

FRANKIE FENNER MEAT MERCHANTS

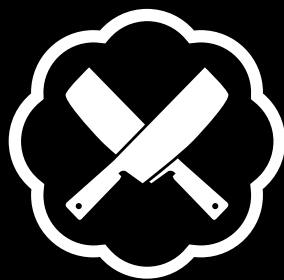
**FREE-RANGE
& GRASS-FED MEATS,
ETHICALLY-SOURCED
FROM SMALL,
INDEPENDENT FARMS.**

CAPE TOWN'S PREMIER ETHICAL BUTCHERY

Over a decade of bringing you ethically sourced meat with a traceable path. Butchered with the utmost care, this is meat you can eat with a clear conscience.

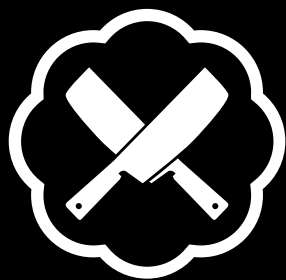
Eat Proper Meat

Tel: (021) 569 9652 / Email: orders@ffmm.co.za



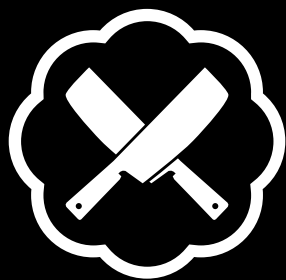
BEEF

Beef Bavette	R229 _{p/kg}
Beef Brisket Roast BIN	R158 _{p/kg}
Beef Brisket Roast BLS	R219 _{p/kg}
Beef Burger Bacon	R207 _{p/kg}
Beef Burger Regular	R180 _{p/kg}
Beef Chuck Eye Steak	R285 _{p/kg}
Beef Chuck Roast	R189 _{p/kg}
Beef Cubes	R180 _{p/kg}
Beef Denver Steak	R229 _{p/kg}
Beef Fillet	R399 _{p/kg}
Beef Flat Iron Steak	R299 _{p/kg}
Beef Heel	R237 _{p/kg}
Beef Hump	R219 _{p/kg}
Beef Marrow Bone	R98 _{p/kg}
Beef Mince Regular	R180 _{p/kg}
Beef Mince Lean	R190 _{p/kg}
Beef Prime Rib	R279 _{p/kg}
Beef Rib Roast BIN	R322 _{p/kg}
Beef Rib Roast BLS	R353 _{p/kg}



BEEF CONTINUED

Beef Ribeye BIN	R297 _{p/kg}
Beef Ribeye BLS	R353 _{p/kg}
Beef Rump Cap	R267 _{p/kg}
Beef Rump Steaks	R285 _{p/kg}
Beef Rump Whole	R285 _{p/kg}
Beef Shin BIN	R200 _{p/kg}
Beef Shin BLS, Rolled	R214 _{p/kg}
Beef Short Rib (Cubes or Strips)	R184 _{p/kg}
Beef Sirloin Steak BIN	R311 _{p/kg}
Beef Sirloin Steak BLS	R329 _{p/kg}
Beef Skirt Steak	R229 _{p/kg}
Beef Spider Steak	R299 _{p/kg}
Beef Stock Bone	R42 _{p/kg}
Beef T-Bone	R335 _{p/kg}
Beef Thick Flank	R214 _{p/kg}
Beef Thin Flank	R229 _{p/kg}
Beef Tri-Tip	R267 _{p/kg}
Beef Flat Rib	R184 _{p/kg}
Beef Cote De Boeuf	R322 _{p/kg}
Beef Suet	R42 _{p/kg}



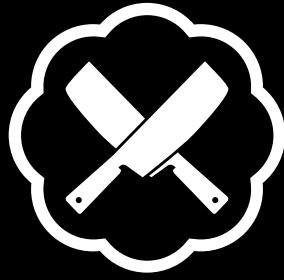
BEEF SAUSAGES

Speak to our team for details of the full range of sausages available in store this week. Variety and availability of sausages changes on a weekly basis.

