



Meat & Poultry Guide



OPENING HOURS



Mon/Wed/Thu: 8am to 7pm. **Tue/Fri:** 8am to 5.30pm. **Sat:** 8am to 6pm

AVONDALE BRANCH:

182 SAM NUJOMA STREET, BELGRAVIA, HARARE.

CITY MEATS:

116 Mbuya Nehanda Street, Harare. Cnr Albion and Mbuya Nehanda Streets, Harare

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ORDER NOW!



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PARA MEATS



PARA MEATS

About Para Meats

Mission

To provide our customers with high-quality locally produced meat products while building a sustainable business to support the meat industry.

Vision

To be the hub of high quality in the meat industry, cultivating relationships to provide excellent meat products to our families and yours, upholding the highest standards of health and service.

Values

Our Customers, Meat Producers, Suppliers and Employees will be treated with fairness and respect. We will conduct ourselves ethically, with honesty and integrity and we will comply with the laws, regulations and rules that apply to our company and industry. We will do our best every day to meet the commitments we make to our Customers, Meat Producers, Suppliers and Employees.



AVONDALE BRANCH: 182 SAM NUJOMA STREET, BELGRAVIA, HARARE

CITY CENTRE BRANCH: Corner Kwame Nkrumah & Julius Nyerere Way. Next to Bakers' Inn.

CITY MEATS: 116 Mbuya Nehanda Street, Harare. Cnr Albion and Mbuya Nehanda Streets, Harare.



Para Meats is on Facebook, be sure to like us to receive our latest updates.



PARA MEATS

**YOU STAY
AT HOME.**

**We
deliver!**

**FREE
DELIVERY**



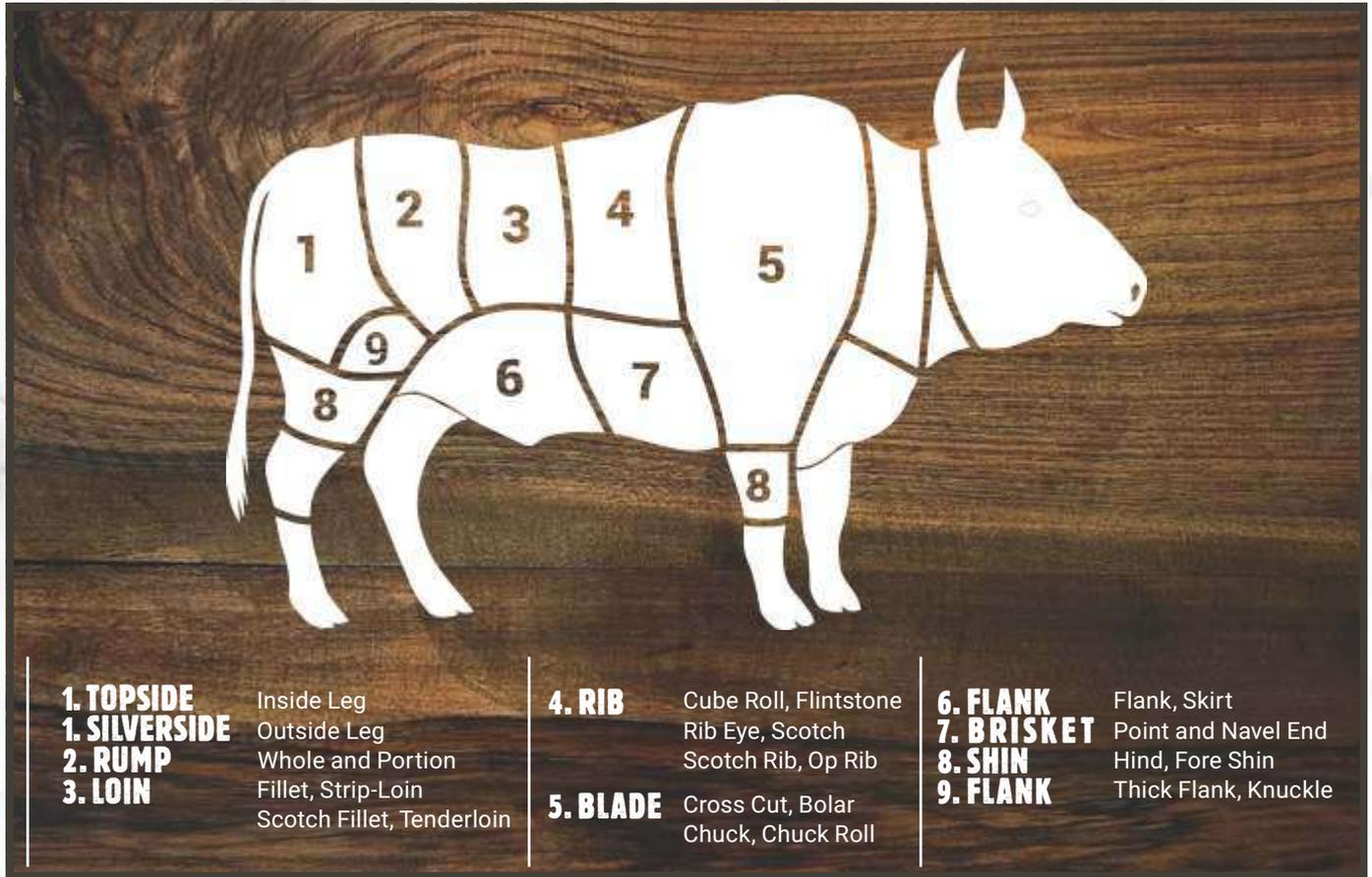
We deliver, **FREE**, orders above 10kgs within a 20km radius of the Harare CBD. Contact us now on the numbers below, place an order for your meat and we will deliver at your doorstep.



