



Pot Roast

Nutrition Facts
Serving Size 3 oz. (85g)
Servings Per Container Varied

Amount Per Serving	
Calories 220	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 290mg	12%
Total Carbohydrate 0g	0%
Protein 19g	
Iron	8%

Not a significant source of dietary fiber, sugars, Vitamin A, Vitamin C and Calcium.
*Percent Daily Values are based on a 2,000 calorie diet.

Lower Sodium Pot Roast

Nutrition Facts
Serving Size 3 oz. (85g)
Servings Per Container Varied

Amount Per Serving	
Calories 220	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 110mg	5%
Total Carbohydrate 0g	0%
Protein 19g	
Iron	8%

Not a significant source of dietary fiber, sugars, Vitamin A, Vitamin C and Calcium.
*Percent Daily Values are based on a 2,000 calorie diet.

Certified Angus Beef Pot Roast

Nutrition Facts
Serving Size 3 oz. (85g)
Servings Per Container Varied

Amount Per Serving	
Calories 190	Calories from Fat 130
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 85mg	29%
Sodium 470mg	19%
Total Carbohydrate 0g	0%
Protein 16g	
Iron	15%
Calcium	2%

Not a significant source of dietary fiber, sugars, Vitamin A, and Vitamin C.
*Percent Daily Values are based on a 2,000 calorie diet.

Short Ribs

Nutrition Facts
Serving Size 3 oz. (85g)
Servings Per Container Varied

Amount Per Serving	
Calories 251	Calories from Fat 135
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 6.5g	33%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 135mg	6%
Total Carbohydrate 0g	0%
Protein 26g	
Iron	16%
Calcium	1%

Not a significant source of dietary fiber, sugars, Vitamin A, and Vitamin C.
*Percent Daily Values are based on a 2,000 calorie diet.

Prime Rib

Nutrition Facts
Serving Size 3 oz. (85g)
Servings Per Container Varied

Amount Per Serving	
Calories 200	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 470mg	20%
Total Carbohydrate 0g	0%
Protein 15g	
Iron	8%

Not a significant source of dietary fiber, sugars, Vitamin A, and Vitamin C.
*Percent Daily Values are based on a 2,000 calorie diet.

Certified Angus Beef Prime Rib

Nutrition Facts
Serving Size 3 oz. (85g)
Servings Per Container Varied

Amount Per Serving	
Calories 210	Calories from Fat 150
% Daily Value*	
Total Fat 17g	25%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 135mg	6%
Total Carbohydrate 0g	0%
Protein 16g	
Iron	8%

Not a significant source of dietary fiber, sugars, Vitamin A, Vitamin C and Calcium.
*Percent Daily Values are based on a 2,000 calorie diet.

Roast Beef

Nutrition Facts
Serving Size 2 oz. (56g)
Servings Per Container Varied

Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 440mg	19%
Total Carbohydrate 0g	0%
Protein 13g	
Iron	10%

Not a significant source of dietary fiber, sugars, Vitamin A, Vitamin C and Calcium.
*Percent Daily Values are based on a 2,000 calorie diet.

Salt & Pepper Roast Beef

Nutrition Facts
Serving Size 2 oz. (56g)
Servings Per Container Varied

Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 120mg	5%
Total Carbohydrate 0g	0%
Protein 13g	
Iron	10%

Not a significant source of dietary fiber, sugars, Vitamin A, Vitamin C and Calcium.
*Percent Daily Values are based on a 2,000 calorie diet.

Certified Angus Beef Roast Beef

Nutrition Facts
Serving Size 2 oz. (56g)
Servings Per Container Varied

Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 340mg	14%
Total Carbohydrate 0g	0%
Protein 13g	
Iron	10%

Not a significant source of dietary fiber, sugars, Vitamin A, Vitamin C and Calcium.
*Percent Daily Values are based on a 2,000 calorie diet.

OVEN ROASTED BEEF



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A Tradition of Great Taste, Since 1921

When Julian Freirich started his company back in 1921, he built a loyal following among locals in Long Island City, New York. Word spread quickly about Freirich's quality products, superior service and, above all, incredible taste. Today, the fourth generation of the Freirich family continues the tradition of bringing innovative new products to the marketplace. But one thing will never change: the unmatched flavor that comes only with decades of experience.

Oven Roasted Beef

Roast Beef

We start with selected top rounds, closely trimmed for maximum yield. Our roast beef is lightly seasoned for that real beef flavor and contains no MSG, HSP, fillers, or extenders. We then slow open roast each piece in our ovens to perfection.

Prime Rib

Our prime rib is sourced from 1" lip-on boneless rib eyes. We closely trim, season, and fully cook our ribs for convenience. Store frozen indefinitely and simply thaw and re-heat when ready to use.