Beef Boerewors 2.0	R145 _{p/kg}
Beef Boerewors FFG	R189 _{p/kg}

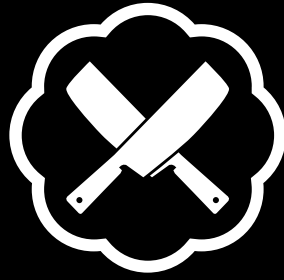
CURED BEEF

Beef Biltong Chilli	R575 _{p/kg}
Beef Biltong Regular	R465 _{p/kg}
Beef Biltong Pack – 100g Pre Packs	R60
Beef Droewors	R410 _{p/kg}
Beef Droewors Pack – 100g Pre Packs	R50
Beef Pastrami	R481 _{p/kg}



LAMB

Whole Lamb	R153 _{p/kg}
Whole Lamb (Portioned)	R164 _{p/kg}
Lamb Arm Chop	R265 _{p/kg}
Lamb Braai Ribs	R215 _{p/kg}
Lamb Belly BLS	R295 _{p/kg}
Lamb Brisket BIN	R254 _{p/kg}
Lambchetta	R295 _{p/kg}
Lamb Kidney	R110 _{p/kg}
Lamb Leg BIN	R251 _{p/kg}
Lamb Leg BLS	R295 _{p/kg}
Lamb Leg Butterflied	R295 _{p/kg}
Lamb Leg Cubes	R278 _{p/kg}
Lamb Leg Chops	R265 _{p/kg}
Lamb Loin BLS	R324 _{p/kg}
Lamb Loin Chop	R299 _{p/kg}
Lamb Mince	R231 _{p/kg}
Lamb Neck Roast	R226 _{p/kg}
Lamb Neck Sliced	R239 _{p/kg}
Lamb Rack	R330 _{p/kg}
Lamb Rib Chop	R299 _{p/kg}



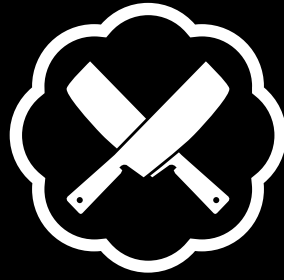
LAMB CONTINUED

Lamb Rump	R330 _{p/kg}
Lamb Saddle BLS, Rolled	R295 _{p/kg}
Lamb Shank	R254 _{p/kg}
Lamb Shin Pieces	R226 _{p/kg}
Lamb Shoulder Chop	R265 _{p/kg}
Lamb Shoulder BIN	R254 _{p/kg}
Lamb Shoulder BLS	R295 _{p/kg}
Lamb Stock Bones	R66 _{p/kg}
Lamb Stew BIN	R234 _{p/kg}
Lamb Burger	R265 _{p/kg}

LAMB SAUSAGES

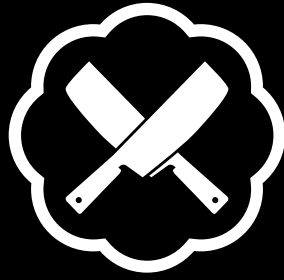
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Lamb Boerewors	R178 _{p/kg}
Lamb 50/50 Sausage	R165 _{p/kg}



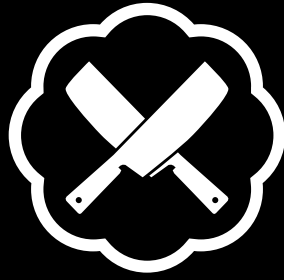
PORK

Bacon (Belly, Leg, Loin, Shoulder)	R328 _{p/kg}
Bacon Steaks	R283 _{p/kg}
Porchetta	R273 _{p/kg}
Pork Baby Back Rib	R177 _{p/kg}
Pork Belly (Bone In)	R202 _{p/kg}
Pork Belly BLS	R227 _{p/kg}
Pork Cheek (Jowel)	R172 _{p/kg}
Pork Country Ribs	R167 _{p/kg}
Pork Ears	R45 _{p/kg}
Pork Fillet	R288 _{p/kg}
Pork Head	R51 _{p/kg}
Pork Hocks	R86 _{p/kg}
Pork Hocks (Smoked)	R101 _{p/kg}
Pork Kassler Chop	R263 _{p/kg}
Pork Leg (Bone In)	R167 _{p/kg}
Pork Leg (Boneless)	R187 _{p/kg}
Pork Loin (Bone In)	R170 _{p/kg}
Pork Loin (Boneless)	R242 _{p/kg}
Pork Loin Chops	R192 _{p/kg}



