



We only put our name on steaks that meet our exacting standards.

We carefully select beef with the finest flavour, texture, marbling and colour for consistent flavour and texture. Simply put, if a steak is not up to our exacting standards, we won't sell it to you.

These strict standards let us guarantee you a quality cut for the best steak you've ever tasted - or we'll give you your money back!

AGING

All steaks are aged 21 to 28 days in a highly controlled environment for optimum flavour and tenderness.

EXPERTLY HAND-TRIMMED

Each cut is hand-trimmed of fat and gristle by master butchers for a leaner steak.

SELECTION

Each cut of steak we offer meets M&M Meat Shops exacting standards for excellence, ensuring you receive a great steak every time, guaranteed.

VACUUM PACKED

After each steak is cut, it's vacuum-packaged before being flash-frozen. This process retains as many nutrients as possible and seals in all the juicy flavour and tenderness so it's at the peak of perfection and ready for your grill.



You'll have to try our new premium line of steaks made from 100% Canadian beef!

These steaks not only meet our strict standards, they are graded Canada AAA, which has the highest amount of marbling. Marbling refers to the fine white streaks running through the lean beef, which enhances the eating quality, resulting in tender, juicy and delicious tasting steaks. So fire up your barbecue knowing that you are enjoying one of the finest grades of beef that Canada has to offer!

OUR FAMOUS STEAKS ARE READY WHEN YOU ARE

Simply thaw our vacuum packed steaks in cold water, cook to desired doneness and enjoy! These sumptuous and impressive cuts can go from your freezer to the table in minutes.

For prices, flyers and nutrition information visit: www.mmmeatshops.com

M&M MEAT SHOPS AND YOU COOKING THE PERFECT STEAK!

A perfectly cooked steak can satisfy the strongest cravings and have your friends calling you "master of the grill." Follow these steps for the steak of your dreams.

1. Choose your favourite M&M cut.
2. Pat the steak dry before seasoning as desired (avoid salting steaks prior to cooking; salt draws out the juices, leaving steaks dry and chewy).
3. Never pierce the meat or turn more than twice during cooking to prevent excess loss of juices.
4. Let the meat rest prior to serving*.
5. Follow the directions on the packaging to grill, broil or pan fry the steak to your liking.
6. To test, use a meat thermometer to confirm how your steaks have been prepared.

*As the meat cools, proteins realign to hold moisture so when you cut into the steak all the juicy goodness won't run out. We recommend covering loosely with foil and letting it stand for 4 to 5 minutes.

TEMPERATURE CHART

Doneness	Celsius	Fahrenheit
Medium - Rare	63	145
Medium	71	160
Well - Done	77	170

THE BEST STEAK YOU'VE EVER TASTED • GUARANTEED •



"New York" Striploin Steak
Canada AAA
Grade Beef



Your manual to steak mastery.

Boneless Rib Steak

The balanced marbling in this cut ensures luscious flavour and satisfying texture in every mouthful. This steak will remain tender and juicy when cooked on the grill, no matter what doneness you prefer. 14 oz

- Cut from fresh, properly aged **Canada AAA Grade Beef**
- Maximum marbling for peak tenderness
- Single ingredient product, no added flavours, seasonings or preservatives.



Marinated Sirloin Steaks

Zesty seasonings make this the steak that makes you and your guests say "wow"! Choose from: Teriyaki, Pepper, Herb & Garlic, Mesquite or Barbecue. 6 oz

- Hand-cut and trimmed by master butchers
- Premium quality marinades enhance the sirloin's naturally beefy flavour



Top Sirloin Steak

A bold, beefy steak with a robust taste and texture makes this boneless cut a favourite among many. 6 oz or 8 oz

- Cut from fresh, properly aged **Canada AAA Grade Beef**
- Single ingredient product; no added flavours, seasonings or preservatives.



THE BEST STEAK

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Bacon Wrapped Beef Filet Mignons

Filet Mignon is cut from the tenderloin, chosen for its great flavour and buttery texture. Bacon seals in succulent juices and makes this lean cut of beef full of smoky flavour.

Choose from: 8 oz, 6 oz or 4 oz

- Best served medium-rare to medium for premium tenderness and taste



"FlatIron" Steak

Cut from the top blade steak by master butchers to eliminate tough connective tissue, this is one hearty but tender steak. It's delicious grilled, broiled or pan-fried and it's perfect for your favourite recipes. 7 oz

- Cut from fresh, properly aged **Canada AAA Grade Beef**
- Single ingredient product; no added flavours, seasonings or preservatives.
- The second most tender cut (next to the tenderloin), according to The North American Meat Processor's (NAMP) Guide.



"New York" Striploin Steak

A substantial cut for the hearty appetite of those who really like to sink their teeth into a great piece of meat. This steak is best cooked medium-rare to medium and its full flavour and tantalizing aroma truly come alive on the grill. 9 oz

- Cut from fresh, properly aged **Canada AAA Grade Beef**
- Single ingredient product; no added flavours, seasonings or preservatives.



Bacon Wrapped Beef Top Sirloin Steaks

The robust sirloin paired with the smoky goodness of bacon.

- Cut from **Canada AA Grade Beef** top sirloin and wrapped with a single slice of side bacon
- A grilling favourite