Pot Roast

For that down home taste... like mom's! Our pot roast is produced from USDA Choice or Certified Angus Beef® chuck and carefully seasoned. We then slow oven roast our chucks for hours in their own juices to achieve that fork tenderness. Simply thaw, re-heat, and serve with the side of your choice.

Short Ribs

For a truly pleasurable eating experience our boneless chuck short rib is a great choice. Produced from USDA Choice or Certified Angus Beef® short ribs and seasoned just right. So tender it almost melts in your mouth.

Oven Roasted Beef

ROAST BEEF CAP-OFF TOP ROUND

Item#	Product Description	Style	Grade	Injection	Degree of Doneness	Pack/Size
70760	Freirich Certified Angus Beef® Salt & Pepper Roast Beef	Deli Faced	Certified Angus Beef®	None	Rare (135°F)	2/5-8# Avg
70765	Freirich Certified Angus Beef® Seasoned Roast Beef	Deli Faced	Certified Angus Beef®	Seasoned*	Rare (135°F)	2/5-8# Avg
10760	Freirich Premium Salt & Pepper Roast Beef	Deli Faced	USDA Choice Angus	None	Rare (135°F)	2/5-8# Avg
10165	Freirich Premium Roast Beef	Deli Faced	USDA Choice Angus	None	Rare (135°F)	2/5-8# Avg
10163	Freirich Premium Seasoned Roast Beef	Deli Faced	USDA Choice	Seasoned*	Medium Rare (138°F)	2/5-8# Avg
10161	Freirich Dry Oven Roast Beef	Deli Faced	USDA Select	10%	Medium Rare (138°F)	2/5-9# Avg
10160	Freirich Dry Oven Roast Beef	Whole	No Roll or Better	10%	Medium Rare (138°F)	1/12-15# Avg
10512	Freirich Sliced Roast Beef	Sliced	No Roll or Better	Seasoned*	Medium Rare (138°F)	10/1# Net

ROAST BEEF TOP ROUND

Item#	Product Description	Style	Grade	Injection	Degree of Doneness	Pack/Size
10114	Freirich Premium Roast Beef	Whole	USDA Choice	None	Medium Rare (138°F)	1/12-18# Avg
10115	Freirich Premium Roast Beef	Deli Faced	USDA Choice	None	Medium Rare (138°F)	2/6-10# Avg
10116	Freirich Premium Seasoned Roast Beef	Deli Faced	USDA Choice	Seasoned*	Medium Rare (138°F)	2/6-10# Avg
10117	Freirich Dry Oven Roast Beef	Whole	No Roll or Better	10%	Medium Rare (138°F)	1/12-18# Avg
10118	Freirich Dry Oven Roast Beef	Deli Faced	No Roll or Better	10%	Medium Rare (138°F)	2/6-10# Avg
10119	Freirich Dry Oven Roast Beef	Deli Faced	No Roll or Better	10%	Well Done (148°F)	2/6-10# Avg
20123	Regal Chef Roast Beef	Split	No Roll or Better	10%	Medium Rare (138°F)	2/6-9# Avg
20318	Regal Chef Roast Beef (Wet Packed)	Whole	No Roll or Better	20%	Well Done (148°F)	2/15# Avg

PRIME RIB

Item#	Product Description	Style	Grade	Injection	Degree of Doneness	Pack/Size
70540	Freirich Certified Angus Beef® Beef Rib Roast	Whole	Certified Angus Beef®	None	Medium Rare (138°F)	2/10-13# Avg
10140	Freirich Premium Beef Rib Roast	Whole	USDA Choice	10%	Medium Rare (138°F)	2/10-13# Avg
10141	Freirich Beef Rib Roast	Whole	No Roll or Better	15%	Medium Rare (138°F)	2/10-13# Avg

CHUCK POT ROAST

Item#	Product Description	Style	Grade	Injection	Degree of Doneness	Pack/Size
70780	Freirich Certified Angus Beef® Pot Roast	Whole	Certified Angus Beef®	10%	Well (156°F and above)	1/8-10# Avg
10180	Freirich Premium Pot Roast	Whole	USDA Choice	15%	Well (156°F and above)	1/8-10# Avg
10183	Freirich Premium Pot Roast Lower Sodium	Whole	USDA Choice	15%	Well (156°F and above)	2/8-10# Avg

SHORT RIBS

Item#	Product Description	Style	Grade	Injection	Degree of Doneness	Pack/Size
70551	Freirich Certified Angus Beef® Boneless Short Ribs	Whole	Certified Angus Beef®	None	Well (156°F and above)	1/8-10# Avg
10551	Freirich Premium Boneless Short Ribs	Whole	USDA Choice Angus	None	Well (156°F and above)	1/8-10# Avg

**Product is injected, but returns to green weight after cooking.*