed, grain
- Weight:1kg

□

## Lean Beef Burger Patties

Most of us love the good old burger, but the meat to fat ratio as well as the cut of meat used is the difference between a good burger and a great burger. Our lean beef burger patties are made with our delicious lean beef mince. Our mince has a 90/10 meat to fat ratio, ensuring that the end result is juicy and delicious.

- This product is hand packed to order and may vary slightly from the advertised weight.
- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

### R105.00 – R130.00

- Feed Type:certified-grass-fed, grain
- Weight:1kg

□

## Lean Beef Mince

This tasty and lean beef mince full of protein and essential vitamins. It is also perfect for making burger patties, cottage pie, lasagna and spaghetti bolognese.

In addition, Our lean beef mince is 80% mince and 20% fat.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

### R85.00 – R650.00

- Feed Type:certified-grass-fed, grain
- Weight:1kg, 5kg



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### Oxtail

Way back, only Oxtail from an Ox was used. More recently it's from both the Ox and the Cow.

This cut of meat, although fatty, needs to be cooked at a lower temperature and for a longer time. (4-6 hours in the oven is optimal).

Oxtail is best used for soups, bone broth, and casseroles.

Oxtail will fill your home with delightful smells and bring hearty comfort to your dinner table.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R130.00 – R150.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg

□

### Prime Cut Beef Brisket (Deboned)

When it comes to roasts, beef brisket is often not chosen as it's a cheaper cut of meat. However, our brisket is prime cut, which is the highest of the 8 different brisket cuts available.

Prime cut has a marbled fat layer. This ensures the meat is juicy and tender when roasted at a low heat for several hours. Consequently, 4 - 6 hours at 150 celsius does the trick.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R110.00 – R340.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg, 1-5kg, 2kg

□

### Prime Cut Beef Roast

Prime Cut Beef Roast, with its rich flavour and juicy tenderness, this is the grand champion of beef roasts.

This is one of the most tender cuts of beef roast with marbling throughout. This therefore keeps the meat moist and tender.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R120.00 – R270.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg, 1-5kg, 2kg



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## Free Range Biltong & Droewors

- **Beef Biltong - Pasture Reared**  
Silverside and or sirloin beef biltong – sliced for your convenience. Traditionally spiced, moist and pink on the inside.
  - This product is hand packed to order and may vary slightly from the advertised weight.

**R90.00 – R310.00**

- Weight: 250g, 500g, 1kg

- **Free Range Beef Silverside (Raw)**  
Our free range beef Silverside is the perfect cut of meat for making your own biltong.  
  
Our Silverside, like all our meat, comes from free range, grass fed cattle which also enhances the flavour of the meat.  
  
Furthermore, our Silverside comes pre-cut and is ready for you to season and hang.
  - This product is hand packed to order and may vary slightly from the advertised weight.

**R200.00 (SILVERBIL001)**

- **Kudu Biltong Meat (Raw)**  
Kudu Biltong Meat is said to be one of the best tasting game meats available. This is also why we've selected this meat as our ready to hang venison biltong meat.  
  
There's therefore no need to trim fat and cut it yourself. Just season and hang it in your biltong maker for affordable biltong made in your own home.
  - This product is hand packed to order and may also vary slightly from the advertised weight.

**R135.00 (VENBIL001)**

- **Smoked Beef Biltong - Pasture Reared**  
Our smoked beef biltong is grass fed and free range. Sirloin and or silverside, spiced, air cured then lightly smoked for a truly unique taste!
  - This product is hand packed to order and may vary slightly from the advertised weight.

**R90.00 – R310.00**

- Weight: 250g, 500g, 1kg



## Free Range By-products

□

### Beef Broth Bones

Beef Broth Bones are ideal for making bone broth and can also be added to soups and gravies.

Bone broth has numerous health benefits. These include helping heal and seal your gut, healthy digestion, reducing joint pain and inflammation.

Furthermore, it also promotes strong and healthy bones, inhibits infection, fights inflammation and promotes healthy hair and nail growth.

Our beef broth bones are sourced from free range and pasture reared beef and / or free range, grain fed beef.

- This product is hand packed and may vary slightly from the advertised weight.
- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R40.00 – R56.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg

□

### Beef Marrow Bones

Beef Marrow Bones are ideal for making bone broth. Bone broth has numerous health benefits including helping to heal and seal your gut, promotes healthy digestion, reduces joint pain and inflammation, promotes strong, healthy bones, inhibits infection, fights inflammation and promotes healthy hair and nail growth.

Our beef marrow bones are sourced from free range, pasture reared beef and / or free range, grain fed beef.

- This product is hand packed and may vary slightly from the advertised weight.
- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R45.00 – R60.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg

□

### Beef Rib Bones

Beef Rib Bones are ideal for making bone broth. Bone broth has numerous health benefits including helping to heal and seal your gut.

Bone broth also promotes healthy digestion, reduces joint pain and inflammation.

Furthermore it also promotes strong, healthy bones, inhibits infection, fights inflammation and promotes healthy hair and nail growth.

Our beef rib bones are sourced from free range, pasture reared beef and / or free range, grain fed beef.

- This product is hand packed and may vary slightly from the advertised weight.
- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R80.00 – R120.00**

- Feed Type:certified-grass-fed, grain





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- Weight:1kg

□

### Chicken Livers

Free range Chicken livers are high in protein and a rich store of folate. Folate is important for fertility and also helps prevent certain birth defects.

Livers are also loaded with iron to give you energy and a treasure trove of certain B vitamins, most notably B12. This nutritional profile makes them a good choice for anyone prone to anaemia.

- This product is hand packed to order and may vary slightly from the advertised weight.

#### **R60.00 – R200.00**

- Feed Type:grain
- Weight:1kg, 5kg

□

### Chicken Necks

Chicken necks are ideal for making bone broth.

Bone broth has numerous health benefits including helping to heal and seal your gut. It also promotes healthy digestion, reduces joint pain and inflammation. Bone broth also promotes strong, healthy bones, inhibits infection, fights inflammation and promotes healthy hair and nail growth.

Our chicken necks are sourced from free range, pasture reared chickens.

- This product is hand packed and may vary slightly from the advertised weight.

#### **R40.00**

- Feed Type:grain



## Free Range Chicken

□

### Chicken Livers

Free range Chicken livers are high in protein and a rich store of folate. Folate is important for fertility and also helps prevent certain birth defects.

Livers are also loaded with iron to give you energy and a treasure trove of certain B vitamins, most notably B12. This nutritional profile makes them a good choice for anyone prone to anaemia.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R60.00 – R200.00**

- Feed Type: grain
- Weight: 1kg, 5kg

□

### Chicken Necks

Chicken necks are ideal for making bone broth.

Bone broth has numerous health benefits including helping to heal and seal your gut. It also promotes healthy digestion, reduces joint pain and inflammation. Bone broth also promotes strong, healthy bones, inhibits infection, fights inflammation and promotes healthy hair and nail growth.

Our chicken necks are sourced from free range, pasture reared chickens.

