

Echo & Rig supports our SHT!

Echo & Rig is a full service butcher shop, offering meats from select farmers and ranchers who raise their animals with humane treatment and with the experience of the consumer in mind.

as SuperHumans we have access to all our favorite meats in the recommended forms we like - **bone in, skin on, fatty cuts**, as well as things like **bone stock** and rendered beef tallow!

take advantage of:

- 5% SuperHuman discount on all orders.
- 5lbs of bacon for \$100 spent.
- call ahead ordering.
- custom cuts to your specificity.
- seasoned and marinated upon request.
- **remember to sign our register!**



recommended SuperHuman staples

- **Bone Broth \$5.00/Quart - \$3.00/Pint**– Nobody wants their home hot during a Vegas summer, so let us to the dirty work. All our bone broth is made with only two ingredients, bones & cartilage and water. No salts, no veggies, no seasoning, just the deep and rich flavor of beef. Perfect for muscle & bone recovery.
- **Ground Beef - \$6.50/lbs** - Echo & Rig's Signature Steak Burger Blend (70/30 +) – We are proud to support a busy restaurant with fresh meat everyday of the week, 363 days a year. The result of that work leads to trimmed pieces of high grade beef that need to be used. These pieces go directly into our ground beef which we make sure has a solid amount of the best quality fat! Trim from Wagyu, Grass Fed Beef USDA Prime beef, all hormone free and all delicious. We can offer them pattied for burgers or in bulk.
- **Whole Pasture Raised/Organic Mary's Chickens \$ 3.50/lbs** – Chicken may seem like a mundane protein or even controversial these days, but the folks at Mary's care about chickens and they care about people. Organic, Pasture raised and completely GMO free, these happy birds may just be the best tasting chickens you've ever had, let our butchers marinate, section or truss them for you. They love to convert people to clucking fools!
- **House Made Sausages \$9.00/lbs** – Never filled with anything other than all natural pastured protein, thoughtfully sourced spices and seasonings and all natural animal casings. Hot Italian, Sweet Italian, Bratwurst & Mexican Chorizo are always available for your enjoyment.
- **Beef Jerky - \$25.00/lbs** - Never anything more than Smoke and Beef, our jerky is getting a bit of a following around town, so much so we have a hard time keeping it in stock! But we're prepared now to take our jerky game to the next level with two new flavors for the summer without any soy! So get ready.
- **Beef Tallow \$5.00/Quart - \$3.00/Pint** – Rendered Beef Fat is ideal for any cooking process! Use it to baste steaks on the grill for that perfect charred flavor, or use as a substitute for butter when making eggs or sautéing. From clean and hormone free beef and made regularly, this is an ideal product for any SuperHuman cabinet.
- **Butcher Butter - \$5.00/Quart - \$3.00/Pint** – When you're bored with Tallow and you need a little extra flavor for your life, grab a pint of butcher butter. Perfect for absolutely anything you need fat for, Butcher Butter will solve your flavor issues.

Grilling Meats

Cooking over grates shouldn't be a complicated issue, it should be something simple, that requires little effort and maximum flavor. So we've put together a simple list of meats that offer the maximum punch for the least amount of cash. What we like to call the 'No-Brainer'.

- **Flat Iron Steaks - \$16.00/lbs** - Resting within the beef shoulder blade, this extremely tender piece of meat doesn't require a long cook time and packs a huge amount of flavor. As a heavily working muscle, the flat iron is actually a great alternative to the Filet Mignon! Cook quickly and let that baby rest.
- **Outside Skirt Steaks - \$19.00/lbs** – Fat is Flavor, therefore the outside skirt steak is big flavor. Unlike it's skinny twin brother the Inside skirt steak, the outside skirt is thicker, juicier and fattier making it an ideal grilling steak. It comes from a pure breed Red Wagyu cattle pastured raised and hormone free. It's flavor and quick cook time will impress even the most experienced grill masters.
- **Lamb Shoulder Chops - \$14.00/lbs** – If you love lamb like we do at Echo & Rig, then you need these chops in your life. Full flavored, a little bone to gnaw on, and all the tender meat you can handle makes this cut the leading 'No Brainer'. We also need to mention just how easy it is to cook these babies on the grill with just a little Salt & Pepper.
- **St. Louis Ribs (Pork Ribs) - \$11.00/lbs** – There is no elusive mystery to enjoying pork ribs on the grill or in the oven. The trick is just to cook them slowly and take your time. If you have the patience, you will be rewarded with huge flavor and food for days. Ask our butchers for recipe advice, but these ribs are from 100% pure Duroc pigs raised with love and a full GMO Free Vegetarian diet, so flavor won't be an issue!
- **Sir Charles Roasts - \$8.50/lbs** – The Sir Charles. Named for the great great grandfather of the Chuck Roast, Sir Charles led a mysterious double life as a spy for the government. He was known to many as a pot roast, but to a special few he was known as the greatest grilling steak in the world. We share his secret with pride and honor to those who wish to shed light on the greatness of the Sir Charles and all Chucks after him.

bacon and marrow

House Smoked Bacon - \$8.00/lbs – Our bacon is something we are very proud of, simple, delicious and flavorful. We don't use any artificial preservatives, just use classic down-home technique, Red-Oak smoke and lots of love to turn out this delicious bacon everyday. Prepared and Smoked on premises, you're getting the same high quality pastured raised pork, sliced to order in any thickness you desire.

Bone Marrow - \$5.00/lbs – Grass Fed and Pastured these beautiful bones are available in any size you like. Perfect for roasting in the oven or on the grill, or if you want to make your own bone broth at home! Come and get them everyday! (Dog's love them too!)



Echo & Rig

(702) 489-3525 main number

(702) 489-5197 butcher

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