

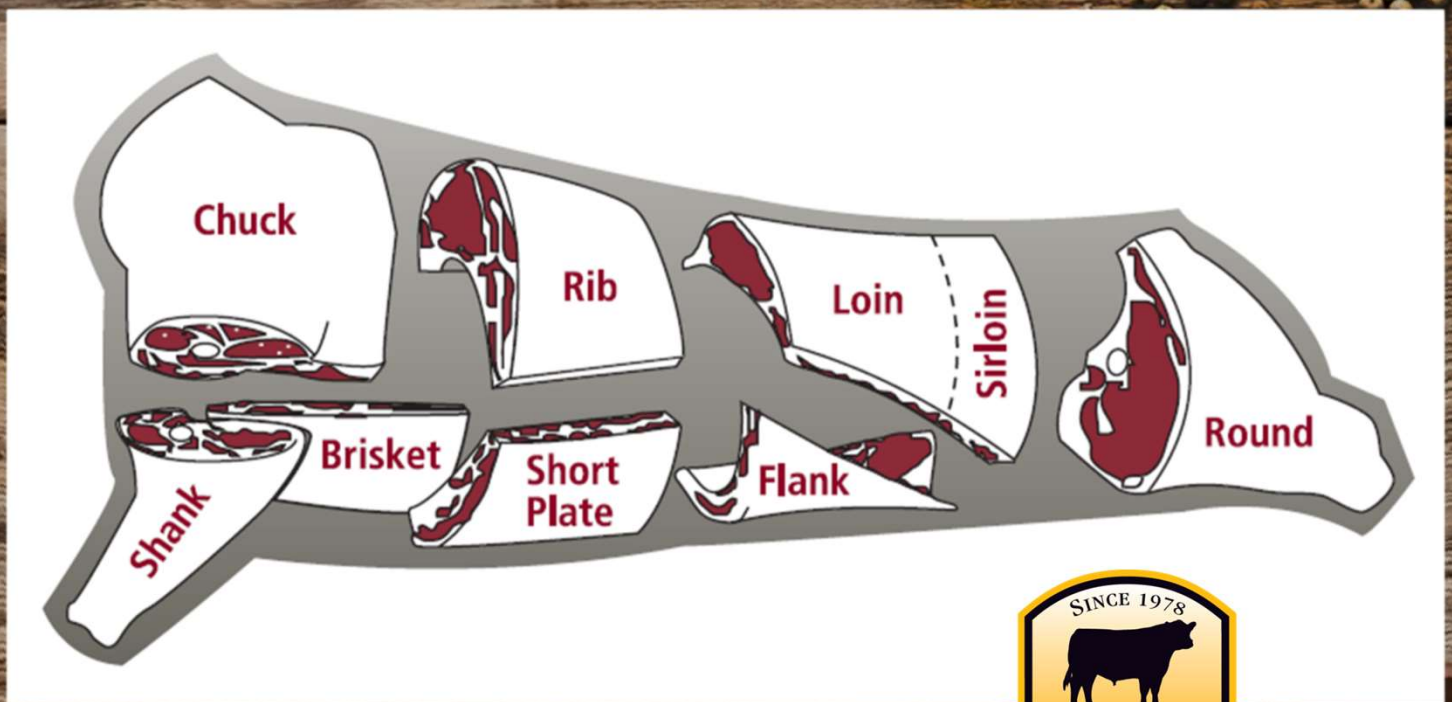
— Product Guide —



CORE 100
Shop Link



Primal Identification



BUCKHEAD
Meat & Seafood | a Sysco company

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— Chuck —

Boneless – Short Rib



Square Cut

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue trimmed to ¼"
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 3" x 3"

Cooking Method:
Braise
Slow Cooked

SYSCO#	CORE 100	SIZE	PC/CS
7218907	CAB CHUCK SHORT RIB BNLS	6	28
7218915	CAB CHUCK SHORT RIB BNLS	8	24
7218903	CAB CHUCK SHORT RIB BNLS	10	16



— Chuck —

Pub / Ranch Steak



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 4” x 3”