PARA MEATS

☎ 0718 737 775 ☎ 0772 137 775 📌 Para Meats

BEEF CUTS



Beef Guide

Para Meats only procure and process prime steer (PS) beef. This is very important, in that the texture, tenderness and quality of meat are maintained. Beef products are optimally aged and Para Meats work with farms which follow strict quality, size and grading standards.

Tenderloin

More commonly known as Eye Fillet

Tenderloin Eye Fillet is considered a more premium cut, being the most tender and having the least amount of fat in terms of beef cuts.

Fillet Mignon (French for "Dainty Fillet") is taken from the tenderloin—a long strip of the steer's most supple meat. A fillet mignon is a smaller cut in terms of diameter, however larger central pieces are available and some clients often order eye fillet tails – the ends of the fillet.

Scotch Fillet

Also known as Cube Roll or Rib-Eye

The Rib-Eye is cut from the top of the steer's rib section, where the meat is generously marbled with fat. That marbling is what gives this steak a velvety texture and a full-bodied flavor. This cut is a great choice for the grill. The fat in the middle (called the eye fat) keeps the meat juicy over high heat. It is also used by chef's with the bone in – known as a tomahawk steak or op rib.

Sirloin

Also known as Strip-Loin or Porterhouse

Sirloin comes from the area between the short loin (home of the porterhouse and the t-bone) and the less pricey round, so it delivers taste and tenderness for a lower price, making it a great restaurant option.

Rump

Beef rump is one of the most affordable beef steaks being relatively lean and full of flavor. The rump produces large steaks and can sometimes be too large for many diners –ask our meat specialists regarding smaller size portion cuts. Rump makes an excellent winter roast. Tenderness can vary through the rump steak.

Portion Cutting

Our team of highly skilled butchers are able to produce very accurate, high quality portion cuts. Eliminating wastage, maintaining presentation and keeping your team free to do the cooking makes purchasing portion cuts rather than whole cuts of beef a perfect solution. With a wide range of portion cuts and pack sizes available we are sure to have what you are looking for.