PORK CONTINUED

Pork Mince	R146 _{p/kg}
Pork Rashers	R237 _{p/kg}
Pork Rib Chop	R192 _{p/kg}
Pork Ribeye (Boneless)	R242 _{p/kg}
Pork Rib Roast	R227 _{p/kg}
Pork Rump	R212 _{p/kg}
Pork Shoulder (Bone In)	R187 _{p/kg}
Pork Shoulder (Boneless)	R202 _{p/kg}
Pork Shin	R81 _{p/kg}
Pork Skin/Bone	R40 _{p/kg}
Pork Spare Ribs	R177 _{p/kg}
Pork Tails	R45 _{p/kg}
Pork Trotters	R35 _{p/kg}
Pork Trotters (Smoked)	R51 _{p/kg}
Smoked Cooked Ham	R399 _{p/kg}



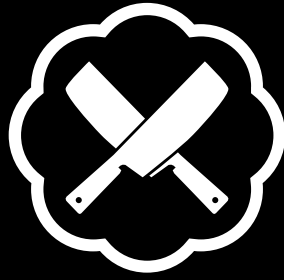
PORK SAUSAGES

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Pork Bangers (Gluten Free)	R140 _{p/kg}
Pork Bangers Classic	R128 _{p/kg}
Cheesy Chipolata	R130 _{p/kg}
Jalapeno Cheese Griller	R130 _{p/kg}

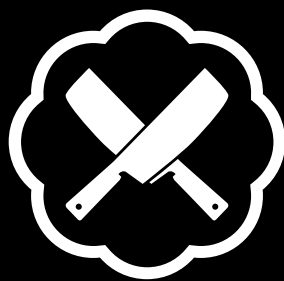
CURED PORK

FFMM stocks a range of cured pork products. Cured Chorizo, Salami, Smoked Loin, Prosciutto Saussison Sec and Nduja to name a few. Please contact our team for details of the products currently available in stores.



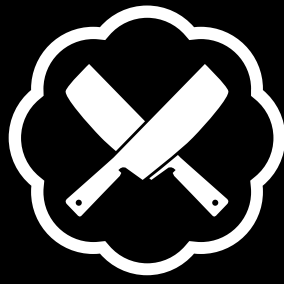
CHICKEN

Whole 60 Day Old Chicken	R104 _{p/kg}
Drumsticks	R132 _{p/kg}
Fillets (Breast: skinless & boneless)	R172 _{p/kg}
Livers (500g tubs - on order only)	R91 _{p/kg}
Thighs	R132 _{p/kg}
Wings	R132 _{p/kg}
Hearts	R70 _{p/kg}



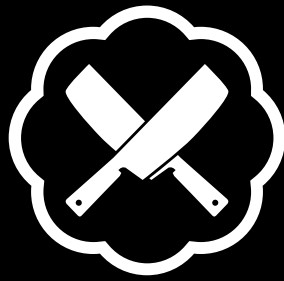
PROVISIONS

Beef Stock (1 Litre)	R98
Chicken Stock (1 Litre)	R86
Santa Anna Corn Chip (250g)	R55
El Burro White Nachos	R48
El Burro Chilli & Lime Chips	R23
El Burro Chilli Salt	R78
El Burro Mercado Margarita Cordial	R97
El Burro Mercado Palomarita Cordial	R97
El Burro Pineapple & Habenero Sauce	R46
El Burro Chilli & Lime Rojo Sauce	R46
El Burro Jalapeno & Coriander Sauce	R46
El Burro Chipotle Chilli Hot Sauce	R50
El Burro Chipotle in Adobo Sauce	R113
El Burro Smoked Jalepeno in Adobo Sauce	R99
El Burro Tortilla Plain	R32
El Burro Tortilla Blue	R44
El Burro Dried Chilli	R44
El Burro Dried Ancho Chilli	R44
El Burro Dried Chipotle	R44
El Burro Salsa Verde	R48
El Burro Tomato Salsa	R48