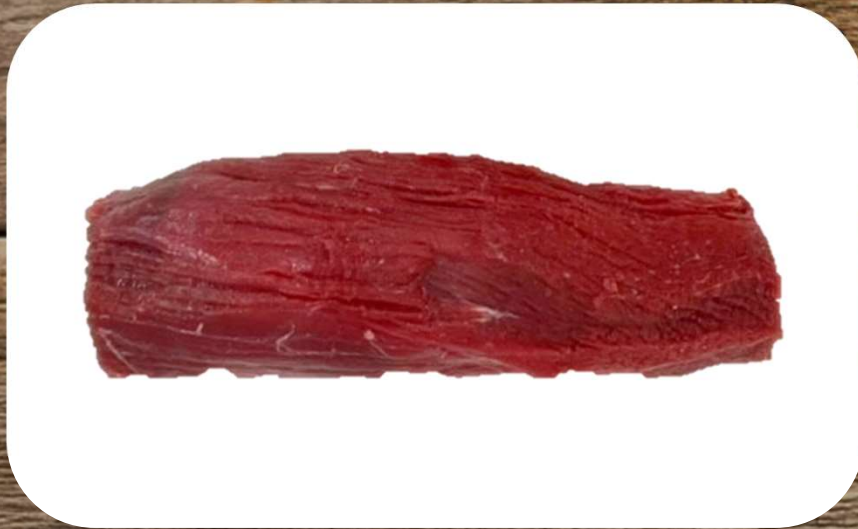
SYSCO#	CORE 100	SIZE	PC/CS
5326851	CAB STEAK CHUCK PUB\RANCH	6	28
6433167	CAB STEAK CHUCK PUB\RANCH	8	24
1271008	CAB STEAK CHUCK PUB\RANCH	10	16



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— Chuck —

Teres Major – Bistro Chateau



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 5 - 6” long x 2” in diameter

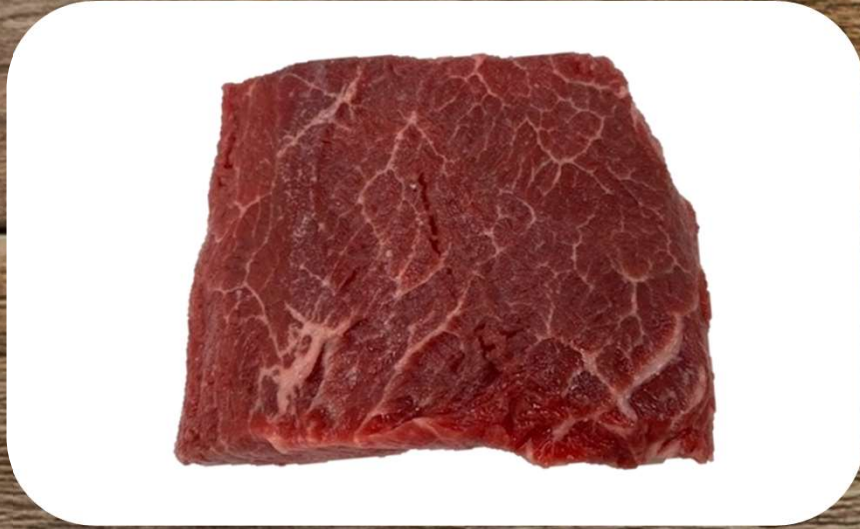
SYSCO#	CORE 100	SIZE	PC/CS
7806377	CAB STEAK CHUCK BISTRO CHATEAU	4	40
8075123	CAB STEAK CHUCK BISTRO CHATEAU	6	28
7574165	CAB STEAK CHUCK BISTRO CHATEAU	8	20



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— Chuck —

Flat Iron



- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 3 - 5” long x 4” wide

Cooking Method:
 Grill
 Broil
 Pan Fry

SYSCO#	CORE 100	SIZE	PC/CS
5170663	CAB STEAK CHUCK FLAT IRON	6	28
5262181	CAB STEAK CHUCK FLAT IRON	8	24
5170729	CAB STEAK CHUCK FLAT IRON	10	16



— Chuck —

Julienne Strips



- Wet Aged a minimum of 21 days
- Most exterior fat and silver tissue removed
- Needle tenderized
- vacuum sealed – 2/5-pound bags
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – .5" x .5" x 3"