- This product is hand packed and may vary slightly from the advertised weight.

**R40.00**

- Feed Type: grain

□

### Chicken Wings

Free range chicken wings that are delicious when baked in the oven, deep fried or marinated.

It is also delicious when grilled over the coals with a marinade of your choice.

- **This is a variable product and is available as grain fed, supplemented as part of the animals diet. It is also available as certified grass fed only**

**R70.00 – R425.00**

- Feed Type: certified-grass-fed, grain
- Weight: 1kg, 5kg

□

### Cornish Hen

More flavourful and much larger (**minimum 2,4kg**) than traditional chicken, our authentic free range Cornish Hens are simply delicious. Best when slow roasted, uncovered, basting it frequently with butter.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R190.00**

- Feed Type: certified-grass-fed
- Weight: 2kg

□

### Deboned Chicken Fillets

Tender, skinless, grass fed, free range deboned chicken fillets are healthy and delicious.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R110.00 – R700.00**



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- Feed Type:certified-grass-fed, grain
- Weight:1kg, 5kg

□

### Precooked Chicken Wings

Tender and juicy grass fed, free range precooked chicken wings for convenience when dinner needs to be ready in a hurry.

**R100.00**

- Flavour:lemon-and-herb, bbq

□

### Spatchcock Chicken

Free Range Spatchcock chicken, or butterflied chicken, is the way to go if you'd like saving 20 minutes cooking time. It is also for when you're in the mood for a whole chicken on the braai.

Spatchcock chickens weigh a minimum of 1.8kg. Whether serving up for your family or weekend braai-ing for friends, one of these tender chickens will feed 4-6 people.

Stop being chicken and buy one today.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only.**

**R170.00 – R195.00**

- Feed Type:certified-grass-fed, grain
- Weight:2kg

□

### Whole Chicken (Large)

Our whole chicken is sourced from pasture reared, free range chickens who aren't given anti-biotics or growth stimulants.

- This product varies in weight between 1.8kg and 2kg

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R125.00 – R160.00**

- Feed Type:certified-grass-fed, grain
- Option:plain, spiced



## Free Range Deli Meat

□

### Salami

Salami is a type of cured sausage consisting of fermented and air-dried meat. The fermented air dried meat is typically beef or pork.

Furthermore, traditional salami combines a mixture of minced beef, pork, wine, salt and various herbs and spices.

Salami is also best served at room temperature.

- This product is hand packed to order and may also vary slightly from the advertised weight.

**R35.00**

- Salami Type: plain, spicy

□

### Sliced Parma Ham

Our sliced parma ham is produced from pasture reared and free range pigs. It is also free from preservatives or colouring as well as nitrites and nitrates.

Furthermore, we suggest you wrap [Chicken breasts](#) in our delicious Parma ham for a refreshing protein on your plate.

- This product is hand packed to order and may vary slightly from the advertised weight
- This product comes sliced

**R70.00** (PARMIHAM001)

□

### Sliced Sandwich Ham

Sliced sandwich ham is a versatile cold meat, perfect on sandwiches & pizzas, with scrambled eggs and cream cheese, or as is.

**R85.00** (HAM001)

□

### Smoked Gypsy Ham

Smoked Gypsy ham, also known as Black Forest Ham, name stems from its roots in gypsy camps, where the pork meat (usually from the leg) would be smoked over a wood fire, giving the skin a darker colour.

Before curing the fat is cut off the ham and it is then netted and smoked. The smoky flavour and lean, tender meat makes it a delicious, healthy and versatile lunch meat.

*Serving suggestion:* Gypsy ham is fantastic with any breakfast dish and often seen served with eggs benedict. Add it to an omelette with red peppers, grated cheddar and fresh herbs or simply serve it alongside warm toast and real butter.

- This product comes sliced.

**R90.00 – R180.00**

- Weight: 500g, 1kg



## Free Range Lamb

□

### Free Range Karoo Half Lamb

Our A1 grade, free range karoo half lamb is brought here from the Karoo where they have grazed on the Karoo bush. Our half lamb is priced at 9kg, which is the average weight. Once you have placed your order, we will contact you to discuss your requirements with regards to portions.

The lambs are pasture reared, free range and are free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze from. The meat is well muscled and low in fat, making it a healthier alternative.

The animals are free from hormones, including treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers. The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R1,350.00**

- Feed Type:certified-grass-fed
- Weight:9kg

□

### Free Range Karoo Lamb Braai Chops

Our A1 grade Karoo lamb braai chops are sourced from farms in the Northern Cape who employ ethical farming practices. The lambs are pasture reared, free range and are free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze from. The meat is well muscled and low in fat, making it a healthier alternative.

The animals are free from hormones, including treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers. The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R170.00**

- Feed Type:certified-grass-fed
- Weight:1kg

□

### Free Range Karoo Lamb Loin Chops

Our A1 grade Karoo lamb loin chops are sourced from farms in the Northern Cape who employ ethical farming practices. The lambs are pasture reared, free range and are free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze from. The meat is well muscled and low in fat, making it a healthier alternative.

The animals are free from hormones, including treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers. The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R210.00**

- Feed Type:certified-grass-fed
- Weight:1kg

□

### Free Range Karoo Whole Lamb

Our A1 grade, free range karoo whole lamb is brought here from the Karoo where they have grazed on the Karoo bush. Our whole lamb is priced at 18,5kg, which is the average weight. Once you have placed your order, we will contact you to discuss your requirements with regards to portions.

The lambs are pasture reared, free range and are free from unnecessary additives, hormones and preservatives.



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Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze from. The meat is well muscled and low in fat, making it a healthier alternative.

The animals are free from hormones, including treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers. The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R2,700.00**

- Feed Type:certified-grass-fed
- Weight:18-5kg

□

### Lamb Goulash

Our A1 grade lamb goulash is sourced from farms in the Northern Cape who employ ethical farming practices. The lambs are pasture reared, free range and are free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze from. The meat is well muscled and low in fat, making it a healthier alternative.

The animals are free from hormones, including treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers. The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R220.00**

- Feed Type:certified-grass-fed
- Weight:1kg

□

### Lamb Knuckle

Our A1 grade lamb knuckle is sourced from farms in the Northern Cape who employ ethical farming practices. The lambs are pasture reared, free range and are free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze from. The meat is well muscled and low in fat, making it a healthier alternative.

The animals are free from hormones, including treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers. The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R190.00**

- Feed Type:certified-grass-fed
- Weight:1kg

□

### Lamb Mince

Our lamb mince comes from grass fed, free range lambs and is free of water, gluten, fillers and preservatives.

The Lamb is packed full of minerals and vitamins including Zinc, B Vitamins, Folates, Selenium and Iron.

In addition, The protein count from lamb is an average of 17.5g per 100g.

Also, Lamb is an excellent source of Vitamin D. Vitamin D is essential for peak athletic performance, recovery, bone strength and general health and well being.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R140.00**

- Feed Type:certified-grass-fed



- Weight:1kg

□

### Lamb Neck

Our A1 grade lamb neck is sourced from farms in the Northern Cape who employ ethical farming practices.

