

Despite soaring costs it really is possible to eat organic meat on a budget!

# Organic on a Budget...

(How to munch in a crunch!)

Enjoy Sheepdrove quality organic meat by buying alternative cuts.

Item <small>Bristol/Web</small>	Cost per KG	Alternative	Cost per KG	Saving per KG
Topside Beef (roast)	14-00	Brisket Beef (pot roast)	10.00	£4-00
Beef Fillet Steak (grill or fry)	52-00	Beef Rump Steak (grill or fry)	23-09	£28-91
Beef Braising Steak	12-00	Shin of Beef (grill or fry)	8-76	£3-24
Leg of Lamb (roast)	14-76	Shoulder of Lamb (roast)	7-43	£7-33
Diced Shoulder of Lamb (stew)	11-21	Scrag of Lamb (stew)	5-50	£5-71
Pork Loin Steak (grill)	17-72	Pork Leg Steak (grill)	14-86	£2-86
Pork Loin - Bone-in (roast)	12-42	Pork Leg-bone in (roast)	9-44	£2-98
Lambs Liver (fry)	7-04	Ox Liver (fry)	2-90	£4-14

Or ask us - we've plenty more 'budget' ideas!