



14-30 Astoria Blvd. - Astoria, NY 11102

Phone: (646)7427958

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[www.abastofoods.com](http://www.abastofoods.com)

DESCRIPTION	PRICE	DESCRIPTION	PRICE
<b>POULTRY</b>			
<b>CHICKEN</b>		<b>BONELESS BREAST</b>	
Mountaire 2.5lb Chicken	1.89	Mountaire Black Label	2.69
Mountaire 3lb Chicken	1.89	Mountaire Blue Label Cutl	2.19
Mountaire 3.5lb Chicken	1.89	Bell & Evans Breast B/O	5.99
Mountaire 4lb Chicken	1.89	<b>GIBLETS</b>	
Bell & Evans 3.5lb	2.91	Mountaire Chicken Liver	0.87
<b>WINGS</b>		<b>FOWL</b>	
Mountaire Wings #10124	1.85	Heavy Ice Fowl	1.27
Perdue Restaurant Wings	2.19	Light Fowl	1.24
<b>PARTY WINGS</b>		<b>1/4 LEGS</b>	
Mountaire Jumbo Party Wings	1.97	Perdue 1/4 Legs	0.92
<b>DRUMS</b>		Mounatire 1/4 Legs	
College Hill CVP Med Drums	0.89	<b>FRESH DUCKS</b>	
Perdue Drums	0.89	Long Island Crescent CP Ducks	4.89
Mountaire Drums	0.76	Long Island Crescent Breast	17.39
		Long Island Crescent Ducks ground	10.29
<b>THIGHS BONELESS</b>		Long Island Crescent Ducks Legs	
Perdue Thighs	1.49	Maple leaf breast	11.99
Mounatire Thighs	1.19		
Bell & Evans Thighs	2.89	<b>MISC</b>	
		Perdue Single Cornish frozen	2.99
		Perdue Single Cornish fresh	3.25
<b>TENDERS</b>		<b>TURKEY</b>	
Mountaire Tenders	1.59	Whole Turkey 8/10 to 38/40	2.15
<b>LEGS</b>		bone in breast	
			2.29



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Perdue Legs	0.99	Turkey drums	1.61
Mounatire Legs	0.95	Turkeyb wings	1.61
<b>PORK</b>			
<b>FRESH PIGS</b>		<b>SLAB BACON</b>	
Fresh 10/16 Pigs	8.23	nueske smoked slab	11.25
Fresh 17/20 Pigs	7.49	Hatfield Cryo Slab Bacon	4.86
Fresh 20/30 Pigs	5.89		
Fresh 30/40 Pigs	5.52	<b>FEET</b>	
Fresh 40/50 Pigs	4.29	Sofina Frozen L/C Feet	1.86
<b>LAYOUT BACON</b>		Sofina Frozen Front Feet	1.96
Indiana 18/22 Single Slice	4.78	<b>HIND FEET</b>	
smoked applewood	6.99	Indiana Hind Feet	1.96
JF Martin 1 lb bacon	5.79	Leidy Hind Feet	
<b>BELLY</b>			
Hatfield Rib Bellies	4.50	<b>LOINS</b>	
Hatfield Clear Bellies	4.38	CR B/i C/C LOI	2.39
		CR Pork Loin Frenched TMHK	5.99
<b>PIG HEAD</b>	1.89	<b>BUTTS</b>	
		IBP B/I butts	1.99
<b>HOCKS</b>		CR B/O Pork Bo	2.39
Sofina Pork Hocks	1.86	<b>CHAIRMAN'S PRIME</b>	
<b>SAUSAGE</b>		CR Prime B/O CC Loins	2.92
Sweet & Spicy link	3.55	CR Prime B/I CC Loins	2.92
Handmade Chorizo	6.90	CR Prime 1PC BackRibs	