Portion controlled cuts are generally higher priced than a whole piece of meat, but in the long run reduce labour costs, wastage, and provide a more consistent offering.

Other cuts

- Chuck Roast
- Brisket
- Tri - Tip
- Skirt Steak
- Flat Iron
- Flank steak
- Short Rib
- Beef Cheeks



TENDERLOIN



TENDERLOIN PORTION



SIRLOIN



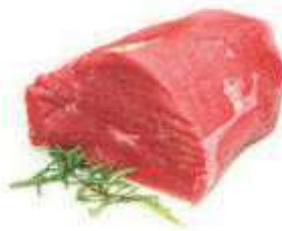
SCOTCH FILLET



RUMP STEAK PORTION CUT



SHIN



SILVERSIDE RAW



POINT END BRISKET



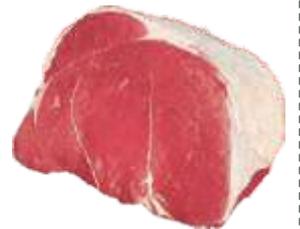
EYE RIB (ROAST)



TOPSIDE CAP OFF



OP RIB PORTION CUT



RUMP WHOLE



DICED



MINCE

Meat | Beef

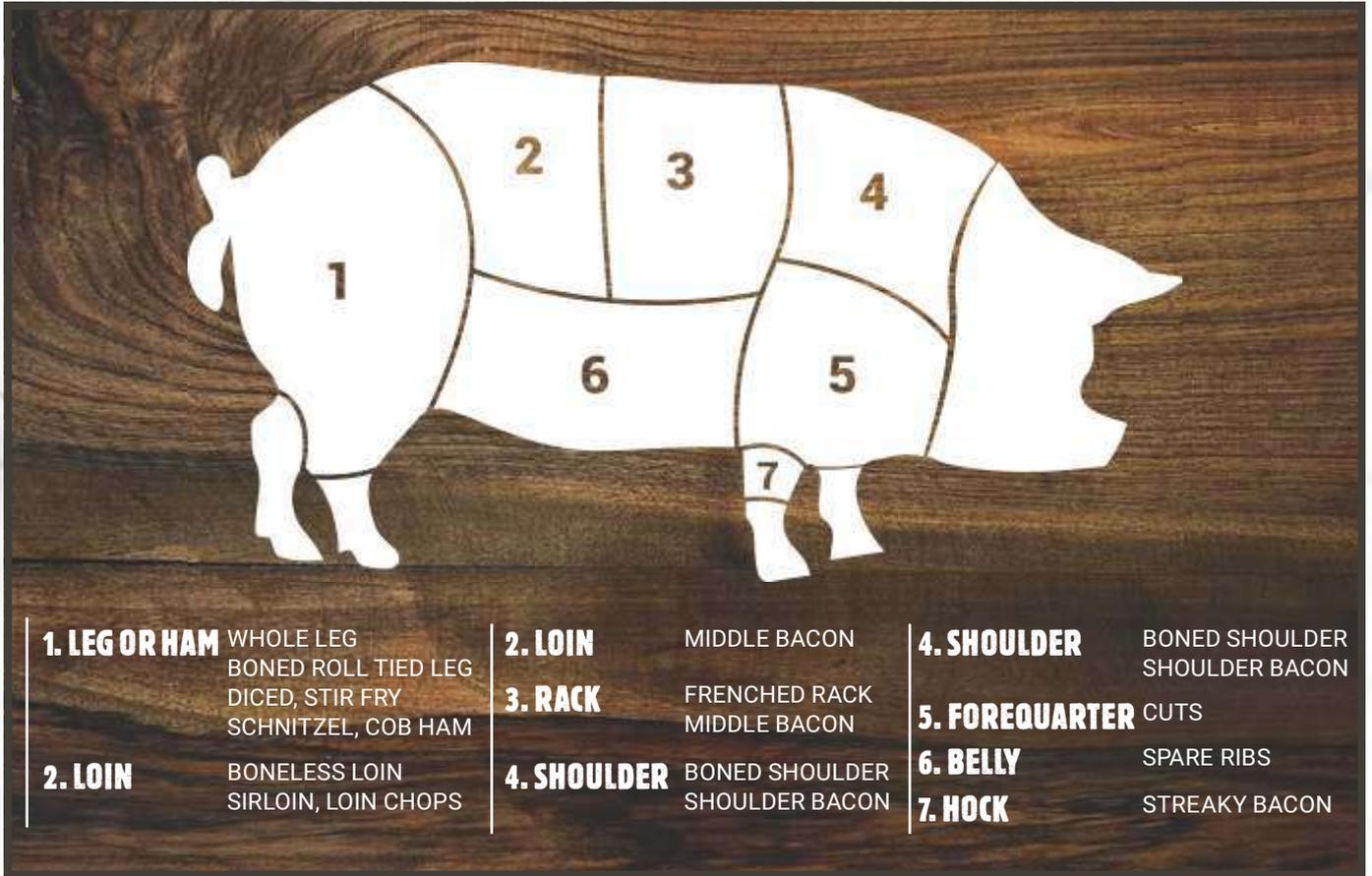
	USD	USD
	RETAIL	WHOLESALE
	PER KG	PER KG
		AT LEAST 20KG PER PURCHASE
BEEF - ECONOMY		
MIXED CUTS	4.50	
BEEF - COMMERCIAL		
CHUCK EYE & NECK	5.80	
NECK BONE-IN	5.70	
NECK BONELESS	6.20	
SHORT RIBS	5.50	
BACK RIBS	5.70	
RIB EYE STEAK	6.00	
TOMAHAWK	6.00	
BONELESS ARM ROAST	5.80	
BONE-IN ARM ROAST	5.80	
SHANK BEEF	5.80	
BRISKET BONELESS	6.00	
BRISKET BONE-IN	5.80	
BLADE BONE-IN	6.50	
BEEF TRI-TIP	6.00	
ROUND TIP ROAST	6.50	
EYE OF RAMP	6.50	
BEEF SIRLOIN STEAK/SILVERSIDE	7.00	
T-BONE	7.00	