The lambs are pasture reared, free range and free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze on.

Furthermore, The meat is well-muscled and low in fat, therefore making it a healthier alternative.

The animals are also free from hormones, including treatment to encourage growth. They also roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers.

Finally, The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight

**R140.00**

- Feed Type:certified-grass-fed
- Weight:1kg

□

### Lamb Rib Stew Meat

Our A1 grade lamb rib stew meat is sourced from farms in the Northern Cape who employ ethical farming practices.

The lambs are pasture reared as well as free range and are free from unnecessary additives, hormones and preservatives.

Furthermore, our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze on.

The meat is well muscled and low in fat therefore making it a healthier alternative.

The animals are free from hormones and treatment to encourage growth.

They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers. The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight

- This product is delivered frozen.

**R140.00 – R650.00**

- Feed Type:certified-grass-fed
- Weight:1kg, 5kg

□

### Lamb Ribs

The A1 grade lamb ribs are sourced from farms in the Northern Cape. These farms only employ ethical farming practices.

The lambs are pasture reared in addition to being free range. They're also free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze on.

The meat is well-muscled and low in fat and therefore a healthier alternative.

Furthermore, the animals are free from hormones and treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers.

Finally, the meat contains no preservatives or nitrates and the animals aren't fed animal by-products.



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- This product is packed to order and may vary slightly from the advertised weight

**R140.00**

- Feed Type:certified-grass-fed
- Weight:1kg

□

### Lamb Shanks

Our A1 grade lamb shanks are sourced from farms in the Northern Cape who employ ethical farming practices. The lambs are pasture reared, free range and are free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze from. The meat is well muscled and low in fat, making it a healthier alternative.

The animals are free from hormones, including treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers. The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight

**R155.00**

- Feed Type:certified-grass-fed
- Weight:1kg

□

### Lamb Shoulder

Our A1 grade lamb shoulder is sourced from farms in the Northern Cape who employ ethical farming practices. The lambs are pasture reared, free range and are free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze from. The meat is well muscled and low in fat, making it a healthier alternative.

The animals are free from hormones, including treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers. The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R170.00 – R190.00**

- Feed Type:certified-grass-fed
- Weight:1kg
- Option:deboned, on-the-bone

□

### Lamb Shoulder Chops

The A1 grade lamb shoulder chops are sourced from farms in the Northern Cape and they employ ethical farming practices. The lambs are pasture reared in addition to being free range.

They are also free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze on.

The meat is well muscled and low in fat therefore making it a healthier alternative.

The animals are free from hormones and includes treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers.

Finally, The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight

**R155.00**

- Feed Type:certified-grass-fed
- Weight:1kg





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□

### Leg of Lamb

Our A1 grade leg of lamb is sourced from farms in the Northern Cape who employ ethical farming practices. The lambs are pasture reared, free range and are free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze from. The meat is well muscled and low in fat, making it a healthier alternative.

The animals are free from hormones, including treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers. The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight.

#### **R160.00 – R180.00**

- Feed Type:certified-grass-fed
- Weight:1kg
- Option:on-the-bone, deboned

□

### Rack of Lamb (French Trim)

Our A1 grade rack of lamb is sourced from farms in the Northern Cape who employ ethical farming practices.

The lambs are pasture reared, free range and are free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze from.

The meat is also well muscled and low in fat, making it a healthier alternative.

The animals are free from hormones, including treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers.

Finally, the meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight.

- The off cuts from the French trim are included when you purchase this product.

#### **R220.00**

- Feed Type:certified-grass-fed
- Weight:1kg



## Free Range Pork

- **Apple and Smoked Bacon Burger Patties**

Our Apple and Smoked Bacon Burger Patties are like nothing you've ever tasted before. The sweetness from the apple combined with the smoked bacon make the burger patties an absolute taste sensation. These incredible burger patties use the same combination as our meatballs.

**R125.00** (ABBP001)
- **Apple and Smoked Bacon Meatballs**

Our Apple and Smoked Bacon Meatballs are like nothing you've ever tasted before. The sweetness from the apple combined with the smoked bacon make the meatballs an absolute taste sensation.

**R125.00** (ABMB001)
- **Eisbein**

Eisbein is a German culinary dish of pickled ham hock (pork knuckle), which is usually boiled.

Our Eisbein is uncooked and comes from pasture reared, free range pork.

Eisbein is also great when slow cooked, braised or pickled.

  - This product has an average weight of 800g and in addition may vary slightly from the advertised weight.

**R90.00**

  - Feed Type:certified-grass-fed
  - Weight:800g
- **Gammon Roast**

Gammon Roast isn't just for those festive days or lazy Sunday lunches. This wonderfully succulent joint of meat makes a great alternative to the 'normal' pork leg or shoulder roast and is a definite crowd pleaser. There are so many ways to cook your gammon roast, but the end result is always tender and juicy. The leftovers are also great as sandwich fillers.

**R120.00 – R240.00**

  - Feed Type:grain
  - Weight:1kg, 1-5kg, 2kg
- **Pork Belly Roast**

Sometimes there are no words to describe how delicious a pork belly roast is.

It offers crispy skin, tender and juicy meat and a layer of fat that is just perfect. This is guaranteed to keep your guests and family coming back for more.

**R160.00 – R320.00**

  - Feed Type:grain
  - Weight:1kg, 1-5kg, 2kg
  - Spices:barbeque, black-pepper, herbs-and-spices, plain
- **Pork Cubes (Goulash)**

Free range Pork Cubes are very versatile and are great for kebabs.

You can also braise or stew your Pork Cubes for soups and stews.

Also, Sauteed strips can be the basis of a quick-cooking meal like a stir-fry dish or a hearty sandwich.

  - **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R130.00 – R170.00**

  - Feed Type:certified-grass-fed, grain
-



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### Pork Fillet

Our succulent free range Pork Fillet comes from pasture reared, free range pigs and is free from hormones and preservatives.

Also, you can cook this Pork Fillet on the kettle braai to give it a more smokey taste.

Season with salt, pepper and olive oil and enjoy the true flavor of pork.

**R155.00**

- Feed Type:grain

□

### Pork Knuckles

Free range Pork Knuckles are great for all your stews and soups.

Pork knuckles are also great when cooked with greens and other vegetables as it adds a distinctive flavour to any dish.

- **This is a variable product. It's available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R75.00 – R95.00**

- Feed Type:certified-grass-fed, grain

□

### Pork Leg (Bone In)

For a special dinner, slow roast a pork leg. Start it in the morning and enjoy the aroma until dinner time, which is when it will be ready. A definite favourite if you love crispy crackling and soft, melt-in-your-mouth meat. Bone in or removed, we have both to offer you.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R130.00 – R300.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg, 1-5kg, 2kg

□

### Pork Leg (Deboned)

For a special dinner, slow roast a pork leg. Start it in the morning and enjoy the aroma until dinner time, which is when it will be ready. A definite favourite if you love crispy crackling and soft, melt-in-your-mouth meat. Bone in or removed, we have both to offer you.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R145.00 – R320.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg, 1-5kg, 2kg

□

### Pork Loin

Our free range Pork Loin comes from pasture reared, free range pigs and is free from hormones and preservatives.

