The chefs and supply chain experts at Beef. It’s What’s For Dinner.® are your partners committed to increasing your business' beef sales.
CHUCK ROLL
116A Beef Chuck, Chuck Roll

ORDER SPECIFICATIONS
• Quality grade
• Different arm length portion exclusions - ventral cut
• Removal of Subscapularis

COOKING METHOD
Moist heat

RECOMMENDED MENU APPLICATIONS
Shred for appetizers or sandwiches

CHUCK EYE ROLL
116D Beef Chuck, Chuck Eye Roll

ORDER SPECIFICATIONS
• Tied or netted
• Should be practically free of fat

COOKING METHOD
Dry heat

RECOMMENDED MENU APPLICATIONS
Carving station, special occasions/banquets; slice thin for sandwiches

CHUCK EYE (DELMONICO STEAK)
116D P5O:1 Beef Chuck, Chuck Roll Steak, Boneless

ORDER SPECIFICATIONS
• Prepared from item 116D
• Quality grade
• Portion weight
• Tied or netted
• Longissimus dorsi muscle must be on one side of the steak

COOKING METHOD
Dry heat

RECOMMENDED MENU APPLICATIONS
Steak entrée; fajitas; slice for appetizers, sandwiches and salads

COUNTRY-STYLE RIBS
116D P5O:2 Beef Chuck, Chuck Eye Roll Steak, Boneless

ORDER SPECIFICATIONS
• Prepared from item 116D
• Quality grade
• Portion weight

COOKING METHOD
Moist or moist then dry heat

RECOMMENDED MENU APPLICATIONS
Boneless rib or BBQ entrée; shred for appetizers, sandwiches, wraps, salads, pizza topping or pasta sauces

DENVER STEAK
1116G Beef Chuck, Under Blade, Center-Cut Steak

ORDER SPECIFICATIONS
• Prepared from item 116G
• Quality grade
• Thickness (optimal thickness 3/4")
• Removal of connective tissue – denuded
• Benefits from tenderization
• Recommend 21 day aging

COOKING METHOD
Dry heat

RECOMMENDED MENU APPLICATIONS
Steak entrée; fajitas; slice for appetizers, sandwiches and salads
**SHOULDER CLOD**
114 Beef Chuck, Shoulder (Clod)

**ORDER SPECIFICATIONS**
- Quality grade
- Long or short cut
- Removal of Teres major
- Removal of Infraspinatus

**COOKING METHOD**
Moist heat

**FLAT IRON**
114D PSO.1 Beef Chuck, Shoulder (Clod), Top Blade

**ORDER SPECIFICATIONS**
- Quality grade
- Removal of internal and external connective tissue – denuded
- Portion weight
- Specify 114D PSO.1 for portions

**COOKING METHOD**
Dry heat

**RECOMMENDED MENU APPLICATIONS**
Center of the plate steak; slice into strips for stir-fry, skewers, salads, sandwiches and fajitas

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**RANCH STEAK**
114E PSO.1 Beef Chuck Shoulder, Arm Steak, Boneless

**ORDER SPECIFICATIONS**
- Prepared from item 114E PSO.1
- Quality grade
- Removal of connective tissue – denuded
- Removal of elbow tendon
- Thickness or portion weight

**COOKING METHOD**
Dry heat

**RECOMMENDED MENU APPLICATIONS**
Breakfast or lunch steak; slice into strips for stir-fry, skewers/kabobs

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**PETITE TENDER**
114F PSO.1 Beef Chuck, Shoulder Tender

**ORDER SPECIFICATIONS**
- Quality grade
- Removal of connective tissue – denuded
- Specify 114F for portioned medallions

**COOKING METHOD**
Dry heat

**RECOMMENDED MENU APPLICATIONS**
Slice into medallions; serve whole as petite Chateaubriand; slice for steak sliders or salad topper

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**BEEF MEANS BUSINESS**

Chef Adam Hegsted of the Washington state-based Eat Good Group explains how beef is good for his bottom line. With a variety of restaurant concepts ranging from upper end to fast casual, Chef Hegsted appreciates beef’s versatility and craveability. Watch him talk about the innovative ways he menus beef across his restaurant portfolio and find out how he makes a few of his beef dishes, including the Wandering Table’s famous Spaghetti-Stuffed Meatballs and the Gilded Unicorn’s highly Instagrammable Sparkle Burger.

