

RED POLL BEEF PRICES MARCH 2009

To order please ring 01244 300655 (David) or 07950 963526 (Huw) or email huw.rowlands145@btinternet.com or fax 01244 300710. www.redpollbeef.eu

ROWLANDS' TRADITIONAL ENGLISH RED POLL BEEF

from The Grange Farm, Warrington Road, Mickle Trafford, Chester CH2 4EB

You expect your beef to be reared locally on a natural diet of lush grass. Our Red Polls graze the fertile meadows beside the River Gowy. You like your beef to be tasty and tender. Our Red Poll Beef is hung for up to 3 weeks, and comes from animals naturally matured to 3 years of age, giving it exceptional succulence and tenderness and a delicious flavour. Red Poll Beef is naturally low in fat, high in omega-3 fatty acids, and entirely free from artificial additives. It is produced to the highest environmental standards. The unique reference number on your invoice guarantees total traceability.

Your purchase of beef from our traditional, native, English Red Poll herd helps to ensure the survival of this rare breed. Local slaughter and butchering minimises animal stress and reduces food miles. You can collect your order, or have it delivered free locally. We also offer free delivery for large orders. Joints are available in a variety of sizes, and steaks are in packs of 2.

PRICES PER KILO (unless stated otherwise). All cuts & products are subject to availability.

<u>PRODUCT</u>	<u>PRICE</u>	<u>NOTES</u>
Fillet Steak	£33.00	
Sirloin steak	£14.00	
Rump steak	£12.00	
Rib Eye Steak	£9.00	To order.
Frying Steak	£11.20	
Rib Joint	£9.00	On the bone. To order.
Topside Joint	£9.00	
Silverside Joint	£8.00	
Brisket	£7.00	
Pot Roast Joint	£7.00	Fore Quarter
Braising Steak	£6.30	
Stewing Steak	£5.18	
Prime Mince	£4.00	
Steak Burgers	£3.50	Pack of 4.
Sausages	£3.60	Pack of 6. Various flavours.
Steak & Ale Pie	£6.00	Contains approx 0.5 kg of steak.
Cottage Pie	£4.40	Contains prime mince.
Premium Beers	£3.00	500 ml. bottle.
Standard Beers	£2.50	500 ml. bottle.
Beer Gift Pack	£8.50	2 bottles & a pint glass.

Pork and Lamb is also available. Please make cheques payable to R.E.K. Rowlands & Partners.

Ask about our FREE farm tours. Bookings taken throughout the year.