The Pork Loin is a great option for Sunday Lunch and it provides a great source of protein and fat.

In addition, it is suitable for anyone following the Banting lifestyle.

Serve with Cauli-mash and Asparagus to have a meal fit for any fine dining restaurant.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R140.00 – R170.00**

- Feed Type:certified-grass-fed, grain



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□

### Pork Loin Chops

Our Pork Loin Chops come from pasture reared, free range pigs and contain no hormones or preservatives.

Pork Loin chops packs plenty of flavor. It is also a cost-effective alternative to the lamb chops when having a braai.

Leave a lasting impression with your guests and serve these chops with our and roasted broccoli stems

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R120.00 – R160.00**

- Feed Type:certified-grass-fed, grain

□

### Pork Mince

Pork mince is very versatile and can be combined with beef mince in many recipes, including meatballs, burgers and meatloaf. Pork mince is high in magnesium, phosphorus and selenium and contains no sugar.

- This product is hand packed to order and may vary slightly from the advertised weight

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R105.00 – R145.00**

- Feed Type:certified-grass-fed, grain

□

### Pork Neck

Our free range pork neck comes from pasture reared, free range pigs. In addition, it is free of hormones and preservatives.

Serve your Pork neck with roast potatoes or , butternut and gem squash for a hearty meal you will love.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R145.00 – R160.00**

- Feed Type:certified-grass-fed, grain

□

### Pork Rashers

These Pork rashers are Delicious and succulent, free range and grass fed.

They're cut from the belly and thicker than ordinary bacon, pork rashers are great on the braai, fried or grilled.

- This product is hand packed to order and may vary slightly from the advertised weight

**R75.00 – R150.00**

- Weight:500g, 1kg

□

### Pork Shoulder (Bone In)

For a special dinner, slow roast a pork shoulder. Start it in the morning and enjoy the aroma until dinner time, which is when it will be ready. A definite favourite if you love crispy crackling and soft, melt-in-your-mouth meat. Bone in or removed, we have both to offer you.



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- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R110.00 – R310.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg, 1-5kg, 2kg

□

### Pork Shoulder (Deboned)

For a special dinner, slow roast a pork shoulder. Start it in the morning and enjoy the aroma until dinner time, which is when it will be ready. A definite favourite if you love crispy crackling and soft, melt-in-your-mouth meat. Bone in or removed, we have both to offer you.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R130.00 – R360.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg, 1-5kg, 2kg

□

### Rolled Pork Belly

Rolled Pork Belly, with its crispy skin and tender & juicy meat, this is a definite favourite amongst pork lovers. An easy and forgiving cut, pork belly is at its best when slow-roasted at a low heat for a few hours, allowing the fat to melt away and the skin to crisp up gently.

**R160.00 – R320.00**

- Feed Type:grain
- Weight:1kg, 1-5kg, 2kg



## Free Range Roasts

□

### Eisbein

Eisbein is a German culinary dish of pickled ham hock (pork knuckle), which is usually boiled.

Our Eisbein is uncooked and comes from pasture reared, free range pork.

Eisbein is also great when slow cooked, braised or pickled.

- This product has an average weight of 800g and in addition may vary slightly from the advertised weight.

**R90.00**

- Feed Type:certified-grass-fed
- Weight:800g

□

### Gammon Roast

Gammon Roast isn't just for those festive days or lazy Sunday lunches. This wonderfully succulent joint of meat makes a great alternative to the 'normal' pork leg or shoulder roast and is a definite crowd pleaser. There are so many ways to cook your gammon roast, but the end result is always tender and juicy. The leftovers are also great as sandwich fillers.

**R120.00 – R240.00**

- Feed Type:grain
- Weight:1kg, 1-5kg, 2kg

□

### Lamb Shoulder

Our A1 grade lamb shoulder is sourced from farms in the Northern Cape who employ ethical farming practices. The lambs are pasture reared, free range and are free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze from. The meat is well muscled and low in fat, making it a healthier alternative.

The animals are free from hormones, including treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers. The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R170.00 – R190.00**

- Feed Type:certified-grass-fed
- Weight:1kg
- Option:deboned, on-the-bone

□

### Leg of Lamb

Our A1 grade leg of lamb is sourced from farms in the Northern Cape who employ ethical farming practices. The lambs are pasture reared, free range and are free from unnecessary additives, hormones and preservatives.

Our lamb comes from an area known for its Dorper lamb. The Dorper breed gets its distinctive flavour from the natural vegetation the animals graze from. The meat is well muscled and low in fat, making it a healthier alternative.

The animals are free from hormones, including treatment to encourage growth. They roam in pastures that are free from the treatment of pesticides, genetic modifications and fertilizers. The meat contains no preservatives or nitrates and the animals are not fed any animal by-products.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R160.00 – R180.00**

- Feed Type:certified-grass-fed
- Weight:1kg
- Option:on-the-bone, deboned

□

### Pork Belly Roast



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Sometimes there are no words to describe how delicious a pork belly roast is.

It offers crispy skin, tender and juicy meat and a layer of fat that is just perfect. This is guaranteed to keep your guests and family coming back for more.

**R160.00 – R320.00**

- Feed Type: grain
- Weight: 1kg, 1-5kg, 2kg
- Spices: barbeque, black-pepper, herbs-and-spices, plain

□

### Pork Leg (Bone In)

For a special dinner, slow roast a pork leg. Start it in the morning and enjoy the aroma until dinner time, which is when it will be ready. A definite favourite if you love crispy crackling and soft, melt-in-your-mouth meat. Bone in or removed, we have both to offer you.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R130.00 – R300.00**

- Feed Type: certified-grass-fed, grain
- Weight: 1kg, 1-5kg, 2kg

□

### Pork Leg (Deboned)

For a special dinner, slow roast a pork leg. Start it in the morning and enjoy the aroma until dinner time, which is when it will be ready. A definite favourite if you love crispy crackling and soft, melt-in-your-mouth meat. Bone in or removed, we have both to offer you.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R145.00 – R320.00**

- Feed Type: certified-grass-fed, grain
- Weight: 1kg, 1-5kg, 2kg

□

### Pork Shoulder (Bone In)

For a special dinner, slow roast a pork shoulder. Start it in the morning and enjoy the aroma until dinner time, which is when it will be ready. A definite favourite if you love crispy crackling and soft, melt-in-your-mouth meat. Bone in or removed, we have both to offer you.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R110.00 – R310.00**

- Feed Type: certified-grass-fed, grain
- Weight: 1kg, 1-5kg, 2kg

□

### Pork Shoulder (Deboned)

For a special dinner, slow roast a pork shoulder. Start it in the morning and enjoy the aroma until dinner time, which is when it will be ready. A definite favourite if you love crispy crackling and soft, melt-in-your-mouth meat. Bone in or removed, we have both to offer you.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R130.00 – R360.00**

- Feed Type: certified-grass-fed, grain
- Weight: 1kg, 1-5kg, 2kg

□

### Prime Cut Beef Brisket (Deboned)

When it comes to roasts, beef brisket is often not chosen as it's a cheaper cut of meat. However, our brisket is prime cut, which is



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the highest of the 8 different brisket cuts available.