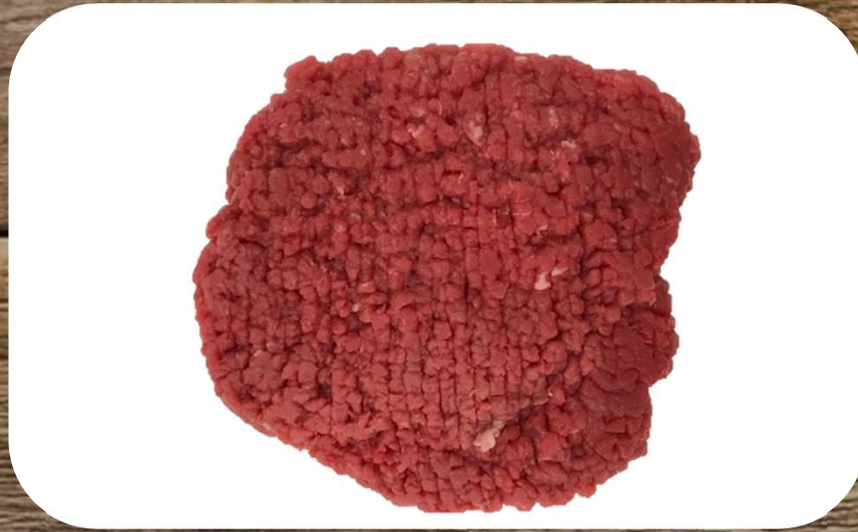
Cooking Method:
Flat Top
Pan Fry

SYSO#	CORE 100	SIZE	PC/CS
7219097	CAB BEEF CHUCK JULIENNE STRIPS	5#	2



— Chuck —

Pectoral - “Cubed”



- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Blade tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate diameter – 4”

Cooking Method:
Slow Cook
Deep Fry

SYSCO#	CORE 100	SIZE	PC/CS
7218925	CAB STEAK CHUCK PECTORAL CUBED	4	40
7218930	CAB STEAK CHUCK PECTORAL CUBED	6	28



— Chuck —

Pectoral - Diced



Cooking Method:

- Wet Aged a minimum of 21 days
- Most exterior fat and silver tissue removed
- Needle tenderized
- Vacuum sealed – 2/5-pound bags
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 1" – 1/2" – 3/8"

- 1 x 1
Braise
- 3/8" & 1/2"
Pan Fry
Flat Top

SYSCO#	CORE 100	SIZE	PC/CS
7219070	CAB BEEF CHUCK PECTORAL DICED 3/8	5#	2
7219077	CAB BEEF CHUCK PECTORAL DICED 1/2	5#	2
7219081	CAB BEEF CHUCK PECTORAL DICED 1X1	5#	2



— Rib —

Long Bone - Tomahawk



- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue trimmed to ¼"
- Individually vacuum sealed
- 14-day shelf life stored at 32 degrees or lower
- Approximate bone length – 12"

Cooking Method:
Roast & finish
on the grill

SYSO#	CORE 100	SIZE	PC/CS
7767219	CAB STEAK RIBEYE BIN FRENCH LONGBONE	32	6
4479596	CAB STEAK RIBEYE BIN FRENCH LONGBONE	34-36	7



— Rib —

Whole Bone - Cowboy



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue trimmed to ¼"
- Individually vacuum sealed
- 14-day shelf life stored at 32 degrees or lower
- Approximate frenched bone length – 2"

SYSCO#	CORE 100	SIZE	PC/CS
5033431	CAB STK COWBOY RIB BONE IN	18	7
5241668	CAB STK COWBOY RIB BONE IN	20	7
5158425	CAB STK COWBOY RIB BONE IN	22	7



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Rib

Split Bone - Cowboy



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue trimmed to ¼"
- Individually vacuum sealed
- 14-day shelf life stored at 32 degrees or lower
- Approximate frenched bone length – 2"

SYSCO#	CORE 100	SIZE	PC/CS
6050813	CAB STEAK COWBOY SPLIT BONE	16-18 oz	7
6045415	CAB STEAK COWBOY SPLIT BONE	18-20 oz	7
6045425	CAB STEAK COWBOY SPLIT BONE	20-22 oz	7



— Rib —

Bone In – Ribeye



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue trimmed to ¼"
- Individually vacuum sealed
- 14-day shelf life stored at 32 degrees or lower
- Bone size may vary

SYSCO#	CORE 100	SIZE	PC/CS
5025483	CAB STEAK RIBEYE B/IN 1TL	18	8
7053087	CAB STEAK RIBEYE B/IN 1TL	20	8
2705606	CAB STEAK RIBEYE B/IN 1TL	22	8



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— Rib —

Boneless – Ribeye 1” Tail



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue trimmed to ¼”
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower

SYSCO#	CORE 100	SIZE	PC/CS
6265334	CAB STEAK RIBEYE BNLS 1TL	10	16
5237802	CAB STEAK RIBEYE BNLS 1TL	12	16
4864708	CAB STEAK RIBEYE BNLS 1TL	14	12
5237817	CAB STEAK RIBEYE BNLS 1TL	16	12