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		CR Prime Pork Tenderloin	3.70
<b>FRESH BABY BACK RIBS</b>		CR Prime St.Louis Ribs	3.67
Chairman's Reserve Prime 1PC BackRibs	3.97	CR Pork Tender	3.58
Chairman's 1PC Fresh Backribs	6.23	pork neckbone	1.48
<b>BEEF</b>		<b>BEEF</b>	
<b>CHUKS</b>		<b>FLAT IRON</b>	
Chairman Reserve Chuck Roll	4.14		
Creekstone CH Chuck Roll	4.07	Creekstone CH Flat Irons	6.71
Nebraska Chk Flap Meat Choice	9.87	national CH Top Blade	5.63
demkota chuck flap	8.15	Swift Sel Flat Irons	5.15
Nebraska Cab Chuck Tenders	4.02	<b>FLATS</b>	
<b>ROUND CUTS</b>		Creekstone CH Bottom Rd Flat	4.18
Chairman's Reserve Inside Round	4.47	CR Bottom Flat	4.11
Creekstone CH 1/4" Inside Round	3.95	<b>KNUCKLES</b>	
CR Eye Round	4.29	National NR Peeled Knuckles	3.60
Creekstone prime Eye Rounds	4.98	Chairman's Reserve Knuckle Pee	4.12
<b>TRIPE</b>		Creekstone CH Peeled Knuckles	4.19
Swift H/C Tripe	5.11	<b>RIB CUTS</b>	
333 HC Tripe (10#)	3.98	C/R Frenched Export Rib 12x12 TO	14.40
Tripe Factory Omasum		CH Reserve 17/DN B/I Rib Eye	14.03
<b>FEET</b>		IBP Choice B/I Rib Eye	12.19
IBP Beef Feet	2.49	Chairman Bnls Ribeye	13.69
St. Helens #1 White Cow Feet	2.36	Creekstone CH Bnls RibEye	13.39
GREAT OMAHA intestines	2.37	CR Ribeye Bnls prime	23.95
<b>TONGUE/MISC</b>		<b>SHORT RIBS</b>	



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		Chairman's B/I short rib plate	8.16
Monfort 22lb Beef Tendon	4.68	Creekstone Choice short rib plate	7.92
Swift #1 White Tongue	11.10	Creekstone sel plate	
Nebraska Beef Sweetbreads	2.91	<b>SHORT RIBS chucks</b>	
Nebraska Clods	4.11	nebraska chuck short rib	5.63
		Demkota chuck short rib set	4.67
		National chuck short ribs ch	5.69
<b>SHORT LOINS</b>		<b>PSMOS</b>	
Creekstone CH 0X1 Sht Loins	8.63	CR PSMO Heavy	21.55
Nebraska nr 0X1 Short Loin	6.96	Creekstone Choice PSMO	21.31
IBP Sel Angus XT Shot Loin		Swift 5Up NR PSMO	14.70
IBP cab prime Short Loin	12.48		
<b>BONE IN SHELLS</b>		<b>TOP BUTTS</b>	
Creekstone Ch 1x1 B/I Shell	8.52	IBP Choice Beef Top Butt	5.77
Demkota nr B/I StripLoin	6.47	Creekstone Ch 1" Top Butts	5.53
<b>STRIPS</b>		National Choice Top Sirloin Cap	
Chairman's Reserve Bnls loin 0x1	9.89	Demkota XT Top Butts	4.29
IBP Prime 0x1 Strip	14.99	<b>SHANKS</b>	
Creekstone Farms CH 0x1 Strips	9.47	Iowa Prem 2PC CH HindShank	2.99
sterling silver CH 0x1 Strips	10.19	IBP Frozen Beef Back Ribs	3.31
		<b>HANGERS</b>	
<b>GRINDS</b>		CR Hanging Tend pr	7.91
Creekstone 81/19 Ground Beef	3.79	clear river ch	6.77
WONDER MEAT 80X20	4.29	Creekstone Choice Hangers	6.00
<b>FLANKS</b>		Demkota Hanging Tenders	5.87



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Chairmans Reserve Flank Steak	8.26		
Creekstone CH Flank Steak	7.08		
<b>SIRLOIN FLAP MEAT</b>		<b>BURGERS</b>	
Chairman's Reserve Flap Meat	8.73	Wonder Meat burger 80x20	4.84
Demkota Sirloin Flap Meat	7.66	Wonder Meat burger black angus	5.68
<b>PEELED OUTER SKIRTS</b>		<b>BRISKETS</b>	
IBP Cab Peeled Outer skirt	15.47	Chairman's Reserve Bnls Fresh	4.31
IBP Coice Peeled Skirt Steaks	14.99	Demkota Bnls Brisket	3.95
Exce Choice Peeled Skirt Steaks	12.04		
<b>SKIN ON OUTER SKIRTS</b>		<b>BONES</b>	
Chairman's Reserve S/On Outer S	9.67	IBP Beef Femur Bones	
IBP PR Outside Skirts	8.55	Nebraska Beef Neck Bones	
blue ribbon CH Skirt Steak	9.14	<b>THIN MEATS</b>	
Demkota Outside Skirts Steaks	7.43	Nebraska Prime Skirt Steak	
<b>HEEL MEAT</b>		Greater Omaha Prime Skirt Steak	
National Creek Meat Cryo	4.29	Swift Prime Outside Skirts	
Greater Omaha Heel Meat			
		<b>PRIME JAPANESE CUTS BEEF</b>	
<b>PRIME BEEF</b>		Ny Striploin washugyu	48.99
<b>RIBS</b>		Tenderloin washugyu	39.99