Prime cut has a marbled fat layer. This ensures the meat is juicy and tender when roasted at a low heat for several hours. Consequently, 4 - 6 hours at 150 celsius does the trick.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R110.00 – R340.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg, 1-5kg, 2kg

□

### Prime Cut Beef Roast

Prime Cut Beef Roast, with its rich flavour and juicy tenderness, this is the grand champion of beef roasts.

This is one of the most tender cuts of beef roast with marbling throughout. This therefore keeps the meat moist and tender.

- **This is a variable product and is available as either grain fed, which is supplemented as part of the animals diet, or certified grass fed only**

**R120.00 – R270.00**

- Feed Type:certified-grass-fed, grain
- Weight:1kg, 1-5kg, 2kg

□

### Rolled Pork Belly

Rolled Pork Belly, with its crispy skin and tender & juicy meat, this is a definite favourite amongst pork lovers. An easy and forgiving cut, pork belly is at its best when slow-roasted at a low heat for a few hours, allowing the fat to melt away and the skin to crisp up gently.

**R160.00 – R320.00**

- Feed Type:grain
- Weight:1kg, 1-5kg, 2kg





## Free Range Sausages

□

### 100% Wagyu Beef Boerewors

Wagyu Beef, pronounced 'Wag-hoo' and known as The Caviar of Beef, is the only beef used to make our mouth-watering 100% Wagyu Beef Boerewors.

Wagyu Beef originated in Japan, where the animals are still treated better than humans.

The cows receive specialised tissue massages and Japanese beer as a treat. These are but a few of the benefits in their daily lives.

Massaging an animal's muscles releases tension from walking and grazing for hours a day. This therefore brings us the tenderest meat that you will find!

The more relaxed an animal, the better it will taste.

As a result, There is no need for any sauce with this Boerewors as the sausage is flavourful on its own.

We highly recommend putting this on the braai until it's pink in the middle. Medium is definitely best.

**R110.00 – R220.00**

- Feed Type:certified-grass-fed
- Weight:500g, 1kg

□

### Beef and Lamb Boerewors (Pork Free)

If you don't eat Boerewors because of its traditional 40% Pork content, then our beef and lamb Boerewors is an option for you.

100% pure certified grass fed and free range boerewors made the traditional South Africa way, minus the pork.

Flavoured with Thyme, Cloves, Allspice, mustard seeds and coriander, and encased in a natural Sheep casing.

This will be a superb and regular addition to your braai.

Also try adding our to this same braai.

**R75.00 – R150.00**

- Feed Type:certified-grass-fed
- Weight:500g, 1kg

□

### Boerewors

100% pure certified grass fed and free range boerewors. It is made in the traditional South Africa way, using 60% beef & 40% pork.

Furthermore, it is flavoured with Thyme, Cloves, Allspice, mustard seeds and coriander, and encased in a natural pork casing.

This is sure to bring you a superb and regular addition to your braai.

- This product is hand packed to order and may also vary slightly from the advertised weight.

**R75.00 – R150.00**

- Feed Type:certified-grass-fed
- Weight:500g, 1kg

□

### Chicken and Herb Sausage

Free range chicken and herb sausage seasoned with fresh garden herbs, black pepper and salt.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R75.00 – R150.00**

- Weight:500g, 1kg



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□

### Chicken Boerewors

The Chicken Boerewors is made from deboned chicken thighs and herbs & spices.

This is by far the best chicken boerewors in town, even if we say so ourselves!

Only the finest certified grass fed and free range chicken is used in this production.

Deboned thighs are the most succulent cut of the chicken, it is therefore the only chicken meat used in making our chicken sausages.

**R70.00 – R140.00**

- Feed Type:certified-grass-fed
- Weight:500g, 1kg

□

### Greek Lamb Sausage

The juiciest cut of Lamb, the shoulder, is used in making our traditional Greek Lamb Sausage.

These succulent links are made from certified grass fed and free range lamb. In addition, they're subtly flavoured with salt, pepper, parsley, garlic, star anise & coriander, with a hint of orange zest.

If you have never had the pleasure of tasting an authentic Greek Lamb sausage before, we urge you to give it a try.

This sausage is a great alternative to the traditional Boerewors. We recommend you fire up your Weber or Gas braai and enjoy the pleasure awaiting you.

**R110.00 – R220.00**

- Feed Type:certified-grass-fed
- Weight:500g, 1kg

□

### Pork Bangers

The Belly, which is the juiciest cut of pork meat, is used in making our traditional pork bangers.

It's made from certified, grass fed and free range pork and is subtly flavoured with salt, pepper, all-spice and paprika.

Great on their own or chopped up for delicious pasta or as a topping for your favourite pizza.

Pork Bangers is also a great addition to your LCHF or Banting breakfasts.

Our pork bangers are also Gluten free and you can be sure to taste the difference between these and the mass-produced ones.

**R65.00 – R130.00**

- Feed Type:certified-grass-fed
- Weight:500g, 1kg

□

### Smoked Cheese Grillers (Ready to Eat)

The Smoked Cheese Grillers are made from pasture reared and free range pork and are ready to eat.

In addition, Our Smoked Cheese griller sausages have no fillers, preservatives or hormones.

Cheese grillers are also a great table snack for your cheese and wine parties.

Cheese grillers can be dipped in a home-made Hummus or sweet chilli sauce and your tastebuds will be very pleased.

**R75.00 – R150.00**

- Weight:500g, 1kg

□

### Springbok and Lamb Boerewors (Pork Free)

A new addition to our Boerewors family is our pork free, Springbok and Lamb Boerewors.

This is best suited to those who like a bit of a gamey flavour.

Impress your family and your guests with this perfectly seasoned and uniquely flavoured combination.

Serve it alongside our and



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### R75.00 – R150.00

- Feed Type:certified-grass-fed
- Weight:500g, 1kg

□

### Wild Boar and Pork Sausage

Like our Springbok and Lamb Boerewors, the Wild Boar and Pork Sausage is delicately flavoured. It's something for those who like to experience new and exciting flavours.

Wild Boar is as juicy and fatty as traditional pork, but with a more pronounced flavour and a darker pink colour.

Perfect for the braai or as a new addition to a traditional English Breakfast.

### R110.00 – R220.00

- Feed Type:certified-grass-fed
- Weight:500g, 1kg



## Free Range Venison

□

### Deboned Springbok Leg Roast

If you are considering changing up your regular Sunday roast then replace your beef roast with some Deboned Springbok Leg Roast.

Springbok meat, in comparison to beef, is lower in saturated fats and is therefore an excellent source of protein.

Cooking Springbok Shoulder, Leg or Neck? Serving up a tasty Springbok Roast is like cooking any other cut of red meat.