PORTERHOUSE STEAK	7.00	
STRIP LOIN STEAK/NEW YORK STEAK	7.00	
SIRLOIN STEAK	7.00	
TENDERLOIN/FILLET	8.00	
BEEF STRIP STEAK	6.50	
ROUND STEAKS	7.00	
STEAK MINCE	6.50	
BOLO MINCE	5.50	
CASINGS (MATUMBU)/HEART/LUNGS	2.50	
LIVER	5.40	
SPLEEN (GWATATA)/TRIPLE (GURU)	2.50	
KIDNEY	5.40	
TONGUE	4.50	
OXTAIL	6.50	

Meat | Beef

	USD	USD
	RETAIL	WHOLESALE
	PER KG	PER KG
		AT LEAST 20KG PER PURCHASE
BEEF - SUPER		
MIXED CUTS	6.30	
NECK BONE-IN	6.30	
NECK BONELESS	6.30	
SHORT RIBS	6.30	
BACK RIBS	6.30	
RIB EYE STEAK	7.50	
TOMAHAWK	7.50	
BONELESS ARM ROAST	7.50	
BONE-IN ARM ROAST	7.50	
SHANK BEEF	7.00	
BRISKET BONELESS	7.00	
BRISKET BONE-IN	7.00	
BLADE BONE-IN	7.50	
BEEF TRI-TIP	7.50	
ROUND TIP ROAST	8.50	
EYE OF RAMP	8.50	
BEEF SIRLOIN STEAK/SILVERSIDE	8.50	
T-BONE	7.50	
PORTERHOUSE STEAK	7.50	
STRIP LOIN STEAK/NEW YORK STEAK	8.50	
SIRLOIN STEAK	8.50	
TENDERLOIN/FILLET	9.00	
BEEF STRIP STEAK	8.30	
ROUND STEAKS	8.50	
LEAN MINCE	7.50	
EXTRA LEAN MINCE	9.00	



PORK CUTS



Belly

One of the most popular cuts in Zimbabwe; belly is always tight on supply due to its popularity. It is most commonly ordered as a boneless cut of fatty meat from the belly of the pig.