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Nebraska Prime 109 Ribs		Culotte washugyu	36.99
IBP Prime B/I Rib Eye		Top round washugyu	12.75
Creekstone Prime Exports		Rib eye washugyu	48.99
<b>SHORT LOINS</b>		Beef cheek washugyu	9.89
IBP Prime Ox1 Short Loin		Outside skirt washugyu	37.99
Nebraska Prime Short Loin		Toungue	29.99
Creekstone Prime Ox1 Short Loin		<b>WAGYU A5 MIYAGI GYU</b>	
Chairman psmo prime		Ribeye b/o	119
<b>BONE IN SHELLS</b>		New york Striploin	119
Nebraska Prime 2x3 B/I Strip			
<b>BONELESS STRIPS</b>		<b>DRY AGED</b>	
Creekstone Prime Ox1 Strips		Aged Short Loin	18.20
IBP Prime Ox1 Strip		Aged 109 Rib	18.26
		Aged 179 Shell	19.31
<b>LAMB</b>		<b>LAMB</b>	
TenderLoins	17.32	Lambs	\$5.07
Loins	8.69	Racks 4x4 Whole	11.96
1x1 BR Loins	17.58	Racks 5x5 Whole	8.95
Foreshanks-Fresh	9.84	Racks 5x5 Split s/a	11.64
Hindshanks H/ON	10.20	Frenched Rack C/ON	26.89
Top Rounds	14.76	Frenched Rack C/OFF	32.05
Bones	1.54	Lollipop Frenched	38.99
Stew	12.30	Legs Hanging 25 & Down	4.42
Ground Lamb	9.06	Legs T/O Split	4.49
Denver Ribs	9.35	BRT Legs	6.7



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Breast	4.92	<b>VEAL</b>	
Braclets	13.28	Legs	7.49
Backs	11.56	Hindsaddles	6.99
Long Foresaddles	9.35	Loins	6.14
Long Hindsaddles	9.10	TR Loins C/C	8.19
Foresaddles	9.34	BR Loin C/C	9.83
Hindsaddles	8.23	Foresaddles	5.65
BRT Legs	11.44	Ground fresh	8.89
Kidneys	4.92	Racks (7) rr	21.58
Livers	3.69		
Sweetbread		6 Bone R/R	21.55
Shoulders	8.61	Breasts	2.82
Trimmed Lions	6.75	Stew	6.54
Chucks	3.84	Hips	11.67
<b>AUSTRALIAN LAMB</b>		BHS	10.69
Lamb Rack 28+	21.98	Livers	8.98
Lamb Rack 18/20 24/26	18.99	Butt Tenders	13.98
Lamb Foreshank	6.99	Top RDS Cap ON	19.84
		Top RDS C/OFF	19.86
<b>WILD GAME</b>			
<b>ALLIGATOR</b>		<b>CAMEL</b>	
Whole Alligator - 15# EA	10.57	Ground	12.64
Sirloin - 5#	20.61	<b>DUCKS</b>	
<b>BUFFALLO</b>		Muscovey Drake Breast Bnl	21.27
Burgers 2/1 - 10#/CS	11.31	Magret Breast Hudson Valley 0.12	17.96
Burgers 3/1 - 12#/CS	11.90	Bnl Duck Breast Culvert 8oz/PC - 22PC/CS 17	14.56