[WATCH THE VIDEO HERE](#)
**RIB**
109E Beef Rib, Ribeye Roll, Lip-On, Bone In (Export Style)

**ORDER SPECIFICATIONS**
- Quality grade
- Fat cover
- Weight range
- No surface fat present
- Length of tail (lip)
- Never tied or netted

**COOKING METHOD**
Dry heat

**RECOMMENDED MENU APPLICATIONS**

**RIB STEAK**
1103 Beef Rib, Rib Steak, Bone In

**ORDER SPECIFICATIONS**
- Quality grade
- Thickness or portion weight
- Thickness of surface fat
- Length of tail (lip)

**COOKING METHOD**
Dry heat

**RECOMMENDED MENU APPLICATIONS**
Center of the plate steak; serve whole or slice off bone for presentation

**COWBOY STEAK**
1103B Beef Rib, Rib Steak, Frenched, Bone In

**ORDER SPECIFICATIONS**
- Quality grade
- Thickness or portion weight
- Thickness of surface fat
- Length of bone

**COOKING METHOD**
Dry heat

**RECOMMENDED MENU APPLICATIONS**
Center of the plate steak; serve whole or slice off bone for presentation

**RIB EYE, LIP-ON**
112A Beef Rib, Ribeye, Lip-On

**ORDER SPECIFICATIONS**
- Quality grade
- Fat cover
- Length of tail (lip)
- Weight range
- Tied or netted

**COOKING METHOD**
Dry heat

**RECOMMENDED MENU APPLICATIONS**
Steak entrée; slice for sandwiches, salads or wraps

**RIBEYE STEAK**
1112A Beef Rib, Ribeye Steak, Lip-On, Boneless

**ORDER SPECIFICATIONS**
- Quality grade
- Thickness or portion weight
- Thickness of surface fat
- Length of tail (lip)

**COOKING METHOD**
Dry heat

**RECOMMENDED MENU APPLICATIONS**
Steak entrée; slice for sandwiches, salads or wraps
CUTTING GUIDES

Our cutting guides feature step-by-step instructions on how to make various cuts including the Denver Cut, Sierra Cut, Santa Fe Cut and more. Use these guides to make fabricated cuts from primals.

VIEW CUTTING GUIDES
SHORT LOIN
174 Beef Loin, Short Loin, Short-Cut
ORDER SPECIFICATIONS
• Quality grade
• Length of tail
• Thickness of surface fat
• Weight range
COOKING METHOD
Dry heat

PORTERHOUSE STEAK
1173 Beef Loin, Porterhouse Steak
ORDER SPECIFICATIONS
• Quality grade
• Thickness or portion weight
• Thickness of surface fat
• Tail length
COOKING METHOD
Dry heat
RECOMMENDED MENU APPLICATIONS
Center of the plate steak entrée; fan off the bone and serve for premium presentation

T-BONE STEAK
1174 Beef Loin, T-Bone Steak
ORDER SPECIFICATIONS
• Quality grade
• Thickness or portion weight
• Thickness of surface fat
• Tail length
COOKING METHOD
Dry heat
RECOMMENDED MENU APPLICATIONS
Center of the plate steak entrée; fan off the bone and serve for premium presentation

STRIP LOIN
180 Beef Loin, Strip Loin, Boneless
ORDER SPECIFICATIONS
• Quality grade
• Length of tail
• Thickness of surface fat
• Weight range
COOKING METHOD
Dry heat
RECOMMENDED MENU APPLICATIONS
Steak entrée; slice into strips for stir-fry, skewers, salads, sandwiches, carving station

STRIP STEAK
1180 Beef Loin, Strip Loin Steak, Boneless
ORDER SPECIFICATIONS
• Quality grade
• Thickness or portion weight
• Thickness of surface fat
• Tail length
• Specify 1180A to purchase center-cut
COOKING METHOD
Dry heat
RECOMMENDED MENU APPLICATIONS
Center of the plate steak entrée; thinly slice for ingredient use in sandwiches, soups
STRIP FILET
1180B Beef Loin, Strip Loin Steak, Split, Boneless

ORDER SPECIFICATIONS
• Quality grade
• Thickness or portion weight
• Thickness of surface fat

COOKING METHOD
Dry heat

RECOMMENDED MENU APPLICATIONS
New filet item; filet “flights”

TENDERLOIN
190 Beef Loin, Tenderloin, Full, Side Muscle Off, Defatted

ORDER SPECIFICATIONS
• Quality grade
• Removal of connective tissue – denuded
• Weight range
• Specify 189A to purchase side muscle on
• Specify 190A to purchase defatted, side muscle off

COOKING METHOD
Dry heat

RECOMMENDED MENU APPLICATIONS
Steak entrée; slice to add premium appeal to small plates, sandwiches, pastas, salads and more

CUTTING VIDEOS
Our instructional cutting videos feature visual step-by-step instructions on making different cuts from the primals and subprimals. Videos include the Ranch Steak, Flat Iron Steak and Country-Style Ribs.

