



La Gantoise Beef from our Pasture... to your Plate!

Buying **La Gantoise** beef is knowing exactly where it comes from. This is the food chain at its shortest – you, the consumer, dealing directly with us, the farmer.

Our **traceability system** ensures each cut of meat can be traced back to one particular animal.

We place a numbered sticker on all meat boxes and this number is linked to our farm registries.

Our **logo** guarantees your purchase is 100% natural beef produced from cattle fed no animal by-products or growth stimulants like hormones or antibiotics.

Most of our meat products are vacuum-sealed and are sometimes dark red/brown in colour. This means the meat was sealed fresh and was not exposed to air. Soon after opening a package and exposing it to air, the red colour will be restored.

TRACEABILITY
IS
LA GANTOISE!



**SAVINGS
is 10 % by
THE BOX!**

At **La Gantoise** farm, we specialize in Belgian Blue Beef cattle, a beef breed originally from Belgium.

Meat cuts are individually packed and sold retail or by the 3-4 kg box (7-10 lbs) at **wholesale** prices.

OUR PRODUCTS

EXTRA-LEAN – Belgian Blue Beef (BBB) – exceptionally lean, tender and tasty meat. Pound per pound, contains less cholesterol than skinless chicken.

LEAN – Belgian Blue Lefavre (BBL) – meat from BBB crossbreeds which is leaner than traditional beef, but more marbled than BBB.

Milk-fed VEAL:
milk fed and free roaming

**Our farm store is
open every Saturday
from 10 am to 5 pm.**

**All other days by
appointment.**

BBL BEEF PRICES – BY THE BOX (3 kg- 8 lb) OR RETAIL

BOX \$/LB	RETAIL \$/LB	BEEF CUTS	BOX \$/KG	RETAIL \$/KG
4.09	4.54	Blade Roast	9.00	10.00
10.80	12.00	Chinese Fondue / Carpaccio	23.76	26.40
8.18	9.08	Cubes Fondue/ Kebab	18.00	20.00
7.36	8.18	Cubes Bourguignon	16.20	18.00
6.95	7.72	Eye of round roast	15.30	17.00
	10.00	Flank Steak/ Bavette		22.00
9.00	10.00	French Steak	18.78	22.00
	3.18	Ground Beef 500 gr pack		7.00
	2.72	Ground Beef 1 kg pack		6.00
7.77	8.63	King Roast	17.10	19.00
2.70	3.00	Liver	5.94	6.60
5.93	6.59	Minute Steak	13.05	14.50
9.40	10.45	Prime Rib Roast	20.70	23.00
10.89	12.10	Rib eye	23.96	26.60
9.50	10.55	Rib steak 3 inc	20.90	23.23
9.50	10.55	Rib steak	20.90	23.23
2.25	2.50	Simmering ribs / shanks	4.95	5.50
6.52	7.24	Shoulder Roast no bone	11.70	13.00
6.95	7.73	Sirloin Type Roast	15.30	17.00
7.77	8.36	Sirloin Type Steak	17.10	19.00
7.77	8.36	Sirloin Type Cobbler 2 inc	17.10	19.00
3.96	4.40	Stewing beef	8.71	9.68
8.18	9.09	Stir fry	18.00	20.00
11.70	13.00	Strip loin Steak	25.74	28.60
10.80	12.09	Strip loin Roast	23.94	26.60
9.90	11.00	T-Bone	21.78	24.20
18.90	21.00	Tenderloin	41.58	46.20
	5.54	Tongue		10.00
10.80	12.00	Tournedos	23.76	26.40

MIXED BBL BOXES

24 ALL BEEF BURGER BOX ¼ lb – 30 \$

THE FAMILY BOX – 50 \$

4 – 500 gr packs of ground beef, 5 – 200 gr steaks, 2 – 500 gr stewing beef, 3 lb blade roast

The FAMILY BBQ BOX – 45 \$: 16 all beef burgers ¼ lb. 1 kg Tournedos

Prices subject to changes without notice.



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BELGIAN BLUE BEEF (BBB)

At La Gantoise farm, we specialize in Belgian Blue Beef cattle, a beef breed originally from Belgium. BBB meat is world-renowned as exceptionally lean, tender and flavorful. Pound per pound BBB meat contains less cholesterol than skinless chicken.

