



PRAIRIE NATURAL MEATS & SEAFOOD

★ PRICE SHEET ★

OCTOBER 2026

☎ 515-243-6350 ★ www.prairienaturalmeats.com



100% GRASS / VEGETARIAN FED • NO HORMONES, STEROIDS OR ANTIBIOTICS • FREE RANGE • WILD CAUGHT • ALL NATURAL

★ SPECIALS

Apple Wood Bone-In Spiral Ham **\$5.99** /lb

★ VEAL

Veal Cutlets — 3-5 oz, IVP **\$19.99** /lbVeal Ossobuco **\$11.99** /lbVeal Stew Meat — 5 lb Bag **\$50.00** /bagVeal Patty Case — 12.5 lb **\$30.00** /case

★ GOAT

Burnt Goat Heads — Whole Head **\$12.99** /headGoat Cubes, Skin-Off — 2.2 lb Retail Bag **\$15.00** /packGoat Cubes, Skin-Off — Bulk **\$7.50** /lbGoat Cubes, Skin-On Burnt — 2.2 lb Retail Bag **COMING SOON**Goat 6-Way — Shoulder, Legs & Loins **\$5.99** /lbBoneless Goat Loin **\$9.99** /lbWhole Baby Goat Carcass 26DN **\$175.00**

★ LAMB

Lamb Feet, Burnt **\$3.99** /lbLamb Foreshank — 4 per MVP **\$5.99** /lbFrenched Lamb Rack — 26 oz **\$24.99** /lbLamb Hindshank, MVP **\$6.99** /lbLamb Leg, Boneless **\$7.99** /lbLamb Leg, Bone-In **\$6.99** /lbLamb Liver **\$3.99** /lbBone-In Lamb Shoulder, Square-Cut — NZ **\$6.99** /lb

★ DUCK

Whole Ducks **\$6.99** /lbDuck Breast — Cajun, Honey Orange, Sweet Asian **\$12.99** /packDuck Leg **\$13.99** /packDuck Leg Confit — Fully Cooked **\$12.99** /pack

★ SEAFOOD

16-20 ct Shrimp, HOSO **\$25.00** /bag8-12 ct Black Tiger Shrimp, HOSO **\$35.00** /bagIowa-Raised Shrimp — 10 oz **\$22.00** /bagIowa-Raised Shrimp — 1 lb **\$23.50** /bagSea Scallops U10 — Sweet Flavor **\$25.00** /bagCod 6 oz Fillets — Wild Caught **\$11.00** /bagSalmon Portion Cuts **COMING SOON**Steelhead Trout Fillet — 8-10 oz **COMING SOON**Barramundi Sea Bass, Skin-On — 3-4 oz **\$24.00** /lbHalibut, Skin-On — 2-8 oz **\$15.00** /packMahi-Mahi Portion Cuts — Vietnam **\$7.99** /portionYellowfin Tuna AAA — Sushi Grade **\$24.99** /lb

★ RABBIT

Whole Rabbit IW — 600-1,000 g **\$8.99** /lb

★ PORK

Local • All Natural

Pork Belly, VP, Skin-On **\$6.99** /lbBreakfast Sausage — 12 oz **\$7.99** /packSweet Italian Sausage — 12 oz **\$7.99** /packSmoked Kielbasa — GF, Nitrate-Free **\$7.99** /packBratwurst **\$7.25** /lbBrats — Jalapeño Pepperjack **\$7.99** /lbWhole Roaster Pig **\$4.25** /lbApple Wood Bone-In Spiral Ham **\$7.99** /lbPork Tenderloin, VP **\$8.99** /lbBacon — Applewood Smoked, Uncured **\$6.99** /packBone-In Pork Chop, VP **\$9.99** /lbBaby Back Ribs **\$5.99** /lbBerkshire Pork Bulgogi **\$14.99** /pack

★ COOKING TALLOW

Beef Tallow **\$16.99**Duck Fat Premium Cooking Oil **\$12.99**JOIN THE
PRAIRIE NATURAL MEATS & SEAFOOD REWARDS CLUB**10% OFF**