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Burgers 4/1 RTP - 1#/PK - 6PK/CS	13.97	Duck Legs Crescent 15#/BX 16	9.70
Chuck Shoulder Roast - 40#/CS	12.36	Duck Leg Confit Bella Bella 6PC/BG 0	59.92
Flank Steak 10#/CS 0	12.44	Foie Gras A Hudson Valley 1.5-2#/PC-2PC/CS .1+15	45.89
Ground Frozen Northfork 5#/PK-2PK/CS 20	11.31	Foie Gras B Hudson Valley .75-1.25#/PC-3PC/CS 3.1+5	42.02
Peeled Knuckles 50#/CS 0	13.23	Muscovely Hens Grimaud 4#/PC-10PC/CS 2 \$9.77	
Ribeye Northfork 6-8#/PC - 2PC/CS 2	26.59	Rendered Duck Fat 1 Gal Bella Bella 1GAL. EACH 17	40.56
Short Rib Northfork 15#/CS 8	13.29	Duck Scrap Meat Crescent 25#/BX 2	1.32
Striploin Durham Ranch 6-8#/PC-2PC/CS 6.1	22.54	<b>ELK NZ</b>	
Tenderloin Northfork 3.5-5#/PC-4PC/CS 1.3	21.85	Ground Broadleaf 2.5#/PKG-4PKG/CS 1	8.98
<b>ELK NZ (CONT)</b>		<b>PHEASENTS (CONT)</b>	
Saddles B/I Broadleaf 14#/PC-4PC/BX 4	18.55	Whole Birds 3-3.5 Macfarlane 3-3.5#/PC-8PC/CS 16.6	10.57
<b>FROG LEGS</b>		<b>POUSSIN</b>	
West Bay 5#/BX-6BX/CS 1.25		Semi Boneless 16/18 Palmetto 16-18OZ/PC-12PC/CS 36+80	99.75
<b>GUINEA HENS</b>		Whole Birds Palmetto 4PC/TRAY-6TRAYS/CS 6	116.38
Breast - B/O Airline 8/10 8oz/PC-30PC/CS 0	19.88		
Whole Birds Grimaud 3-3.5#/PC-8PC/CS 3+10	10.57	<b>QUAIL</b>	
<b>JUMBO CORNISH HENS</b>		Golden Jumbo Euro Farms 6PC/TRAY-6TRAYS/CS 6	63.84
Palmetto 24oz/PC-8PC/CS 5	51.85	Semi Boneless Euro Farms 4PC/TRAY-6TRAYS/CS 1+10	91.77





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<b>KANGOROO</b>		<b>RABBITS</b>	
Ground MFB 5#/PK-2PK/CS 2	13.28	Fryers Hermi 2.5-3#/PC-6PC/CS 14	10.57
<b>OSTRICH</b>		NY State Rabbits MFB 2.3#/PC-10PC/CS 0	10.57
Burgers 2/1 Broadleaf 10#/CS 5	23.93	Chinese Rabbits Prairie Natural 3.5#/PC-14PC/BX 3	5.32
<b>PHEASENTS</b>		Spanish Rabbit Legs Hermi 10PC/PK-6PK/BX-24#/BX 25	8.73
Breast - B/O AL Macfarlane 6-8OZ/PC=4PC/PK-14PK/CS 0	19.88		
		<b>SQUABS</b>	
		Oven Ready 12oz. Palmetto 24/CS 2	210
<b>VENISON</b>		Oven Ready 16oz. Palmetto 24/CS 8	279.30
Bones Broadleaf 25#/CS 4	3.32	NY Dressed 14.5oz. Palmetto 24/CS 0	212.80
Ground Broadleaf 5#/PK-2PK/CS 20	9.24	NY Dressed 16oz. Palmetto 24/CS 0	250.04
Denver Leg Cervena 5#/PC-2PC/CS 12	17.95	<b>WILD BOAR</b>	
Hind Leg B/I (Haunch) Broadleaf 20#/PC-2PC/CS 4	12.30	Osso Bucco Durham Ranch 8-10OZ/PC-10PC/CS 6	10.57
Osso Bucco - 3" Durham Ranch 10#/CS 1	10.62	Rack - Frenched 3/4 Broadleaf 3-4#/PC-2PC/CS 2	9.98
Racks - Frenched Durham Ranch 2-3#/PC-4PC/CS 16 \$	26.58	Shoulders - B/O - 20# Durham Ranch 4PC/CSC 24	9.58
tenderloin - B/I Cervena 15-18#/PC-3PC/CS 1.2	24.95	Baby Back Ribs Broadleaf 20#/CS 1	12.63
Short Loins - B/O 3#/PC-6PC/CS 0	25.20	Ground Broadleaf 2.5#/PK-4PK/CS 20	8.69



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