



A company dedicated to supporting local, sustainably raised food
www.eatfooddistributors.com

Chad Morris, Head Forager
chad@eatfooddistributors.com • 242 East 60th St., Suite 2R • New York, NY 10022
office. 212.980.9828 • cell. 631.680.5055

EAT FOOD DISTRIBUTORS' ORDER FORM

(As of November 29, 2014--prices and products subject to change)

Please note:

- The majority of meat is flash frozen.
- The volume of meat in a package varies. We will do our best to make the product available, based on your request.
- If you are looking for specific items not on the list below, we can source them for you. We operate an 18' refrigerated truck and can transport large volumes of product.

Call us if you have any questions or you are interested in placing an order 212-980-9828 (office) 631-680-5055 (mobile) or email Chad@Eatfooddistributors.com. We will gladly assist in ordering and even offer tips on preparing the product.

Happy Farming!

Happy Eating!



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Item	Preparation	Price per pound
Pork		
	Chops (1", 1.5" 2 per pack about .5 lb-.75 typical, 2" packaged singly about 1 lb typical)	\$11.00
	Shoulder Steaks & Blade Steaks (about .75-1.5 lb typical)	\$9.50
	Racks of Ribs (about 2-3.5 lb typical)	\$8.50
	Bacon (no nitrates) (about 1 lb typical)	\$11.00
	Hot Dogs (about 1 lb typical)	\$10.50
	Ground Pork (about 1 lb typical)	\$7.50
	Pork Loib Roast (3-5 lb typical)	\$8.50
Pork Sausage		
	Kielbasa (about 1.2 lb typical)	\$10.50
	Breakfast (bulk) (about 1 lb typical)	\$9.50
	Sweet Italian (about 1 lb typical)	\$10.50
	Hot Italian (about 1 lb typical)	\$10.50
	Chorizo (about 1 lb typical)	\$10.50
Whole and Half Pigs	Available on request	
Suckling Pig	Available on request	



Please email or call to see what they have in stock Chad@eatfooddistributors.com 212-980-9828

Item	Description	Price per pound
Lamb		
	Leg, Bone-In	\$22.50
	Leg, Boneless	\$24.35
	Leg Split, Bone-In	\$23.15
	Leg Split, Boneless	\$25.00
	Leg Steak	\$23.15
	Leg Sirloin	\$25.00
	Loin Chops	\$22.50
	Loin Roast, Boneless	\$24.40
	Loin Roast, Bone-In	\$22.50
	Saddle	\$25.00
	Rack of Lamb / Rib Roast	\$25.00
	Rib Chops	\$25.00
	Shoulder Roast, Boneless	\$22.50
	Shoulder Roast, Bone-In	\$20.65
	Shoulder Chops, Round Bone	\$18.75
	Shoulder Chops, Blade Bone	\$18.75
	Stew or Kabobs, Boneless	\$18.75
	Stew Meat/Neck, Bone-In	\$15.00
	Ground lamb	\$15.00



Item	Preparation	Price per pound
Ground	Ground beef (about 1 lb)	\$9.00
Roast	Eye round roast (about 3-5 lbs)	\$9.00
Roast	Sirloin tip roast (about 3-5 lbs)	\$9.00
Steak	Beef brisket(about 2-5 lbs typical)	\$11.00
Steak	Flank steak (1-2 lbs typical)	\$14.00
Steak	Rib steak bone-in/ rib eye (about 1.2-1.5 lbs typical)	\$19.00
Steak	Rib steak boneless / rib eye (about 1-1.5 lbs typical)	\$21.00
Ribs	Short ribs (about 2 lbs typical)	\$9.50
Steak	Sirloin steak boneless (about 1.5 lbs typical)	\$15.00
Steak	Skirt steak (about 1.25 lbs typical)	\$14.00
Steak	T-bone steak (about 1.25 lbs typical)	\$21.00
Steak	Top Round London Broil (about 1.5-2 lbs typical)	\$11.00
Steak	Beef Flat Iron (about .5 lb typical)	\$14.00
Poultry	Whole Chicken (about 3.5 lbs typical)	\$5.50
Poultry	1/2 Chicken (about 2 lb typical)	\$5.50
Poultry	Chicken Breast (about 1 lb typical)	\$7.00
Eggs	Eggs	\$5.00 per dozen
Vegetables	Seasonal : Non GMO Sweet Corn, Kale, Spinach, Cucumbers, Summer and Winter Squash, Peppers, Broccoli, Peas and Beans, Carrots, Collards, Mesclun, Turnips, Beets, Cabbage, Swiss Chard, Kohlrabi, Cauliflower, Potatoes, Herbs. Scallions, Bok Choy, Onions, Eggplant, Epazote	TK
Fruit	Seasonal: Assorted Berries, Apples, Peaches, Pears, Melon	TK



**Supplying Great Chefs Across America
Since 1988**

Item	Product Description	Pack Size	Cost per Pack Retail
QUAIL			
QU004	Semi-Bnls Jumbo Quail	6 per pack frozen	\$25.00
STFQU004	Stuffed Semi-bnls Quail Savory Stuffing Vermont Maple Butter Sauce, Oven Ready	each	\$5.85
Pheasant	Whole Pheasant Hen 2.25 lb avg	By the pound	\$8.30
Guinea Hen	Whole Guinea Hen 3.5-4.5 lb avg (available September-March)	1 lb	6.20