Allow the meat to marinade for 24 hours, then pop into a 150°C oven for 2-3 hours.

As with all Sunday roasts, serve it with delicious grilled veggies, Pumpkin, Butternut, Sweet Potato, Cauli-MASH, Spinach, Roast potatoes.

We'll stop there.

**R170.00 – R340.00**

- Feed Type:certified-grass-fed
- Weight:1kg, 1-5kg, 2kg

□

### Deboned Springbok Neck Roast

Considering changing up your regular Sunday roast? Then we suggest replacing your beef roast with some Deboned Springbok Neck Roast.

Springbok meat, in comparison beef, is lower in saturated fats and is an excellent source of protein.

Whether you're cooking the Shoulder, Leg or Neck, serving up a tasty Springbok Roast is as easy as roasting it like any other cut of red meat.

Let the meat marinade for 24 hours, and then pop into a 150°C oven for 2-3 hours.

As with Sunday roasts, serve up with delicious grilled veggies - Pumpkin, Butternut, Sweet Potato, Cauli-MASH, Spinach, Roast potatoes.

We'll stop there.

**R128.00 – R256.00**

- Feed Type:certified-grass-fed
- Weight:1kg, 1-5kg, 2kg

□

### Deboned Springbok Shoulder Roast

If you're Considering changing up your regular Sunday roast then we suggest replacing a beef roast with some great quality Deboned Springbok Shoulder Roast.

Springbok meat, in comparison to beef, is lower in saturated fats and is therefore an excellent source of protein.

Cooking Springbok Shoulder, Leg or Neck? Serving up a tasty Springbok Roast is like cooking any other cut of red meat.

Allow the meat to marinade for 24 hours, then pop into a 150°C oven for 2-3 hours.

As with all Sunday roasts, serve it with delicious grilled veggies, Pumpkin, Butternut, Sweet Potato, Cauli-MASH, Spinach, Roast potatoes.

We'll stop there.

**R128.00 – R256.00**

- Feed Type:certified-grass-fed
- Weight:1kg, 1-5kg, 2kg

□

### Kudu Biltong Meat (Raw)

Kudu Biltong Meat is said to be one of the best tasting game meats available. This is also why we've selected this meat as our ready to hang venison biltong meat.



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There's therefore no need to trim fat and cut it yourself. Just season and hang it in your biltong maker for affordable biltong made in your own home.

- This product is hand packed to order and may also vary slightly from the advertised weight.

**R135.00** (VENBIL001)

### Kudu Loin (Trimmed)

Our Kudu loin is one of our favourite cuts of lean meat. The loin in particular is lovely especially when cooked to medium-rare point.

Furthermore, Kudu is one of the most popular Game meats in South Africa and can be described as tender and juicy with just the right amount of 'gameyness'.

Round this beautiful and lean cut of meat off with sweet potatoes, fondant potatoes and a red wine jus.

Also, Try our on the side for a different dimension.

We know you'll be back for more!

**R420.00 – R560.00**

- Feed Type:certified-grass-fed
- Weight:1-5kg, 2kg

### Kudu Shin (Sliced)

Kudu Shin is one of the best tasting game meats available in South Africa. For this, we have chosen the Kudu Shin for your next Potjiekos.

Also, Because of the low fat content, Kudu needs to be cooked for a few hours. Cook for 4-6 hours on a low heat and the result will be melt-in-your-mouth tender goodness!

Although lean, the taste of Kudu is can be described as 'slightly sweet'.

It's a meat you need to try to experience its true flavor. It's versatile enough for your next braai.

**R120.00 – R240.00**

- Feed Type:certified-grass-fed
- Weight:1kg, 1-5kg, 2kg

### Springbok Rump Steak

Prime cut Springbok Rump Steak is will definitely impress your guests and surprise your tastebuds!

It is an excellent lean and tender alternative to Beef. Although Lean, this cut is packed with lots of flavour.

As with our other Springbok cuts, we recommend allowing the meat to rest in a marinade for 24 hours (minimum 12 hours) prior to cooking.

With leftovers, Wrap the Springbok rump steak strips in our [wraps](#) with coleslaw and your sauce of choice.

**R205.00**

- Feed Type:certified-grass-fed
- Weight:600g



## GMO Free Dairy and Eggs

□

### Cheddar Cheese

Cheddar cheese originated in the village of Cheddar, England. A firm, cow's milk cheese that ranges in flavour from mild to sharp. It also ranges in colour from a natural white to pumpkin orange.

- This product is hand packed and may vary slightly from the advertised weight.

**R30.00 – R105.00**

- Weight: 250g, 1kg, 500g

□

### Emmental Cheese

Emmental Cheese is a yellow, medium-hard cheese that originated in the area around Emmental, Switzerland. It's also more commonly known as Swiss Cheese.

Enjoy your Emmental cheese with [Parma Ham](#) on the side for an afternoon snack.

- This product is hand packed to order and may also vary slightly from the advertised weight.

**R55.00 – R220.00**

- Weight: 250g, 1kg, 500g

□

### Free Range Chicken Eggs

Directly from the farm, our free range chicken eggs are always fresh! Each tray is a mixture of sizes, ranging from large to jumbo. Enjoy this versatile product any time of the day.

**R70.00**

- Egg Size: large

□

### Full Cream Bulgarian Yoghurt

Full fat and full cream, yet far more beneficial than regular plain yogurt. Bulgarian yoghurt contains almost double the amount of protein, half the carbohydrates and less sugar than its low fat or fat free counterparts. This yoghurt is a healthy alternative to sour cream and mayonnaise and will definitely satisfy your sweet tooth if flavoured naturally with honey, cocoa and fresh berries.

**R45.00 – R225.00**

- Quantity: 1l, 5l

□

### Gouda Cheese

Gouda Cheese is a traditional, creamy, hard cheese covered in a wax rind. With a slight sweet undertone, it is perfectly paired with both sweet and savoury foods alike.

**R30.00 – R105.00**

- Weight: 250g, 1kg, 500g

□

### Grated Cheddar Cheese

Our delicious grated cheddar cheese has a mild to sharp taste.

It's perfect for casseroles, sauces, soups and pastas.

In addition, it also complements any sandwich, salad or meal.

Sprinkle half a cup over your next [Spaghetti Bolognese](#). You will need our [lean beef mince](#) to complete this delightful dish.

- This product is unfortunately not available for repackaging.

**R110.00 (GRCC001)**

□

### Grated Mozzarella Cheese

Our Grated Mozzarella Cheese is a perfect compliment for your home made pizza nights.



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Mozzarella Cheese can be used in most Italian salads and pastas.

It can be described to have a mild and subtle taste and a chewy texture when melt

**R110.00** (GRMC001)

□

### Grated Parmesan Cheese

Grated Parmesan Cheese has a fruity flavour and in addition to a peppery after-taste.

Parmesan cheese, an Italian cooking staple, is delicious on top of spaghetti, salads or pizzas.

- This product is unfortunately not available for repackaging.

