

THE PROTEIN HOUSE PRICE LIST

COW PRODUCTS				
S/NO	PRODUCT NAME	QUANTITY	RETAIL	WHOLESALE
1	COW BEEF	1KG	₦6,850	₦6,800
2	COW HEAD	1KG	₦6,850	₦6,850
3	COW OFFALS	1KG	₦7,050	₦7,000
4	SHAKI	1KG	₦9,050	₦9,000
5	LIVER	1KG	₦7,550	₦7,500
6	COW KIDNEY	1KG	₦7,550	₦7,500
7	COW TAIL	1KG	₦6,550	₦6,500
8	COW LEG	1KG	₦5,050	₦5,000
9	BONELESS COW LEG	1KG	₦6,850	₦6,800
10	BROWN PONMO	1KG	₦4,550	₦4,500
11	WHITE PONMO	1KG	₦4,350	₦4,300
12	BRISKET BONE	1KG	₦5,050	₦5,000
13	COW BONE	1KG	₦1,550	₦1,500
14	COW TOZO	1KG	₦8,550	₦8,500
15	COW SHIN	1KG	₦8,550	₦8,500
16	SHREDDED BEEF	1KG	₦8,550	₦8,500
17	FILLET	1KG	₦8,550	₦8,500
18	OXTAIL	1KG	₦8,550	₦8,500
19	TOPSIDE	1KG	₦8,550	₦8,500
20	TOPRUN	1KG	₦8,550	₦8,500
21	ROSTO	1KG	₦8,550	₦8,500
22	RIB-EYE	1KG	₦25,050	₦25,000
23	T-BONE	1KG	₦25,050	₦25,000
24	SHORT RIB	1KG	₦8,550	₦8,500
25	COW BEACON	1KG	₦13,050	₦13,000
26	MINCED MEAT	1KG	₦8,550	₦8,500
27	COW CARCASS	1KG	₦5,050	₦5,000
GOAT PRODUCTS				
28	GOAT MEAT	1KG	₦7,050	
29	GOAT ASSORTED	1KG	₦5,550	
30	GOAT HEAD (BIG)	1KG	₦5,550	

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31	GOAT HEAD (SMALL)	1KG	₦4,550	₦4,500
32	GOAT LEGS	1KG	₦1,450	₦1,400
RAM PRODUCTS				
33	RAM MEAT	1KG	₦7,050	₦7,000
34	RAM HEAD	1KG	₦6,050	₦6,000
TURKEY PRODUCTS				
35	TURKEY WINGS	1KG	₦8,550	₦8,500
36	TURKEY BLANKET	1KG		
37	TURKEY GIZZARD	1KG		
	TURKEY-306	1KG	₦9,750	₦9,700
CHICKEN PRODUCTS				
38	CHICKEN BROILER	1KG	₦4,500	₦4,450
39	CHICKEN LAPS	1KG	₦4,600	₦4,550
40	CHICKEN WINGS	1KG	₦5,550	₦5,500
41	CHICKEN VALENTINE	1KG	₦4,600	₦4,550
42	CHICKEN BREAST	1KG	₦4,500	₦4,450
43	CHICKEN CUT-4	1KG	₦4,500	₦4,450
44	OROBO CHICKEN	1KG	₦5,950	₦5,900
	CHICKEN GIZZARD	1KG	₦5,600	₦5,550
SEA FOODS PRODUCTS				
45	TITUS FISH	1KG	₦6,600	₦6,550
46	CROAKER FISH	1KG	₦4,800	₦4,750
47	TILAPIA	1KG		
48	GIWAN RUWA FISH	1KG	₦6,750	₦6,700
49	HERRING (SHAWA)	1KG	₦3,200	₦3,150
50	KOTE FISH	1KG	₦3,600	₦3,550
51	HAKE FISH	1KG	₦3,900	₦3,850
52	PANLA FISH	1KG	₦2,900	₦2,850
53	SARDINE FISH	1KG	₦2,600	₦2,550
54	KAMPALA FISH	1KG	₦3,900	₦3,850
55	SNAIL	1KG		
56	SHRIMPS	1KG		

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57	PRAWNS (BIG)	1KG		
58	PRAWNS (JUMBO)	1KG		
59	PRAWNS (MEDIUM)	1KG		
SAUSAGE PRODUCTS				
60	MINAL	1 PACK	₦2,750	₦2,700
61	COCORICO	1 PACK	₦1,500	₦1,450
62	BYKESKIN	1 PACK	₦2,050	₦2,000
63	MINO	1 PACK	₦2,750	₦2,700
64	FRANGOSUL	1 PACK	₦2,750	₦2,700
CARTON PRICES				
TURKEY PRODUCTS				
65	TURKEY – 306	10KG	₦91,500	
66	TURKEY WINGS	20KG	₦80,750	
67	TURKEY GIZZARD			
CHICKEN PRODUCTS				
68	CHICKEN WINGS	10KG	₦56,000	
69	CHICKEN GIZZARD	10KG	₦56,000	
70	CHICKEN LAPS	10KG	₦45,000	
71	CHICKEN BREAST	10KG	₦44,500	
72	CHICKEN VALENTINE	10KG	₦44,500	
73	OROBO CHICKEN	10KG	₦59,000	
74	CHICKEN CUT-4	10KG	₦44,500	
SEA FOODS PRODUCTS				
75	TITUS FISH	20KG	₦130,000	
76	CROAKER FISH	20KG	₦94,000	
77	TILAPIA			
78	HERRING (SHAWA)	23KG	₦63,000	
79	HERRING (SHAWA)	20KG	₦61,000	
80	HERRING (SHAWA)	18KG	₦55,000	
81	KOTE FISH	20KG	₦65,000	

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82	HAKE FISH	15KG	₦53,550	
83	HAKE FISH	10KG	₦35,500	
84	PANLA FISH	23KG	₦56,000	
85	PANLA FISH	23KG	₦58,000	
	PANLA BOX	20KG	₦47,500	
86	SARDINE FISH-SS	23KG	₦51,250	
87	SARDINE FISH-S	23KG	₦53,250	
88	KAMPALA FISH	15KG	₦56,000	
SAUSAGE PRODUCTS				
89	MINAL	32PCS	₦86,400	
90	COCORICO	32PCS	₦46,000	
91	BYKESKIN	24PCS	₦47,500	
92	MINO	32PCS	₦86,400	
93	FRANGOSUL	32PCS	₦86,400	

NB: Prices of products are subject to change due to the ongoing market price fluctuations. Wholesale prices are for product of 10kg and above.