Shoulder

Pork shoulder is the top portion from the front leg of the pig. This versatile cut can be pot-roasted, cut up for stews or cooked over a moist smoker to create pulled pork. This cut is most commonly sold boned and rolled as a roast.

Pork Leg

Pork leg is another popular cut for roasting and also provides the rump, topside, silverside and knuckle which are used for your leaner trim pork cuts.

The hind hock is mostly smoked for soups, and slow cooking methods.

Pork leg is also widely used in the production of hams.

Pork Loin

Pork Loin is the most tender portion of the pig. This cut is widely used for roasting, as well as pork loin chops, sirloin steaks, butterfly steaks, picatta, and bacon.

Another popular cut from the loin is the Frenched Rack.

Pork Fillet

Pork fillet is a very tender cut, with a mild flavour. Grilling, braising, or roasting are the best methods, however care must be taken to ensure that it is not overcooked.

Pork Ribs

Pork ribs are not known for being a very hearty cut, however they are very versatile and can be flavoured in many different ways. Roasting or barbecuing are the best options for cooking.



BELLY SKIN ON



BELLY SKINLESS



TENDERLOIN FILLET



LOIN CHOPPED



LOIN STEAK



SPARE RIBS WHOLE



SPARE RIBS



DICED



MINCE



COLLAR BUTT



SIRLOIN



LOIN BONED & ROLLED



LEG ROLLED



WHOLE LEG BONE IN



