



PRODUCT INFORMATION SHEET

GAME MEATS

*Producers, Wholesalers and Distributors of the highest quality
Bush foods, Poultry and Game products in Western Australia*



NUTRITIONAL INFORMATION

	Energy (kj)	Protein (g)	Total Fat (g)
Buffalo Raw	416	20.4	1.6
Camel	420	20.7	1.8
Crocodile	436	21.1	1.9
Emu Cooked	516	25.7	2.2
Goat Wild	599	27.1	3
Kangaroo Raw	414	20.9	1.6
Rabbit	525	28.3	1.4
Venison	458	22.6	2
Wild Boar	511	21.5	3.3
Beef Raw Fat Trimmed	525	21.1	4.5
Lamb Raw Fat Trimmed	606	20.8	6.8



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BUFFALO

Buffalo Meat is deep red in colour with a taste that is similar to Beef only a little gamier. Buffalo have lived in Australia since the 1820s and in recent times have become an industry of its own standing.

The steaks are best cooked for a shorter time than would usually be used for Beef. Over cooking will dry out and toughen the meat. Use a sizzling hot plate to seal in the juices it is best eaten medium rare. If you prefer well done steaks use a marinade to ensure it stays juicy.

Product Code	Product Description
BU001	Buffalo Fillet
BU002	Buffalo Mince
BU004	Buffalo Cube Roll
BU005	Buffalo Diced

CAMEL

High in protein and low in fat Camel meat is a deep red meat that should be served Medium Rare, sealed on a sizzling hot plate to retain its juices. If you prefer Well Done it is best to add a marinade.

Camels have a long history in Australia first being introduced as a means of freighting goods across Australia. They became obsolete when modern transport was introduced. They were let loose on the Australian outback where they have thrived.

Product Code	Product Description
CA001	Camel Cube Roll
CA002	Camel Fillet



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CROCODILE

Low in fat and high in protein this white flesh is becoming increasingly popular and adds a great talking point to any menu.

The meat is best cooked from frozen as this guarantees the moisture will be retained within. It should be cooked to medium rare.

We carry a Crocodile and Lemon Myrtle Blanched Sausage – check this out in the Goanna Gourmet section.

Product Code	Product Description
CR002	Crocodile Tail Fillets
CR003	Crocodile Body Flesh
CR004	Crocodile Bone In Legs

GOAT

Higher in protein and lower in fat than both Beef and Lamb, Goat has been referred to as the poor man's beef. It is now one of the most popular meats the world over.

The meat is best slow cooked at a low heat and suits wet dishes.

Product Code	Product Description
GT001	Goat Leg
GT002	Goat Leg Boneless
GT003	Goat Tenderloin



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EMU

High in protein and low in fat, Emu meat is prepared under strict controls, which ensures that the meat is of the highest quality. Emu has a deep red colour.

Emu meat is best served Medium rare and cooked on a sizzling hot plate to seal in the natural juices. If you prefer well done it is best to add a marinade.

We carry an Emu and Illawarra Plum Blanched Sausage – check this out in the Goanna Gourmet section.

Product Code	Product Description
EM002	Emu Mince
EM003	Emu Mixed Steak
EM005	Emu Fillet
EM006	Emu Liver



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KANGAROO

The ultimate in free range – you try and keep one behind a fence!

Free from antibiotics, chemicals and any human intervention. The meat is processed under the strictest of standards. Kangaroo meat is low in fat, high in protein and full of flavor.

A deep red meat it is best cooked on a sizzling hot plate to seal in its natural juices to medium rare. If you prefer well done it is best to add a marinade.

We carry a Kangaroo and Riberry Blanched Sausage – check this out in the Goanna Gourmet section.

Product Code	Product Description
KA001	Kangaroo Topside
KA002	Kangaroo Tail
KA003	Kangaroo Rump
KA005	Kangaroo Backstrap
KA006	Kangaroo Mince
KA007	Kangaroo Diced

RABBIT

Farmed Rabbits have a white meat that is similar to Chicken in colour and texture, and is full of flavor.

The Wild Rabbits are a little smaller and have a gamier taste than the Farmed Rabbits.

Product Code	Product Description
RA001	Rabbit Farmed - 10 per carton
RA002	Rabbit - Wild



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VENISON



Venison meat is a dark red, fine grained meat that is low in fat and high in flavour. We source our Venison from Margaret River Venison who over a number of years has established themselves as one of the leaders in breeding top quality Deer.

We carry most cuts from the top shelf Striploin and Fillet, to leg cuts like Rump and Round and Osso Bucco for that perfect winter warmer.

Product Code	Product Description
VE001	Venison Striploin - Denvered
VE004	Venison Fillet
VE005	Venison Topside
VE006	Venison Round
VE007	Venison - Whole
VE009	Venison Medallions
VE011	Venison Rump
VE012	Venison Shanks
VE013	Venison Shoulder
VE014	Venison Osso Bucco
VE016	Venison Diced
VE017	Venison Sausages
VE018	Venison Boneless Forequarter
VE019	Venison Mince
VE020	Venison Bones
VE021	Venison Racks
VE022	Venison Livers
VE023	Venison Spare Ribs
VE024	Venison Chorizo Sausage



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WILD BOAR

Darker in colour than farmed pork it has a unique, strong flavour.

We recommend that it be cooked slowly and it is best suited to wet dishes.

Product Code	Product Description
WB001	Wild Boar - Boneless
WB002	Wild Boar - Boneless Saddle