WATCH THE VIDEOS HERE
**TOP SIRLOIN BUTT**  
184 Beef Loin, Top Sirloin Butt, Boneless  

**ORDER SPECIFICATIONS**  
- Quality grade  
- Thickness of surface fat  
- Weight range  

**COOKING METHOD**  
Dry heat  

**TOP SIRLOIN STEAK**  
1184 Beef Loin, Top Sirloin Butt Steak, Boneless  

**ORDER SPECIFICATIONS**  
- Quality grade  
- Thickness or portion weight  
- Thickness of surface fat  
- Specify 1184A to purchase without the Gluteus accessorius and Gluteus profundus  
- Specify 1184B to purchase center-cut (Cap off) – Gluteus medius muscle only  

**COOKING METHOD**  
Dry heat  

**RECOMMENDED MENU APPLICATIONS**  
Steak entrée; slice for sandwiches, salads, wraps and bowls  

**SIRLOIN CAP (COULOTTE ROAST)**  
184D Beef Loin, Top Sirloin But, Cap  

**ORDER SPECIFICATIONS**  
- Quality grade  
- Thickness of surface fat  
- Portion weight  

**COOKING METHOD**  
Dry heat — indirect grill  

**RECOMMENDED MENU APPLICATIONS**  
Roast whole and slice across the grain for fajitas, tacos or sandwiches; steak entrée  

**COULOTTE STEAK**  
1184D Beef Loin, Top Sirloin Cap Steak, Boneless  

**ORDER SPECIFICATIONS**  
- Quality grade  
- Removal of fat  
- Removal of connective tissue – denuded  
- Thickness of surface fat  
- Cut against the direction of the muscle fiber  
- Thickness or portion weight  

**COOKING METHOD**  
Dry heat  

**RECOMMENDED MENU APPLICATIONS**  
Steak entrée; slice thinly and fan on plate or serve in sandwiches, salads and wraps  

**TOP SIRLOIN FILET**  
1184F Beef Loin, Top Sirloin But Steak, Center-Cut, Seamed, Dorsal Side, Boneless  

**ORDER SPECIFICATIONS**  
- Quality grade  
- Thickness or portion weight  
- Tied or netted  

**COOKING METHOD**  
Dry heat  

**RECOMMENDED MENU APPLICATIONS**  
Steak entrée; slice for sandwiches, salads, fajitas; slice into strips or kabobs
PETITE SIRLOIN/BALL TIP STEAK
1185B Beef Loin, Bottom Sirloin Butt, Ball Tip Steak

ORDER SPECIFICATIONS
- Quality grade
- Removal of fat
- Removal of connective tissue – denuded
- Thickness of surface fat
- Thickness or portion weight
- Benefits from tenderization
- Specify 185B to purchase whole

COOKING METHOD
Dry heat

RECOMMENDED MENU APPLICATIONS
Steak entrée; slice thinly for salads, sandwiches, stir-fry, small-plate and "steak flight" applications

TRI-TIP
185D Beef Loin, Bottom Sirloin Butt, Tri-Tip, Defatted, Boneless

ORDER SPECIFICATIONS
- Quality grade
- Removal of fat
- Removal of connective tissue – denuded
- Weight

COOKING METHOD
Dry heat – indirect grill

RECOMMENDED MENU APPLICATIONS
Slice for steak entrée; slice thin for sandwiches, salads and burritos; BBQ beef sandwiches; pasta topping

SIRLOIN BAVETTE/FLAP
185A Beef Loin, Bottom Sirloin Butt, Flap, Boneless

ORDER SPECIFICATIONS
- Quality grade
- Removal of fat
- Removal of connective tissue – denuded
- Cut against the direction of the muscle fibers
- Thickness or portion weight
- Benefits from tenderization
- Specify 1185A to portion

COOKING METHOD
Dry heat

RECOMMENDED MENU APPLICATIONS
Ideal for “Steak Frites”; steak entrée; slice for sandwiches, salads, wraps; slice into strips for stir-fry

INSPIRATION FOR THE SIRLOIN BAVETTE

The Sirloin Bavette is a boneless cut from the Sirloin primal and is similar to Skirt and Flank Steaks. While commonly used as fajita strips, the Sirloin Bavette provides chefs with a canvas for creative and innovative menu ideas. The cut is best prepared with dry heat on the grill, broiled or in a skillet and benefits from tenderization.