— Rib —

Boneless – Ribeye 0” Tail



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue trimmed to ¼”
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower

SYSO#	CORE 100	SIZE	PC/CS
8405318	CAB STEAK RIBEYE BNLS 0 TL	10	16
8405342	CAB STEAK RIBEYE BNLS 0 TL	12	16
8405367	CAB STEAK RIBEYE BNLS 0 TL	14	12



Loin

Porterhouse



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue trimmed to ¼"
- Tenderloin diameter – 1.5" or greater
- Individually vacuum sealed
- 14-day shelf life stored at 32 degrees or lower

SYSCO#	CORE 100	SIZE	PC/CS
7218757	CAB STEAK PORTERHOUSE 1/4 TL	18	8
7218758	CAB STEAK PORTERHOUSE 1/4 TL	20	8
7218759	CAB STEAK PORTERHOUSE 1/4 TL	22	8



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Loin

T - Bone



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue trimmed to ¼"
- Tenderloin diameter – 1.5" to .5"
- Individually vacuum sealed
- 14-day shelf life stored at 32 degrees or lower

SYSCO#	CORE 100	SIZE	PC/CS
7218800	CAB STEAK T-BONE 1/4 TL	14	12
7218781	CAB STEAK T-BONE 1/4 TL	16	12



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Loin

Bone In Center Cut Strip



- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Individually vacuum sealed
- 14-day shelf life stored at 32 degrees or lower
- Bone size may vary

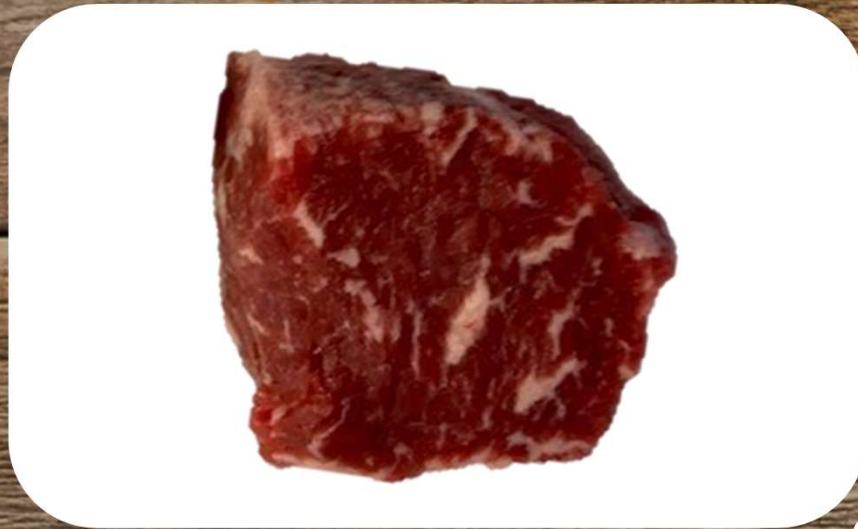
Cooking Method:
Grill
Pan Fry

SYSCO#	CORE 100	SIZE	PC/CS
6799724	CAB STEAK STRIP CENTER CUT 0" TAIL BONE IN SKINNED	12	14
6799730	CAB STEAK STRIP CENTER CUT 0" TAIL BONE IN SKINNED	14	12
6791566	CAB STEAK STRIP CENTER CUT 0" TAIL BONE IN SKINNED	16	10



Loin

Manhattan Style Strip



Cooking Method:
Grill
Pan Fry

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate diameter – 3”

SYSCO#	CORE 100	SIZE	PC/CS
4952872	CAB MANHATTAN STRIP BNLS	10	16



— Loin —

Back Strap Off - Center Cut Strip



Cooking Method:
Grill
Pan Fry

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue trimmed to ¼"
- 1" Tail
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower

SYSCO#	CORE 100	SIZE	PC/CS
4986764	CAB STEAK STRIP CC 1" TAIL ST-OFF	10	16
4986786	CAB STEAK STRIP CC 1" TAIL ST-OFF	12	16
4986805	CAB STEAK STRIP CC 1" TAIL ST-OFF	14	12



— Loin —

Back Strap On – Center Cut Strip



Cooking Method:
Grill
Pan Fry

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue trimmed to ¼"
- 1" Tail
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower

SYSCO#	CORE 100	SIZE	PC/CS
1497759	CAB STEAK STRIP CC 1" TAIL ST-ON	10	16
8204596	CAB STEAK STRIP CC 1" TAIL ST-ON	12	16
9874231	CAB STEAK STRIP CC 1" TAIL ST-ON	14	12



— Loin —

Peeled to the Red Tenderloin



- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower

Cooking Method:
Mark on the grill
Roast Covered

SYSCO#	CORE 100	SIZE	PC/CS
3439833	CAB STEAK READY TENDER PTR	3.5#	4
6123830	CAB STEAK READY TENDER PTR	3.5#	4



Loin

Bone In Tenderloin Filet



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Most exterior fat and silver tissue removed
- Individually vacuum sealed
- 14-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 3.5” x 3.5”
- Bone size may vary

SYSCO#	CORE 100	SIZE	PC/CS
0232019	CAB STEAK FILET B1N	10	16
7219056	CAB STEAK FILET B1N	12	16
1416314	CAB STEAK FILET B1N	14	12
1913963	CAB STEAK FILET B1N	16	12



— Loin —

Center Cut Tenderloin Filet



- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Minimum diameter 1.5"

Cooking Method:
Grill
Pan Fry

SYSCO#	CORE 100	SIZE	PC/CS
9091943	CAB STEAK FILET CENTER CUT	4	40
9092198	CAB STEAK FILET CENTER CUT	6	28
5235801	CAB STEAK FILET CENTER CUT	8	24
9875691	CAB STEAK FILET CENTER CUT	10	16



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— Loin —

End to End Tenderloin Filet



- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Head of Tenderloin is not separated
- Steaks from the head and body included

Cooking Method:
Grill
Pan Fry

SYSCO#	CORE 100	SIZE	PC/CS
4926337	CAB STEAK FILET E-E	6	28
5238015	CAB STEAK FILET E-E	8	24
4926418	CAB STEAK FILET E-E	10	16



— Top Sirloin —

Flat Cut



- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 3.5” x 3.5”

Cooking Method:

Grill

Broil

SYSCO#	CORE 100	SIZE	PC/CS
5083165	CAB STEAK TOP BUTT FLAT CUT CC	6	28
5252772	CAB STEAK TOP BUTT FLAT CUT CC	8	24
5083185	CAB STEAK TOP BUTT FLAT CUT CC	10	16