Belgian Blue Beef cattle muscling is very impressive. Given the fine and dense muscle grain and low levels of interior and exterior fat, the meat yield is superior and its texture most tender.

Additional care and resources are needed to produce the "dietetic" Belgian Blue Beef meat.

BBB is typical fare in Belgian homes and restaurants.

Cooking BBB extremely lean meats requires a few extra precautions to ensure it yields its full flavor. It is best served rare or medium-rare. Visit our website for more cooking tips! www.lagantoise.com

BBB BEEF PRICES – RETAIL AND AVAILABLE WHOLESALE BY THE BOX

\$ / LB	BBB CUTS	\$ / KG	\$ / LB	BBB CUTS	\$ / KG
\$ 5.45	Blade Roast	\$12.00	\$11.00	Rib steak	\$24.20
\$10.36	Cobbler 2 inc Sirloin Steak	\$22.80	\$7.09	Roast Boneless Shoulder	\$15.60
\$6.36	Extra Lean Ground Beef	\$14.00	\$10.18	Sirloin Type Roast / Round	\$22.40
\$12.00	Flank Steak	\$26.40	\$10.36	Sirloin Type Steak	\$22.80
\$15.00	Fondue - Chinese	\$33.00	\$5.28	Stew	\$11.62
\$10.90	Fondue / Kebab cubes	\$24.00	\$13.00	Stir fry	\$28.60
\$5.45	Ground Beef 500 gr pack	\$12.00	\$15.60	Strip loin	\$34.32
\$5.00	Ground Beef 1 kg pack	\$11.00	\$12.00	Tartare	\$26.40
\$10.36	King Roast	\$22.80	\$13.20	T-Bone	\$29.04
\$8.00	Minute Steak	\$17.60	\$25.22	Tenderloin	\$55.44
\$13.00	Rib eye	\$28.60	\$14.40	Tournedos	\$31.68

LA GANTOISE GOURMET PRODUCTS

FRICADELLE IN PUFF PASTRY – \$15 / roll - an original recipe from Chef Luc Gielen, owner of the famous restaurant Le Sans Pareil. Fricadelles comes with a venison sauce. Place frozen in oven for 35 min at 350 F. Heat sauce in microwave and serve with garden salad. Visit website for recipe.

PAUPIETTE BBB – \$24 / kg - 45 grams of creamy Belgian Blue Beef stuffing seasoned just right, then tightly wrapped in a slice of Belgian Blue Beef Chinese fondue. Visit our website for recipe ideas, www.lagantoise.com

BEEF SAUSAGE: 15 \$ / kg

VEAL SAUSAGE: 18 \$ / kg

75 % beef or veal. 25 % pork. No preservatives. No color added. Pepper. Salt. The BELGIAN with some nutmeg. The FRENCH with garlic and parsley. The ITALIAN with Italian and Provencal herbs. Packages of 6 sausages.

GOURMET KEBAB : 2 mini-sausages – 2 beef kebab- 1 mini tournedos – 24 \$ / kg

MÉDAILLON FILET MIGNON – Filet wrapped in bacon, 150 to 200 gr – \$44 / kg

MILK-FED VEAL – RETAIL AND AVAILABLE WHOLESALE BY THE BOX

\$ / LB	VEAL CUTS	\$ / KG	\$ / LB	VEAL CUTS	\$ / KG
\$12.05	Boneless Leg Roast	\$26.50	\$7.27	Shank	\$16.00
\$7.50	Boneless Shoulder Roast	\$16.50	\$5.90	Stewing Cubes	\$13.00
\$12.72	Cutlet	\$28.00	\$9.09	Stir-fry Strips	\$20.00
\$5.90	Ground Veal 500 gr pack	\$13.00	\$11.27	Strip loin	\$24.80
\$5.45	Ground Veal 1 kg pack	\$12.00	\$8.18	T-Bone / Chops	\$18.00
\$8.63	Kebab Cubes	\$19.00	\$18.18	Tenderloin	\$40.00
\$8.18	Ossobuco	\$18.00	\$5.45	Kidney	\$12.00
\$8.18	Rib Roast	\$ 18.00	\$7.27	Liver	\$16.00
\$10.45	Rouladen	\$23.00	\$6.36	Tongue	\$14.00