HIND HOCK



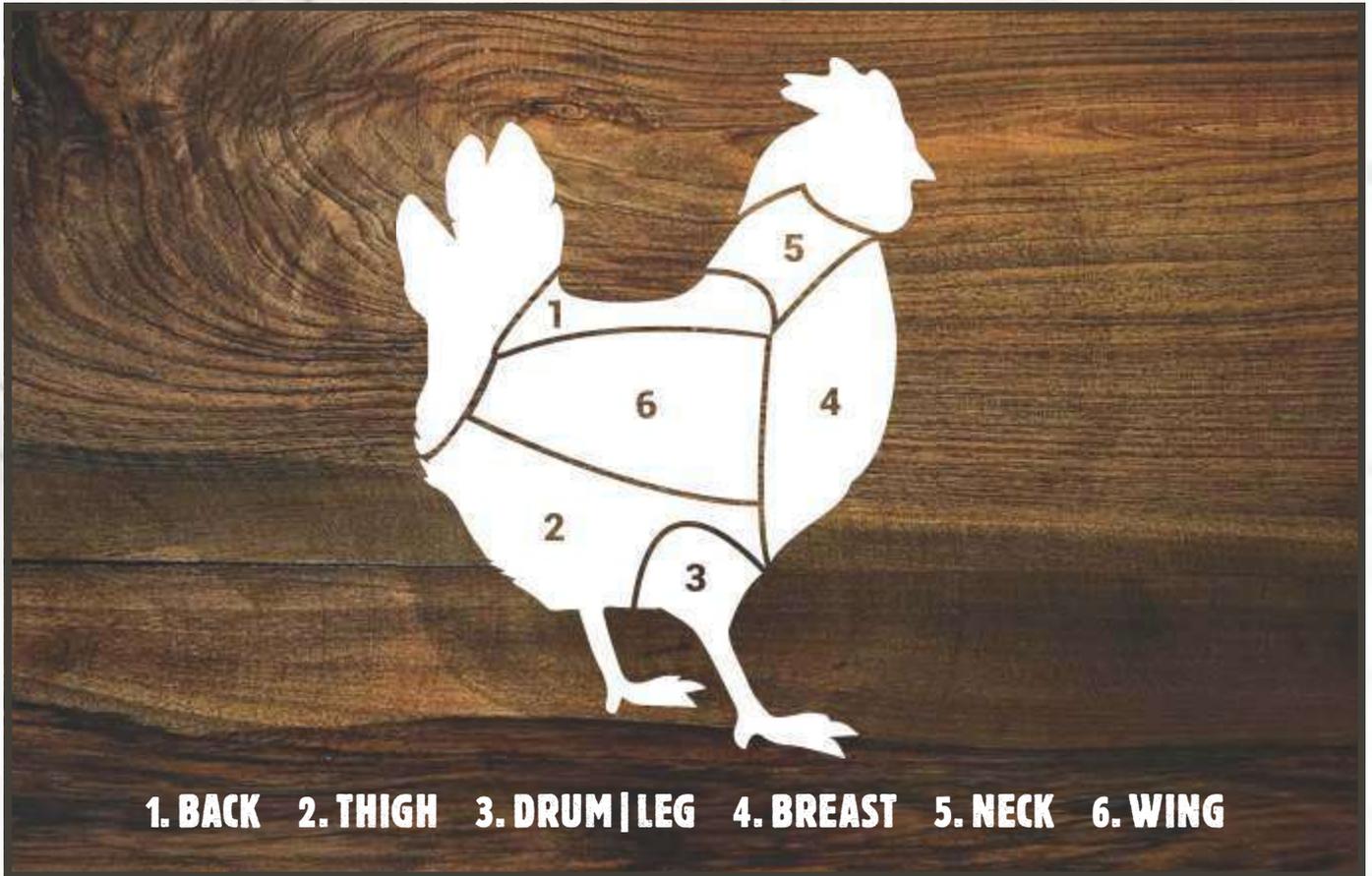
STREAKY BECON

Meat | Pork

	USD	USD
	RETAIL	WHOLESALE
	PER KG	PER KG
		AT LEAST 20KG PER PURCHASE
PORK SUPER		
SPARE RIBS	8.00	
LONDON LOIN RIBS	9.00	
BACK BABY RIBS	10.50	
FULL RACK	8.00	
BELLY STRIPS	5.00	
LOIN CHOPS	6.80	
SHOULDER CHOPS	5.00	
MIXED CUTS	5.00	
TROTTERS	3.50	
PORK BONES	3.50	
STEAKS	6.50	
FILLET	6.50	



CHICKEN CUTS



Chicken Guide

The ever versatile meat product is a staple on all menus due to ease of cooking, low pricing and creative options.

We supply all popular cuts – breast, thighs, wings, legs, and drumsticks.

We also have a specialist team preparing special cuts and further processed product e.g. kiev, whole de-boned birds, deboned legs, semi-deboned, spatchcocked whole birds, diced thighs and breast, stirfry strips, mince, and a selection of plain or marinated kebabs of different sizes. Livers, hearts and giblets are also available.



BREAST SKINLESS



BREAST SKIN ON



TENDERLOIN



THIGH SKIN ON BONE IN



THIGH SKIN ON BONE OUT



THIGH SKINLESS



LEG



DRUMSTICK



WINGS



WHOLE CHICKEN



LIVER

	USD	USD
	RETAIL	WHOLESALE
	PER KG	PER KG
		AT LEAST 20KG PER PURCHASE
CHICKEN		
MIXED PORTIONS	4.50	
THIGHS	4.50	
WINGS	5.50	
DRUMSTICS	6.00	
BREASTS	6.00	
BONES & BACKS	3.10	
SKINS	1.20	
WHOLE BIRDS	4.00	
FEET	2.50	
GIZ	3.50	
NECK	2.80	
HEADS	0.80	
LIVER	2.50	
HEARTS	2.20	