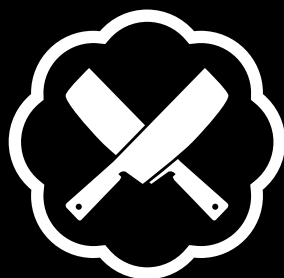
PROVISIONS CONTINUED

Nonno Chilli	R71
Nonno Green Chilli	R71
Argies Chimichirri Relish	R77
Argies Chimichirri Chilli	R77
Dictator Chilli Sauce	R110
Fabrica Mayo	R85
Fabrica Prego	R105
Fabrica BBQ	R74
Fabrica Piri Piri	R85
Mama Bongi Cookies	R69
Sweet Lion Heart Chocolate Cookies	R125
Sweet Lion Heart Peanut Cookies	R125
Rummo Spaghetti 500g	R50
Rummo Penne 500g	R53
Rummo Gnocchi 500g	R78
Rummo Fussili G/F 400g	R80
Granola (Coffee or plain)	R159
Hannam Bread Flat White	R90
Hannam Bread Superseed Toaster	R90
Eureka Mills : Roosterkoek	R44
Eureka Mills : Potbrood	R44



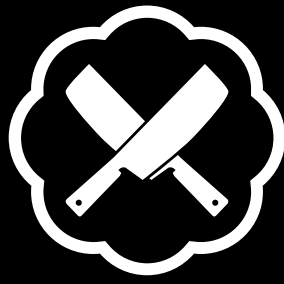
PROVISIONS CONTINUED

Meat Manifesto Book – Andy Fenner	R470
Rosetta Coffee Beans (250g)	R175
OKJA Milk (1 Litre)	R46
OKJA Milk (200ml)	R22
OKJA Cacao (1 Litre)	R46
OKJA Cacao (200ml)	R22
OKJA Latte (200ml)	R22
OKJA Hazelnut Spread	R85
Usana Eggs (Dozen)	R60
Eddies Eggs (Dozen)	R81
Cremelat Salted Butter (500g)	R135
Cremelat Unsalted Butter (500g)	R135
Mooivallei Salted Butter (250g)	R44
Mooivallei Unsalted Butter (250g)	R44
Gay's Dairy Yoghurt (1 Litre)	R62
Gay's Milk (1 Litre)	R35
Gay's Drinking Yoghurt – Strawberry (500ml)	R36
Gay's Drinking Yoghurt – Cherry (500ml)	R36
Gay's Royal Cheddar (per KG)	R345
Gay's Royal Mild Gouda (per KG)	R328
Gays' Mozzarella (per KG)	R275



PROVISIONS CONTINUED

Montagu Salted Butter (500g)	R105
Montagu Unsalted Butter (500g)	R105
Montagu Boerenkaas (1 month / per KG)	R249
Montagu Boerenkaas (3 month / per KG)	R249
Puglia Burrata	R89
Puglia Boccincini	R62
Prince Albert Olive Oil (1 Litre)	R205
Prince Albert Olive Oil (500ml)	R126
Richard Bosman Bresaola (80g)	R60
Richard Bosman Chorizo (80g)	R58
Richard Bosman Coppa (80g)	R58
Richard Bosman Guanciale (80g)	R58
Richard Bosman Prosciutto (80g)	R58
Richard Bosman Meat Selection (100g)	R65
Richard Bosman Mortadella (100g)	R46
Pizza Proper – Margarita Pizza	R100
Pizza Proper – Pepperoni Pizza	R112
FFMM Himalayan Pink Salt Grinder (375ml)	R85
FFMM Rainbow Peppercorn Grinder (375ml)	R146
FFMM Rub Variety Grinder Pack	R290



PROVISIONS CONTINUED

Eco Firelighters	R52
FFMM Wood Bag (10kg)	R78
FFMM Wood Bag (5kg)	R49
Good Leaf CBD Drink (Aloe, Berry, Mango, Peach)	R25
Ritual CBD Drink (Strawberry, Wild Berry, Mango)	R49
Mountain Falls Water 330ml (Still, Sparkling)	R20
Pellegrino (Lemon, Orange, Pomegranate)	R25
Theonista Kombucha (Rooibos, Cream Soda, Ginger SF)	R38
Theonista Cola	R36