Item	Preparation	Price per pound
Vegetables	White Pak Choi; Purple Pak Choi Mustard Greens – 6-8 varieties Beta Mix baby rainbow chard and beet greens Wild Arugula Wasabi Arugula - Blue Russian Kale Mache - Mustard Spinach – Dandelion - Tumbling Tom Tomatoes – very sweet yellow and red cherry type tomato White Cherry Tomatoes Black Cherry Tomatoes Red and Yellow Current Tomatoes – very tiny sweet tomato Green Sausage – green large plum type , excellent for salsa Flame Tomato – Orange Indigo Rose Tomato –Very Dark Purple Large Cherry Cayenne Pepper Cherry Bomb Pepper Pasilla Bajio Pepper- smokey , mildly hot Mini Bell Multicolor Chocolate Habenero Thai Hot Pea Sprouts Peas Shoots Sunflower Sprouts Broccoli Sprouts Oat Sprouts Pinstripe Eggplant - small egg shape White Japanese - small egg shape Pencil Pod Yellow Wax Bean	TK

Pole Beans – Flat Pod
 True Baby Beets – full size beet is small
 Blankomo White Beet
 Touchstone Gold
 Kirby Pickling Cucumber
 Regal – salad or pickling
 Rat Tail Radish- grown for their pods, great raw or pickled

Herbs	Amaranth- Burgandy Dill Thyme and Lemon Thyme Lemon Balm Tarragon Basil – Genovese, Rose, Thai, Purple Lovage Marjoram Wrinkled Cress Borage Mint - Chocolate Oregano Chervil Parsley – flat and curly Rosemary Chives Savory Cilantro Sorrel Stevia	TK
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Item	Preparation	Price
Pasteurized Goat Milk	Quart	\$5.00
	Half Gallon	\$6.50
Soft Goat Cheese	Plain (4.5-5oz)	\$6.00
	Onion-Garlic Dill (4.5-5oz)	\$6.00



Item	Price
Leigh's Bees Salve Summer	\$25.00
Leighs Bees Salve Winter	\$25.00
Kombucha Ginger Candy with Vermont Maple Syrup	\$5.00



Item	Price
Kefir Plain and Flavored	\$2.50 12 oz \$7.00 1/2 gallon
Milk (skim)	\$6.00 1/2 gallon
Milk (whole)	\$6.00 1/2 gallon
32 oz Yogurt: Plain	\$4.00
32 oz Yogurt: Vanilla, Coffee or Maple	\$5.50
Butter 2 lb block	\$10.00
Butter (Sweet Cream)	\$4.00
Butter (Salted)	\$4.00



Granola
 Regular
 Chocolate Pecan (will be
 available in October--let us
 know if you are interested.)

Nutrition Facts	
Serving Size 1/4 cup (39g) Serving Per Container varied	
Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 8%
* Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

ORIGINAL
All ORGANIC INGREDIENTS:
 Rolled oats, flame raisins,
 almonds, cashews,
 sunflower seeds,
 pumpkin seeds,
 high oleic sunflower oil,
 honey, Vermont maple
 syrup, shredded coconut,
 coconut chips,
 sesame seeds & vanilla.

Back Roads Food Company
Virginia & Peter Vogel
Halifax, Vermont 05301 
www.backroadsgranola.com
 Certified USDA Organic by VOF





12 oz./340 g

\$12.00 lb



Shiitake Mushrooms
 Let us know if you are interested--not always available
 \$16.00 lb



Item	Preparation	Retail
Milk (whole)		\$6.00 ½ gallon and \$12.00 gallon
Veal		per pound
	Osso Bucco (about .5 to 1 lb typical)	\$15.00
	Chops (about .5 to 1 lb typical)	\$19.00
	Ground (about .75 to 1 lb typical)	\$15.00
	Jersey Girl Raw Milk Cheese	\$12.00 ½ pound
	Grass-fed Liver Doggie Treats	\$6.00
Other Items		
	VT Maple Syrup quart	\$30.00
	Macaroni & Cheese 1 lb	\$9.00
	VT Vegetable Lasagna 1lb	\$9.50
	Quark Cheese 8 oz	\$5.50
	Grafton 2 year Aged Cheddar ½ lb and 1 lb	\$9.00 and \$18.00
	Vermont Pure Honey 1 lb	\$11.00
	Vermont Crystallized Honey 1lb	\$12.00

Nitty Gritty Grain Company of Vermont

Item	Preparation	Retail
Grains	Pancake and Muffin Mix (1lb)	\$8.00
Grains	VT White All-Purpose Unbleached Flour (1lb)	\$2.50
Grains	VT Whole Wheat Flour (1 lb)	\$2.50
Grains	Wheat Berries (1 lb)	\$2.50

Catskill Food Company

Item	Preparation	Retail
Sausage	Sweet Italian Sausage(12 oz)	\$10.00
Sausage	Garlic Beer Sausage (12oz)	\$10.00
Sausage	Wild Mushroom Sausage (12 oz)	\$10.00
Sausage	Moroccan Spiced Sausage (12 oz)	\$10.00
Sausage	Maple Date Breakfast Sausage (12 oz)	\$10.00
Sausage	Beer Bratwurst (12 oz)	\$10.00
Sausage	Maple Date Breakfast Sausage Bulk (10lbs)	\$105.00