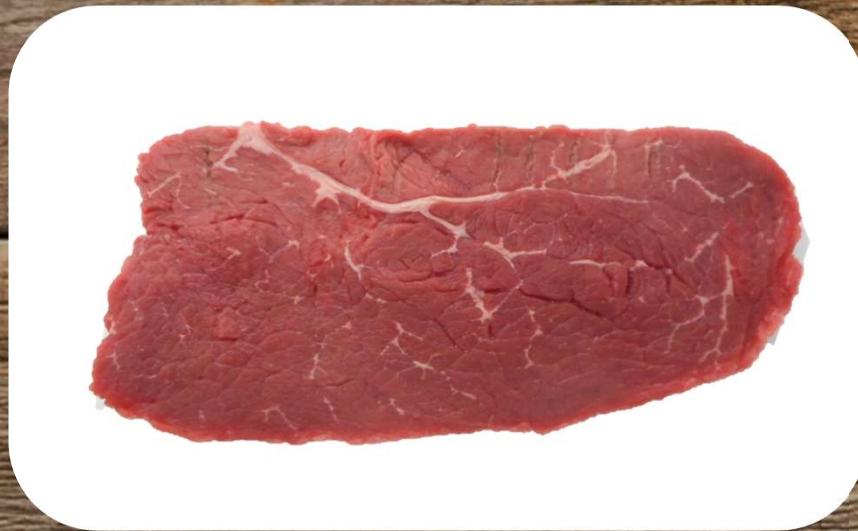


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— Top Sirloin —

2/3 Style



- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 5” long x 3.5” wide

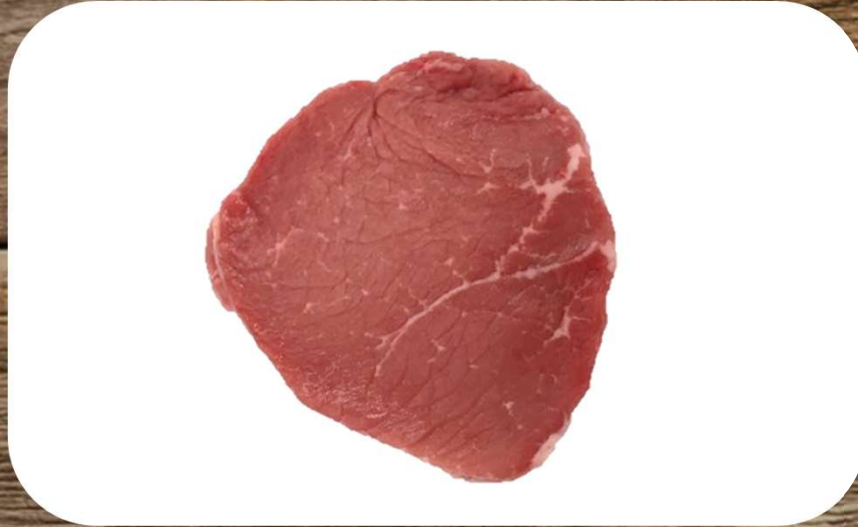
Cooking Method:
 Grill
 Broil
 Flat Top

SYSCO#	CORE 100	SIZE	PC/CS
0357313	CAB STEAK TOP BUTT 2/3 FAT-OFF	6	28
5254358	CAB STEAK TOP BUTT 2/3 FAT-OFF	8	24
5130820	CAB STEAK TOP BUTT 2/3 FAT-OFF	10	16



Top Sirloin

Baseball



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate diameter – 3.5"

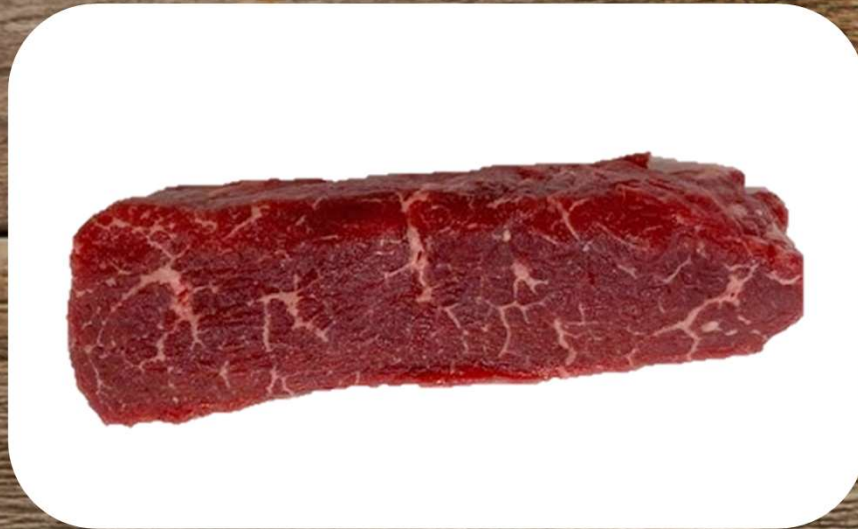
SYSCO#	CORE 100	SIZE	PC/CS
5131869	CAB STEAK TOP BUTT BASEBALL	6	28
5255800	CAB STEAK TOP BUTT BASEBALL	8	24
2154862	CAB STEAK TOP BUTT BASEBALL	10	16



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— Top Sirloin —

Culotte



- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 6” long x 2” wide

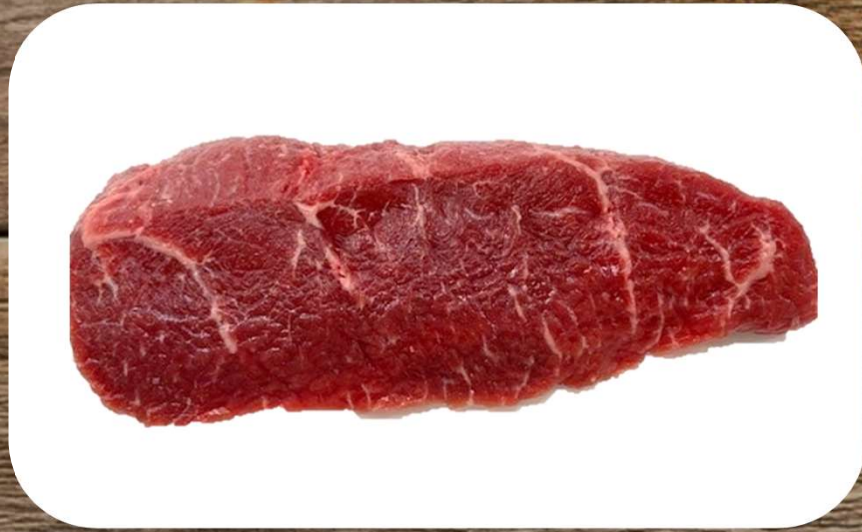
Cooking Method:
Grill
Pan Fry

SYSCO#	CORE 100	SIZE	PC/CS
5165632	CAB STEAK CULOTTE CAP FAT-OFF	6	28
5257690	CAB STEAK CULOTTE CAP FAT-OFF	8	24
5165855	CAB STEAK CULOTTE CAP FAT-OFF	10	16



