

Sunrise local meat Price List & Order Form

Sunrise Organics - 01277 890883 - www.sunriseorganics.co.uk

All our meat is sourced from small local producers around the Eastern Counties and is supplied to us by Ashlyns Growers and Producers, a local famers cooperative set up and run from our base at Ashlyns farm in the heart of Essex.

BEEF - Supplied by a small group of producers in Essex & Suffolk

ROASTING JOINTS - Full of flavour and texture. Ideal for Sunday lunch or that special occasion. Where appropriate these joints are hung for a minimum of 21 days to enhance their flavour. **See our roasting joint weight guide for help with sizes**

	<i>per pack</i>	<i>Price p/kg</i>	Order Quantity - per kg or per pack
Beef silverside - p/kg		£6.72	
Topside of Beef - p/kg		£7.18	
Beef rump whole - p/kg		£15.13	
Beef forerib on the bone - p/kg - (approx. weight of 1 rib is 1.2-1.5kg)		£10.07	
Beef forerib boned & rolled - p/kg		£14.27	
Fillet (whole) - p/kg		£55.80	

BEEF STEAKS - Quick to cook and packed full of flavour. These cuts are great for quick weekday meals, special evening dining or that weekend BBQ

	<i>per pack</i>	<i>Price p/kg</i>	
Rump steak - 2 x 200g pack	£6.05	£15.13	
T-Bone steak - 2 x 440-500g pack	£19.26	£19.26	
Rib eye steak - 2 x 350g pack	£17.29	£24.70	
Sirloin steak - 2 x 200g pack	£10.94	£27.36	
Beef fillet steak - 2 x 200g pack	£22.32	£55.80	

BEEF SLOW COOKING CUTS & OFFAL - These great value cuts are chosen specially for long slow cooking and braising, perfect for stews, casseroles, hotpots.....

	<i>per pack</i>	<i>Price p/kg</i>	
Fillet tails - 500g pack	£6.04	£12.07	
Beef steak braising / chuck - 500g pack	£3.30	£6.61	
Diced beef - 500g pack	£3.30	£6.61	
Beef skirt - 500g pack	£3.98	£7.95	
Beef shin p/kg	£5.05	£5.05	
Brisket - p/kg	£6.88	£6.88	
Beef steak & kidney mix 500g pack	£3.00	£6.01	
Beef stock bones	£0.94	£0.94	

BEEF MINCE & BURGERS

Hand ground, lean cut mince beef is perfect for bolognese, con carne, cottage pie, meat balls and burgers. Ashlyns had made burgers are the best you will ever taste

	<i>per pack</i>	<i>Price p/kg</i>	
Ground lean beef - 500g pack	£2.69	£5.38	
Burgers-Handmade Ashlyns 4oz ea.	£0.93		
6 x pack	£5.58		

LAMB - FREE RANGE

If you have room in your freezer then this is a great way to buy your lamb. It is absolutely fantastic value with a range of well known cuts always included. Leave it up to us as we offer a full butchering service on our whole side of lamb. If you have

	<i>per/kg</i>	
whole side of lamb - p/kg price	£7.55	
Approx. 25 kg total weight - cuts include chops, steaks, mince, etc	£151.01	

LAMB ROASTING JOINTS

Really beautiful tasting roast lamb can't be beaten for flavour. Wether it's a special meal or a family roast you cant ask for better. See our roasting joint weight guide for help with sizes	<i>per pack</i>	<i>Price p/kg</i>	Order Quantity - per kg or per pack
Leg of lamb on the bone - p/kg		£7.54	
Leg of lamb - boned & rolled - p/kg		£11.23	
Shoulder of lamb on the bone - p/kg		£7.54	
Shoulder of lamb boned & rolled - p/kg		£9.19	
Lamb best end - p/kg		£12.58	
Lamb rump - 2 x 225-300g pack	£11.25	£22.49	
LAMB STEAKS	<i>per pack</i>	<i>Price p/kg</i>	
Lamb leg steaks - 2 x 200g pack	£5.34	£13.36	
Shoulder steaks - 2 x 200g pack	£4.64	£11.61	
Lamb neck fillet - 2 x 200g pack	£8.11	£20.28	
LAMB CHOPS	<i>per pack</i>	<i>Price p/kg</i>	
Barnsley lamb chops - 2 x 250g pack	£6.76	£13.51	
Chump lamb chops - 2 x 250g pack	£6.21	£12.41	
Loin lamb chops - 2 x 200g pack	£5.41	£13.51	
LAMB SLOW COOKING CUTS & OFFAL	<i>per pack</i>	<i>Price p/kg</i>	
Lamb shanks - 4 x 450g pack	£12.20	£6.78	
Diced lamb - 500g pack	£6.25	£12.50	
Lamb kidney p/kg		£4.58	
Lamb liver p/kg		£2.52	
Lamb neck p/kg		£8.38	
Sweetbreads p/kg		£10.81	
LAMB MINCE	<i>per pack</i>	<i>Price p/kg</i>	
Lamb mince - 500g pack	£2.59	£5.18	

PORK - BLYTHBURGH FREE RANGE FROM SUFFOLK

If you have room in your freezer then this is a fantastic way to buy your pork. It is absolutely fantastic value with a range of well known cuts always included. Leave it up to us as we offer a full butchering service on our whole side of pork.