**R270.00** (GRPC001)

□

### Mozzarella Cheese

Mozzarella is a fresh, mild and versatile cheese that is delicious on pizzas, burgers and flatbreads, as a snack paired with crackers and smoked meats, or in a salad.

**R25.00 – R100.00**

- Weight: 1kg, 250g, 500g

□

### White Cheddar Cheese

White cheddar cheese is great for serving with crackers, bread, fruit, or on meat and cheese trays. White cheddar cheese is sharp in flavour and is great when cooked into pasta dishes or casseroles.

**R30.00 – R105.00**

- Weight: 250g, 1kg, 500g



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### Other

□

#### Potato Wedges

Baked or fried, potato wedges are perfect as a side to [burgers](#) and [wraps](#) or served alone with a sour cream dipping sauce. Straight from the freezer to oven or pan, they are convenient too.

**R35.00** (POT001)

□

#### Wraps

Either whole wheat or white, wraps (or tortillas) are so versatile ... breakfast, lunch or dinner. These can be served with a wide variety of either sweet or savoury fillings. Our wraps are LARGE and have a diameter of 26cm.

**R60.00**

- Wrap Type: white, whole wheat





## Ready Made Meals

### Meaty Classics

□

#### Banting Cottage Pie

Our Banting Cottage Pie is like a traditional Beef Cottage Pie but with a cheesy cauliflower mash for those who prefer a LCHF (Banting) diet.

From oven to plate in less than 30 minutes! Enjoy on its own or with a portion of seasonal veg.

Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. The meat & dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, a grass fed diet is the only diet for them. No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R50.00 – R100.00**

- Weight:400g, 800g

□

#### Beef Lasagne

A traditional Beef Lasagne is always a treat, but is often neglected during the week due to the steps involved.

Now you can have a comforting and nutritious Beef Lasagne on the table in 30 minutes or even less! Enjoy it on its own or with a portion of seasonal veg.

Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. The meat & dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, a grass fed diet is the only diet for them.

No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R55.00 – R110.00**

- Weight:400g, 800g

□

#### Chicken and Bacon Pasta Bake

The Chicken and Bacon Pasta bake consists of Butter-basted roast chicken, bacon, veggies as well as thick and creamy cheese sauce.

These are all combined and poured over spaghetti or macaroni and therefore makes this a nourishing and satisfying meal.

Simply thaw and pop into the oven for 20 minutes and dinner is served!

Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. The meat & dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, a grass fed diet is the only diet for them. No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R62.50 – R125.00**

- Weight:400g, 800g

□

#### Creamy Chicken Pie



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A delicious and hearty creamy chicken pie filled to with butter-basted roast chicken and veg. Furthermore, everything is mixed into an ultra thick & creamy Béchamel sauce then tucked away in a traditional homemade puff pastry.

Furthermore, just Thaw and pop into the oven for a quick and nutritious lunch or dinner.

Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. The meat & dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, a grass fed diet is the only diet for them. No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R50.00 – R100.00**

- Weight:400g, 800g

### Pepper Steak Pie

Expect the unexpected as this is not the pepper steak pie you buy at your local store!

A real 'man's meal', as aptly summarised by one of our customers. This pie is good old comfort food. It is filled to the brim with our superb sirloin or rump steak, veggies and a thick & rich gravy.

This Pepper steak pie is therefore a meal on it's own. Furthermore, it does not contain any Sago.

Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. The meat & dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, a grass fed diet is the only diet for them.

No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R55.00 – R110.00**

- Weight:400g, 800g

### Traditional Cottage Pie

A Traditional Cottage Pie filled with beef and topped with a cheesy potato mash. This is perfect for a wintery evening.

From oven to plate in less than 30 minutes! Enjoy on it's own or with a portion of seasonal veg.

Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. The meat & dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, a grass fed diet is the only diet for them.

No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R50.00 – R100.00**

- Weight:400g, 800g

### Traditional Meatloaf

Our Traditional Meatloaf is moist and juicy. It is also perfect for kids who don't like to eat their veggies.

Onions, peppers, baby marrows and carrots are finely grated and hidden away.

The secret to the juiciness of the meatloaf is our secret sauce, which the meatloaf is glazed in. Your Meatloaf will be best served with rice and any one of our delicious [side dishes](#).

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## Deep South Meat Supplies Pricelist

Pricelist generated on 28 July 2017

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grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R50.00 – R100.00**

- Weight:400g, 800g



## Soups and Casseroles

□

### Cheesy Cauliflower Soup

This cheesy cauliflower soup is simply Comfort in a bowl. In addition it is loaded with the freshest ingredients and the best farm dairy.

There are so many health benefits. It's perfect for any time of the day, whether served hot or cold. Enjoy on its own or with some warm crusty bread.

All meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Online Shop. The meat & dairy comes from the same farms, where the farmers raise their livestock ethically, and where a grass fed diet is the only diet for them. No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R65.00** (RMCCS001)

□

### Creamy Butternut Soup

A delicious creamy butternut soup full of goodness. Select from either a hint of fresh orange or for something with fragrant Asian flair, we've the Thai spiced version.

Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. The meat & dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, a grass fed diet is the only diet for them.

No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R45.00**

- Flavour: butternut-and-orange, thai-curry

□

### Creamy Chicken and Corn Soup

Our Creamy Chicken and Corn soup is creamy and healthy. It has lots of protein from both the butter-basted chicken and our farm fresh dairy. It can also be served as a starter or as a main course.

This soup is perfectly complimented by a few shavings of Parmesan cheese and some warm crusty bread.

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**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R49.00** (RMCCS001)



## Starters and Sides

□

### Creamed Spinach

Our creamed spinach is packed full of fibre as well as protein. It is also made with the freshest ingredients and is a great addition to any one of our traditional pies or casseroles. Creamy & cheesy, as it should be.

Also, try it on the side with one of our [Steaks](#).

Furthermore, Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop.

Meat & dairy comes from the same farms where the farmers raise their livestock ethically. A grass fed diet is the only diet for them.

No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R48.00** (RMCS001)

□

### Traditional Pumpkin Fritters

Traditional Pumpkin Fritters are a definite South African favourite!

Our pumpkin fritters are made as they should be, the traditional way.

Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our shop.

Furthermore, The meat & dairy comes from the same farms, where farmers raise their livestock ethically. A grass fed diet is the only diet for them.

As a result, No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

**R28.00** (RMTPF001)



## Sweet Treats

□

### Banting Banana Muffins

These moist and delicious Banting banana muffins are a treat at any time of the day.

It's perfect for a grab & go breakfast, a mid-afternoon snack or as a healthy dessert.

Furthermore, it's packed full of goodness and gluten free products. Our banana muffins are therefore the perfect lunchbox snack!

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**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

**R75.00** (RMBBM001)

□

### Choc Chip Muffins

Our airy and slightly gooey Choc Chip muffins are a treat for any time of the day.

It's Perfect as a grab & go breakfast as well as part of a packed lunch.

Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. The meat & dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, a grass fed diet is the only diet for them.