— Top Sirloin —

Culotte – Bias Cut



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 6” long x 3.5” wide

SYSO#	CORE 100	SIZE	PC/CS
6299830	CAB STEAK SIRLOIN CAP BIAS	8	24



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— Top Sirloin —

Kabob



- Wet Aged a minimum of 21 days
- Most exterior fat and silver tissue removed
- Needle tenderized
- Vacuum sealed – 2/5-pound bags
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 1.5” – 2.5”

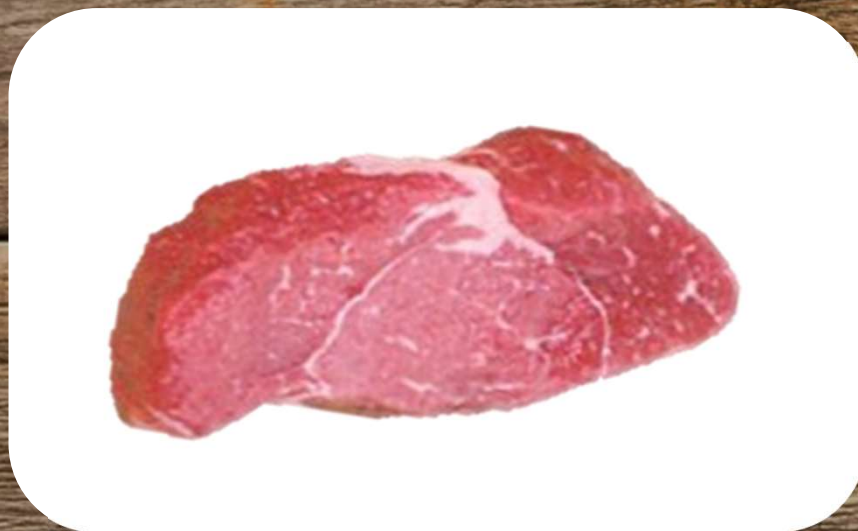
Cooking Method:
Grill
Pan Fry

SYSCO#	CORE 100	SIZE	PC/CS
7219106	CAB BEEF SIRLOIN KABOB FRESH	5#	2



Bottom Sirloin

Ball Tip Steak



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 5 – 6” long x 3” wide

SYSCO#	CORE 100	SIZE	PC/CS
5156553	CAB STEAK BALL TIP NO-FAT	6	28
5258326	CAB STEAK BALL TIP NO-FAT	8	24
5157401	CAB STEAK BALL TIP NO-FAT	10	16



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Bottom Sirloin

Bavette Steak



Cooking Method:
Grill

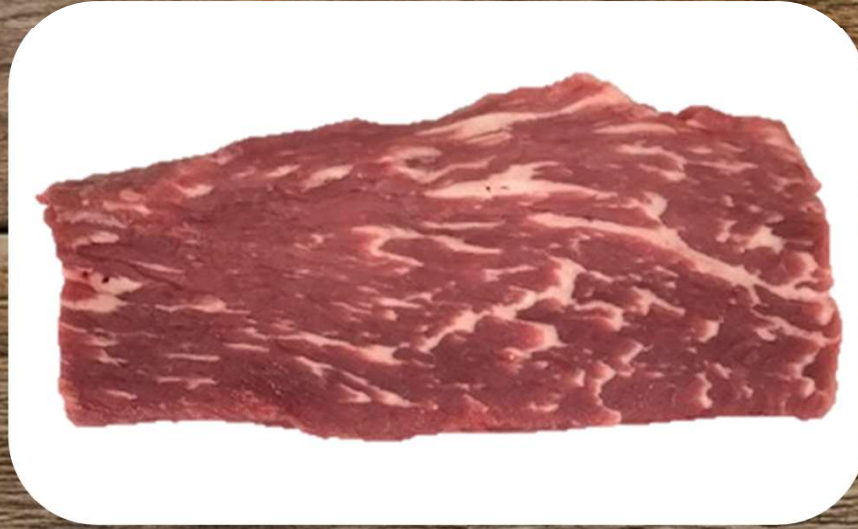
- Wet Aged a minimum of 21 days
- Most exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 4 – 5” long x 3.5”