		<i>Price p/kg</i>	
whole side of pork - p/kg price		£3.43	
Approx. 35 kg total weight - cuts include chops, steaks, roasting joints, sausages		£120.12	
PORK ROASTING JOINTS		<i>Price p/kg</i>	
Pork leg on the bone - p/kg		£3.15	
Pork leg boned & rolled - p/kg		£4.06	
Pork shoulder - p/kg		£2.47	
Pork Belly - p/kg		£4.19	
Pork loin boneless - p/kg		£5.48	
PORK STEAKS	<i>per pack</i>	<i>Price p/kg</i>	
Pork loin steaks - 2 x 250g pack	£3.00	£6.01	
Pork fillet - 2 x 250g pack	£4.38	£8.75	
PORK CHOPS & SPARE RIB CHOPS	<i>per pack</i>	<i>Price p/kg</i>	
Pork loin chop - 2 x 200g pack	£2.40	£4.80	
Pork Spare Rib chop - 1kg pack	£3.17	£3.17	
Pork belly strips - 1 kg pack	3.56	£3.56	
Pork chop spare ribs - 1kg pack	3.17	£3.17	
PORK SLOW COOKING CUTS & MINCE	<i>per pack</i>	<i>Price p/kg</i>	Order Quantity - per kg or per pack
Diced pork - 500g pack	£2.52	£5.05	
Pork mince - 500g pack	£1.97	£3.95	
Pork knuckle - p/kg		£2.70	
pork trotters - p/kg		£1.40	

BACON/SAUSAGES

Our bacon is cured using traditional curing methods and produces a flavour second to none. Our sausages are all hand made by Ashlyns butchers.

	<i>per pack</i>	<i>Price p/kg</i>	Order Quantity - per kg or per pack
Dry cured bacon - 250g pack	£3.12	£12.47	
Ashlyns pork sausages - 400g pack	£2.31	£5.78	
Ashlyns Pork Chipolatas - 400g pack	£2.64	£6.61	
Pork sausage meat - p/kg	£4.00	£4.00	

CHICKEN - FREE RANGE Label Anglais chicken from SJ Frederick & sons at Roydon, Essex

Tasty, succulent truly free range chicken, produced only miles from our premises. Slow grown for extra flavour. No antibiotics or preservatives are used on these birds and they are allowed to grow to full maturity for an added depth of taste and flavour

	<i>per pack</i>	<i>Price p/kg</i>	Order Quantity - per kg or per pack
Whole Chicken - p/kg		£7.46	
1.5kg joint (approx. size of average bird)		£11.20	
Chicken breast - 2 x 225g pack	£9.61	£21.35	
Chicken legs - 2 x 400g pack	£4.71	£5.89	
Chicken thighs - 4 x 150g pack	£4.60	£7.66	
Chicken drumsticks - 4 x 150g pack	£5.34	£8.89	
Chicken wings - 1kg pack	£3.09	£3.09	
Diced chicken - 500g pack	£9.99	£19.99	

ROASTING JOINT WEIGHT GUIDE

Number of People - Approx weight

- 4 people - 1kg
- 6 people - 1.5kg
- 8 people - 2kg
- 10 people - 2.5kg

The above weights will give you enough meat for a good portion for each person, plus some for leftovers (depending on how tasty it is!!!)

All prices are correct at time of publication. Sunrise organics reserve the right to change prices to reflect market conditions without prior notice.

ORDERS & DELIVERIES

Placing an order - All our meat is butchered to order so we need a minimum of 3 days notice to process and prepare your order. **USING OUR ORDER FORM** - Ideally you can use this order form. Simply fill it in and leave it out with your old veg box and we will deliver your meat order the following week. Alternatively you can order online or give us a call.

Minimum order – There is a minimum order of £20.00 if you order your meat with your regular veg box. If you order meat only then the minimum order value is £40.00

If your order comes under these amounts then a packing and delivery charge of £3.95 will apply

Pack sizes & weights - You can order your meat per pack, per kg or per part kg.

NOTE - Our butchers make very effort to cut your meat as close to ordered weight as possible, but please be aware that our meat is sold per kilo and will be charged accordingly

Special requirements - If you are after a particular cut or type of meat then please give us a call as we can always help.

Delivery – Delivery will be made on the same day as your usual veg box. Call us for more details

Name:.....
 Address:.....

 Tel:.....
 email:.....

For more information or to place an order please contact us
 tel - 01277 890883 - Web - www.sunriseorganics.co.uk - email - info@sunriseorganics.co.uk