No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

**R75.00** (RMCCM001)

□

### Flourless Chocolate Pudding

Crunchy on the outside and gooey on the inside. This flourless chocolate pudding is a rich and satisfying sweet treat for any occasion.

Furthermore, it is made with the best quality ingredients. This warm dessert has some great metabolism boosting properties too! It is also suitable for LCHF (Banting) and Gluten Free diets.

Dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. All dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, a grass fed diet is the only diet for them. No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** This product is made-to-order and delivered fresh, not frozen. No preservatives or stabilisers are used.

- Size: Serves 2 - 4 people

**R65.00** (RMFCP001)

□

### Old Fashioned Custard Pie

A good old fashioned custard pie. It can be served either warmed or cold. Furthermore, this custard pie is made with the best farm-fresh dairy and eggs and is an absolute treat!

Dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. All dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, a grass fed diet is the only diet for them.

No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** This product is made-to-order and delivered fresh, not frozen. No preservatives or stabilisers are used.

- Size: Serves 2 - 4 people

**R65.00** (RMOFCP001)

□

### Vanilla and Berry Muffins



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These moist and airy vanilla and berry muffins are a treat at any time of the day.

It's Perfect for a grab & go breakfast, or as part of a packed lunch. Furthermore, you can choose between Strawberry or Blueberry.

Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. The meat & dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, grass fed diet is the only diet for them.

No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

**R75.00**

- Flavour: strawberry, blueberry



## Vegetarian

□

### Cheesy Cauliflower Soup

This cheesy cauliflower soup is simply Comfort in a bowl. In addition it is loaded with the freshest ingredients and the best farm dairy.

There are so many health benefits. It's perfect for any time of the day, whether served hot or cold. Enjoy on its own or with some warm crusty bread.

All meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Online Shop. The meat & dairy comes from the same farms, where the farmers raise their livestock ethically, and where a grass fed diet is the only diet for them. No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R65.00** (RMCCS001)

□

### Creamed Spinach

Our creamed spinach is packed full of fibre as well as protein. It is also made with the freshest ingredients and is a great addition to any one of our traditional pies or casseroles. Creamy & cheesy, as it should be.

Also, try it on the side with one of our [Steaks](#).

Furthermore, Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop.

Meat & dairy comes from the same farms where the farmers raise their livestock ethically. A grass fed diet is the only diet for them.

No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R48.00** (RMCS001)

□

### Creamy Butternut Soup

A delicious creamy butternut soup full of goodness. Select from either a hint of fresh orange or for something with fragrant Asian flair, we've the Thai spiced version.

Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. The meat & dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, a grass fed diet is the only diet for them.

No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R45.00**

- Flavour: butternut-and-orange, thai-curry

□

### Creamy Vegetarian Pie

A delicious and hearty creamy vegetarian pie filled with a wide variety of veg. It's mixed into an ultra thick & creamy Béchamel sauce and tucked away in a homemade puff pastry.

Simply Thaw and pop into the oven for a quick and simultaneously nutritious lunch or dinner.

Dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. The dairy comes from the same farms, where the farmers raise their livestock ethically. In addition a grass fed diet is the only diet for them.





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No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R50.00 – R100.00**

- Weight:400g, 800g

□

### Traditional Pumpkin Fritters

Traditional Pumpkin Fritters are a definite South African favourite!

Our pumpkin fritters are made as they should be, the traditional way.

Meat and dairy products used in our Ready-Steady-Go Meals are the same products listed in our shop.

Furthermore, The meat & dairy comes from the same farms, where farmers raise their livestock ethically. A grass fed diet is the only diet for them.

As a result, No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

**R28.00** (RMTPF001)

□

### Vegetarian Cottage Pie

A traditional Vegetarian Cottage Pie topped with a cheesy potato mash. 100% comfort food!

From oven to plate in less than 30 minutes! Enjoy on it's own or with a portion of seasonal veg.

Dairy products used in our Ready-Steady-Go Meals are the same products listed in our Shop. The dairy comes from the same farms, where the farmers raise their livestock ethically. In addition, a grass fed diet is the only diet for them. No grains, hormones, preservatives, gluten, sugar, MSG, GMO or water is added.

**NB:** Please note that we **do not** use low fat or fat free dairy products due to their higher sugar content.

- This product is delivered frozen.

**R45.00 – R90.00**

- Weight:400g, 800g



## Seafood

### Fresh

□

#### Angelfish Fillets

Brama brama, more commonly known as Angelfish, is caught as a by-product of hake fishing.

Angelfish is succulent and in addition has a white flesh that is ideal for grilling. It is also good for baking and frying either whole or as fillets.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R80.00** (ANGELF001)

□

#### Hake Fillets

Hake fillets are mild in flavour and is also considered one of the best fish in the whiting family. This is because of its firm, sweet, white meat and medium flake.

Try our [Potato wedges](#) and have yourself some good old Fish and Chips with this beautiful.

- This product is hand packed to order and may vary slightly from the advertised weight.

**R120.00** (HAKE001)

□

#### Kingklip Fillets

The kingklip is one of a number of eel-like fishes harvested worldwide. It's native to the Southern Hemisphere and is an important commercial species in South Africa, where the name originates. Kingklip fillets are also boneless, which is convenient for both cooking and eating. Delicious and best when pan fried in a small amount of salted butter or oil. Delivered fresh, not frozen.

**R300.00** (SFKING001)

□

#### Norwegian Salmon Fillets

The Norwegian salmon is a highly renowned and appreciated fish for its delicate as well as sophisticated taste.

Norwegian Salmon Fillets are also an excellent source of Omega 3 and is rich in protein and low in fat and calories. A wonderfully versatile fish which can consequently be baked, grilled or pan fried.

Serve with our [Full Cream Cream cheese](#) on the side to enhance the flavour of the fish.

The Salmon fillets are delivered fresh and not frozen.

**R480.00** (SFSALM001)



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### Frozen

- **Crumbed Calamari Rings**  
Tender crumbed calamari rings, best fried and served with our crispy potato wedges.  
**R85.00** (CAL001)
  
- **Smoked Norwegian Salmon Offcuts**  
This luxurious smoked fish can be used in recipes as well as enjoyed straight from the pack in pieces. Smoked Norwegian Salmon Offcuts provide, amongst other benefits, healthy essential fats and is an amazing accompaniment to scrambled eggs, for a great start to your day.  
**R65.00 – R650.00**
  - Weight:5kg, 2-5kg, 500g
  
- **Smoked Norwegian Salmon Strips 500g**  
Smoked Norwegian Salmon provides, amongst other benefits, healthy essential fats and is an amazing accompaniment to scrambled eggs, for a great start to your day. This luxurious smoked fish can be used in recipes as well as enjoyed straight from the pack in slices.  
**R250.00** (SAL001)
  
- **Smoked Norwegian Salmon Strips 5kg**  
Smoked Norwegian Salmon provides healthy essential fats and is also an amazing accompaniment to scrambled eggs. Enjoy this for a great start to your day.  
  
Furthermore, This luxurious smoked fish can be used in recipes as well as enjoyed straight from the pack in slices.  
**R650.00** (SAL003)

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