



Red Frazier

→ **BISON** →

Located in the rolling hills of south-central Indiana, Red Frazier Bison is home to a growing herd of North American Bison. Bison is the most nutrient rich meat available to consumers. Its natural flavors and sweeter taste make it an easy substitute in red-meat recipes. It has a higher proportion of protein and minerals in relation to its calorie content than beef, pork, chicken, and even salmon. It is also an excellent source of iron, zinc, phosphorus, niacin, and vitamin B12. Bison is a lean, tender, and nutrient dense meat that tends to satisfy more while eating less. Because the meat is very lean, caution must be taken to not overcook it. High heat for a short period of time, or low heat for a long time are necessary approaches when preparing bison.

American Bison Burger:

1/3-pound Bison Burger on a Brioche
Bun w/Dijonnaise, Lettuce, Tomato and
Onion

\$15

STARDUST
TERRACE
Café — BY —
JONATHAN
BYRD'S