YOUR FIRST PURCHASE OVER \$75

1 POINT

FOR EVERY DOLLAR YOU SPEND

\$10 OFF

YOUR NEXT PURCHASE AT 100 POINTS

Members are also notified of exclusive deals and specials throughout the year. Ask your sales rep how to sign up. **Thank you!**



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★ BEEF

Hot Dogs, All Beef — Gluten-Free, No Nitrates	\$6.99 /pack
Argentina Angus Peeled Knuckles	\$7.99 /lb
Argentina Angus New York Strip	\$17.99 /lb
Argentina Angus Whole Tenderloin, SMOFF	\$24.99 /lb
Belgian Blue Grass-Fed Porterhouse	\$35.00 /lb
Belgian Blue Grass-Fed Short Ribs	\$14.99 /lb
Belgian Blue Grass-Fed Tomahawks	COMING SOON
Beef Marrow Bones — Grass-Fed	\$6.99 /lb
Top Sirloin, Whole Center Cut	\$6.99 /lb

★ PREMIUM WAGYU

Wagyu Back Ribs, 8-Bone — 1/pk, Veg Fed	\$8.99 /lb
Boneless Wagyu Brisket, Deckle-Off	\$14.99 /lb
Wagyu Flap Meat	\$25.00 /lb
Wagyu Beef Birria — Fully Cooked, 2.5 lb	\$37.50 /pack
Wagyu Burger 2/1 — 1 lb	\$13.00 /pack

★ CHICKEN & TURKEY

Smoked Turkey Breast — Nitrate-Free	\$9.99 /lb
Italian Breaded Chicken Cutlets	\$7.00 /each
Chicken Breast	COMING SOON
Chicken Thighs	COMING SOON

★ PANTRY

Chips • Seasonings • Sauces

Beef Tallow Potato Chips	\$8.00 /bag
Sabrinelli's Seasonings	\$10.00
Flavor Showdown Seasonings	\$10.00
Spicy BBQ Sauce	\$6.99
Original BBQ Sauce	\$6.00
HealthyCoat Bacon Flavor for Pets — 16 oz	\$19.99

★ EXOTIC MEATS

BEAST Burger 2/pk — Bison/Wagyu/Venison/Boar	\$13.00 /pack
Bison Ribs, 2x8	\$12.99 /lb
Bison New York Strip	\$27.00 /lb
Bison CC Top Sirloin	\$24.99 /lb
Elk T-Bones — 2-5 oz	\$22.95 /lb
New Zealand Elk Medallion — 8 oz	\$24.99 /lb
Wild Boar 8-Bone Frenched Rack — 2/VP	\$20.00 /lb
Wild Boar Sausages & Cranberries	\$11.50 /pack
Elk, Apple Pear & Wine Sausage	COMING SOON
Rabbit, Pork & White Wine Sausage	COMING SOON
Ostrich Fan Filet	\$49.99 /lb
Alligator Tail Sirloin — 1 lb	\$25.00 /pack

★ ALL NATURAL GROUND MEAT

Belgian Blue Grass-Fed Ground Beef, 97% — 1 lb	\$12.99 /pack
Wagyu Ground Beef — 1 lb	\$14.99 /pack
Ground Bison	\$14.99 /pack
Ground Elk	\$14.99 /pack
Ground Venison — Grass-Fed	\$14.99 /pack
Ground Lamb — 90% CL, 2.5 lb Block	\$14.99 /pack
Ground Goat	\$14.99 /pack
Ground Duck — 97% Lean, 1 lb Block	\$14.99 /pack
Ground Rabbit	\$14.99 /pack
Ground Kangaroo	\$14.99 /pack
Ground Camel	\$14.99 /pack

★ JERKY & BEEF STICKS

Premium Jerky — Spicy & Peppered, 6 oz	\$15.99 /pack
Tender Steak Strips — 5 oz	\$15.99 /pack
Cherry Maple Elk Bites — 3.2 oz	\$15.99 /pack
Beef Stick Bites — 48 oz	\$30.00 /pack

★ HIGH PROTEIN MUFFINS

by batched balance.

High Protein Muffins — Seasonal Flavors	\$22.00 /bag
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