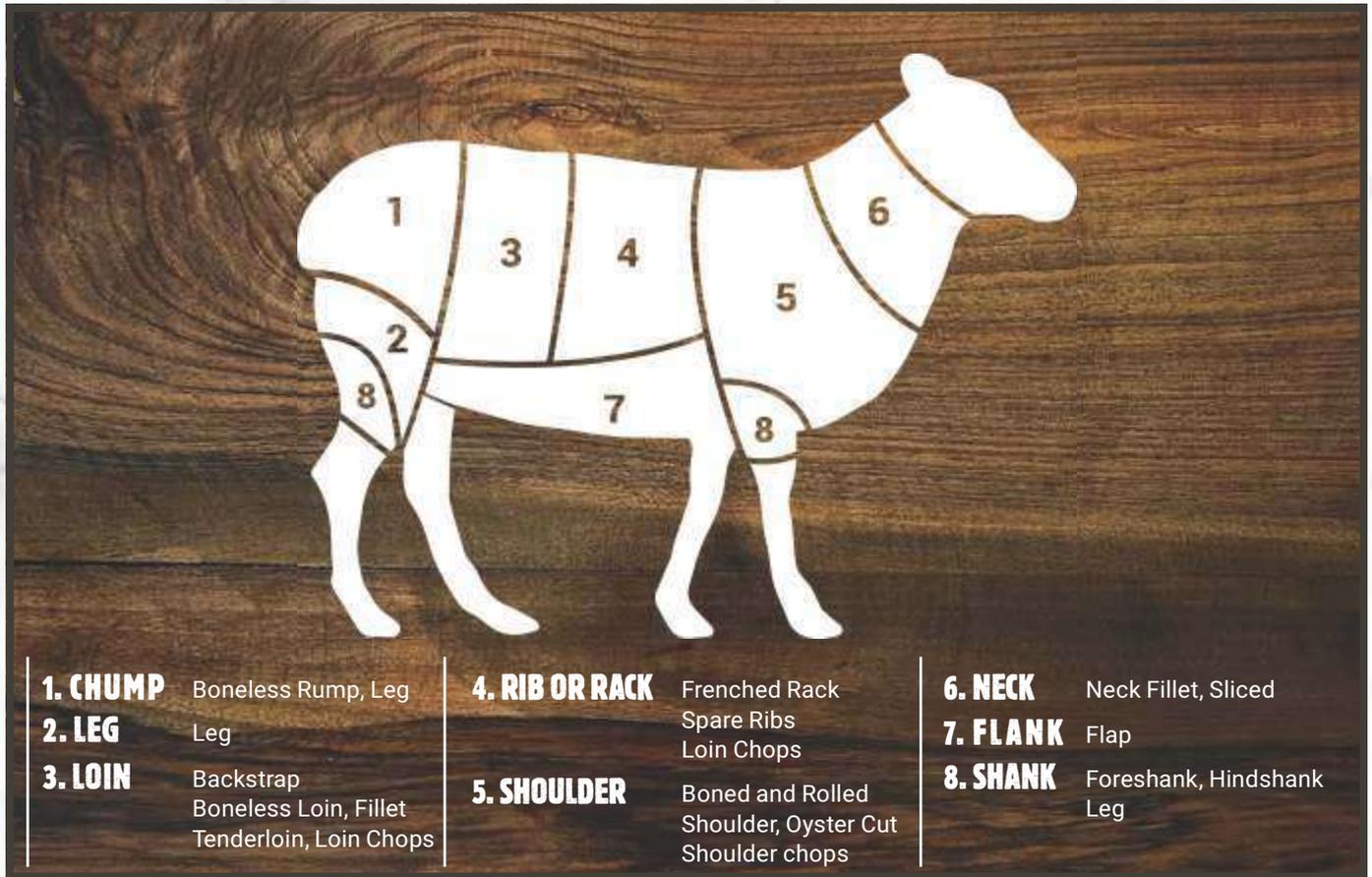
SAUSAGE



	USD RETAIL PER KG	USD WHOLESALE PER KG AT LEAST 20KG PER PURCHASE
SAUSAGE		
SUPREME BRAAI	4.50	
RUSSIAN SAUSAGE	3.80	
BBQ	4.50	
COUNTRY STYLE	5.00	
CHAKALAKA	4.50	



LAMB CUTS



French Racks

Para Meats offer French racks fully trimmed or standard fat content. French racks are very tender and lean.