SYSCO#	CORE 100	SIZE	PC/CS
4719971	CAB STEAK SIRLOIN FLAP BAVETTE	6	28
4720003	CAB STEAK SIRLOIN FLAP BAVETTE	8	24
2523578	CAB STEAK SIRLOIN FLAP BAVETTE	10	16



— Bottom Sirloin —

Tri Tip



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 5” long x 2” wide

SYSCO#	CORE 100	SIZE	PC/CS
2449042	CAB STEAK SIRLOIN TRI-TIP SKND	8	24



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— Round —

Diced “Cubed” 3/8”



- Wet Aged a minimum of 21 days
- Most exterior fat and silver tissue removed
- Needle tenderized
- Vacuum sealed – 2/5-pound bags
- 21-day shelf life stored at 32 degrees or lower

Cooking Method:
Flat Top
Pan Fry

SYSCO#	CORE 100	SIZE	PC/CS
7219412	CAB STEAK TOP ROUND CUBED 3/8	5#	2



— Plate —

Bone In – Short Ribs



Cooking Method:
7219387 – Grill
Pan Fry

7219420 - Braise
Slow Cook

- Wet Aged a minimum of 21 days
- Exterior fat and silver tissue trimmed to ¼"
- 7219387 – ½" Thick – Vacuum sealed – 2/5-pound bags
- 7219420 - Vacuum sealed – 2 pc's per package
- 14-day shelf life stored at 32 degrees or lower

SYSCO#	CORE 100	SIZE	PC/CS
7219387	CAB BEEF SHORT RIB K-STYLE 1/2"	5#	2
7219420	CAB BEEF SHORT RIB 2BN 2THK V2	2"	16



— Plate —

Inside Skirt



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Most exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 5” long x 3.5” wide

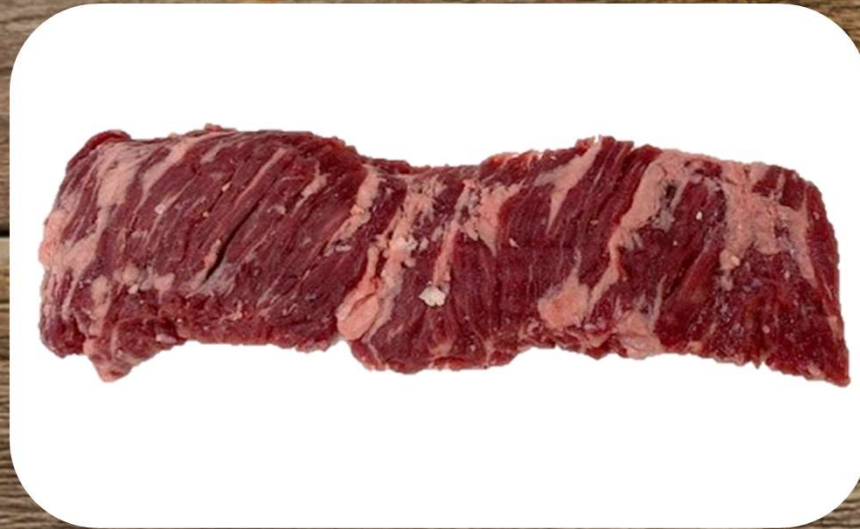
SYSCO#	CORE 100	SIZE	PC/CS
7218943	CAB STEAK SKIRT INSIDE	8	24



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— Plate —

Outside Skirt



Cooking Method:
Grill

- Wet Aged a minimum of 21 days
- Most exterior fat and silver tissue removed
- Needle tenderized
- Individually vacuum sealed
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – 8” long x 3”

SYSO#	CORE 100	SIZE	PC/CS
6064651	CAB STEAK SKIRT OUTSIDE	10	16



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— Plate —

Inside Skirt - Fajita



- Wet Aged a minimum of 21 days
- Most exterior fat and silver tissue removed
- Needle tenderized
- Vacuum sealed – 2/5-pound bags
- 21-day shelf life stored at 32 degrees or lower
- Approximate dimensions – .5" x .5" x 3"

Cooking Method:
Flat Top
Pan Fry

SYSCO#	CORE 100	SIZE	PC/CS
7218933	CAB BEEF SKIRT INSIDE FOR FAJITA	5#	2



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