Backstraps or Boneless Loins

Backstraps are a very tender piece of meat with little fat, and able to be nicely seared.

Lamb Rump

Lamb rumps have gained popularity, and not just at the higher end of the market. Ideal as a individual portion, Para Meats offers lamb rumps with the cap off or on.

Lamb Foreshanks or Hindshanks

The shanks of the lamb consist of more bone than meat; however they are an excellent slow-cook cut making a perfect winter's dish.



RACK CAP ON



RACK CAP OFF



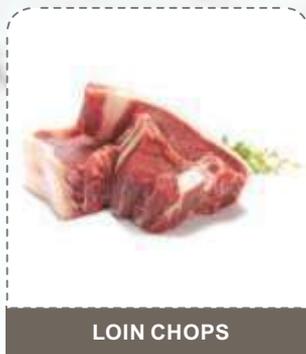
TENDERLOIN



BACKSTRAP



RUMP B/LESS



LOIN CHOPS



LEG CHOPS



SHOULDER CHOPS



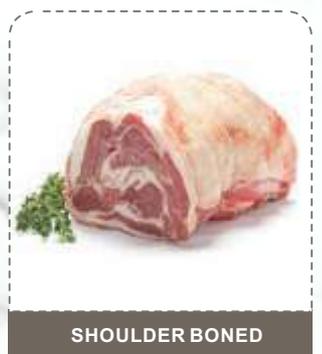
DICED



MINCE



SHANK



SHOULDER BONED



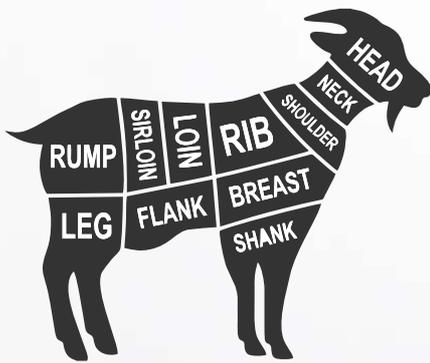
LEG ROLLED



LEG BONE IN

	USD	USD
	RETAIL	WHOLESALE
	PER KG	PER KG
		AT LEAST 20KG PER PURCHASE
LAMB		
LEG BONE IN LEG ROLLED	10.00	
SIRLOIN STEAKS	9.00	
LOIN CHOPS	8.00	
ROLLED BONELESS LEG	7.00	
BONE-IN LEG	7.00	
SHOULDER CHOPS	7.00	
NECK CHOPS	7.00	
SHOULDER ROAST	7.00	
SHOULDER STEAKS	7.00	
SHANKS	6.00	
RIBLETS	7.00	
BLADE ROAST	7.50	
WHOLE LAMP	7.00	





GOAT CUTS

	USD RETAIL PER KG	USD WHOLESALE PER KG AT LEAST 20KG PER PURCHASE
GOAT		
SHOULDER	6.00	
RIB RACK	6.00	
LOIN	7.50	
LEG	7.00	
BREAST & BRISKET	6.50	
NECK	6.00	
SHANK	6.00	

FISH

	USD RETAIL PER KG	USD WHOLESALE PER KG AT LEAST 20KG PER PURCHASE
FISH		
BREAM	4.50	





CHICKENS

**FARM
FRESH
FROZEN**



REARED AND RAISED LOCALLY

*Whole birds
Drumsticks,
Thighs,
Breasts
Wings +
Mixed Cuts.*



ORDER NOW!

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