LEARN MORE ABOUT THIS CUT
STEAMSHIP ROUND
166B Beef Round, Rump and Shank Partially Off, Handle On

ORDER SPECIFICATIONS
• Quality grade
• Removal of shank meat
• Thickness of surface fat
• Portion weight: 30 to 50 pounds

COOKING METHOD
Dry heat – roast

RECOMMENDED MENU APPLICATIONS
Slice for roast beef entée, sandwiches, salads; ideal for carving stations and buffets

TOP ROUND
169 Beef Round, Top (Inside)

ORDER SPECIFICATIONS
• Quality grade
• Thickness of surface fat
• Whole or cut into two equal sections
• Specify 169A to purchase without cap (Gracilis) or soft side (Pectineus and Sartorius) attached
• Specify 169D to purchase with cap (Gracilis) and without soft side (Pectineus and Sartorius)

COOKING METHOD
Moist or dry heat

RECOMMENDED MENU APPLICATIONS
Slice thin for fajitas, pasta, stir-fry and sandwiches; dice for roast beef hash; country-fried steak

TOP ROUND STEAK
1169 Beef Round, Top (Inside) Round Steak

ORDER SPECIFICATIONS
• Quality grade
• Removal of heavy connective tissue
• Benefits from tenderization
• Removal of cap (Gracilis)
• Removal of soft side muscles (Pectineus and Sartorius)
• Thickness or portion weight

COOKING METHOD
Moist or dry heat

RECOMMENDED MENU APPLICATIONS
Slice for roast beef entée, sandwiches, salads; ideal for carving stations and buffets

TOP ROUND CAP
169B Beef Round, Top (Inside), Cap

ORDER SPECIFICATIONS
• Quality grade
• Thickness of surface fat
• Removal of surface fat
• Removal of connective tissue
• Weight
• Benefits from tenderization

COOKING METHOD
Moist or dry heat

RECOMMENDED MENU APPLICATIONS
Slice thin for fajitas, pasta, stir-fry and sandwiches; dice for roast beef hash; country-fried steak

CHUCK
RIB
LOIN
ROUNDSIRLOIN
FLANKPLATE
BRISKETSHANK SHANK
ROUND
OUTSIDE ROUND
171B Beef Round, Outside Round (Flat)

ORDER SPECIFICATIONS
• Quality grade
• Removal of heavy connective tissue
• Benefits from tenderization
• Specify 171D for removal of side muscle (Biceps femoris ishatic head)
• Specify 171G for rump portion only

COOKING METHOD
Moist or dry heat

RECOMMENDED MENU APPLICATIONS
Braise (moist heat) in sauce for tender steak entrée; slice to serve over pasta; country-fried steak; pound thin and sear; slice for London Broil

SIRLOIN TIP (KNUCKLE)
167A Beef Round, Sirloin Tip (Knuckle), Peeled

ORDER SPECIFICATIONS
• Quality grade
• Removal of fat (peeled)
• Whole or split

COOKING METHOD
Moist or dry heat

RECOMMENDED MENU APPLICATIONS
Slice thin for Philly cheese steak and roast beef; cut thicker for Swiss steak; cut into cubes for soups/stews

EYE OF ROUND
171C Beef Round, Eye of Round

ORDER SPECIFICATIONS
• Quality grade
• Thickness of surface fat
• Removal of heavy connective tissue
• Benefits from tenderization

COOKING METHOD
Moist heat

RECOMMENDED MENU APPLICATIONS
Roast whole and slice as entrée; slice thinly for sandwiches or salads; soups and stews

BEEF UNIVERSITY
Beef U is your comprehensive resource on all things beef. This free, interactive training program gives retail professionals and foodservice operators access to the resources that can help market beef and further understand the beef industry – spanning hot topics from beef production and nutrition to today’s modern beef consumer. Visit BeefU.org to register and begin your journey to become a Beef U graduate.

REGISTER NOW!
BRISKET
120 Beef Brisket, Deckle-Off, Boneless

ORDER SPECIFICATIONS
- Quality grade
- Removal of brisket point
- Removal of surface fat
- Removal of connective tissue – denuded
- Specify 119 to purchase deckle-on

COOKING METHOD
Moist or dry heat – indirect grill

RECOMMENDED MENU APPLICATIONS
Slice thin for sandwiches, salads and BBQ; cure and simmer for corned beef; shred for tacos, fajitas, pasta topping

YIELD DATA
Yield documents are meant to provide general guidelines for approximate yields when fabricating newer, more innovative beef cuts from traditional subprimals like those from the Chuck primal. Start here, then do your own yield testing to zero in on exact numbers for your unique situation.
**SHORT RIBS**
123 Beef Short Ribs

**ORDER SPECIFICATIONS**
- Quality grade
- Thickness of surface fat
- Specify width of cut
- Specify number of ribs per portion
- Specify raw material source: 123A, 123 or 123C
- Specify 123D to purchase boneless
- Specify "Flanken Style" for portions cut at right angle to rib bones

**COOKING METHOD**
Dry heat for thinner cuts, moist heat for thicker cuts

**RECOMMENDED MENU APPLICATIONS**
Plate for rib presentations; shred for sandwiches, pasta topping or gravy and BBQ sauces

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**INSIDE SKIRT STEAK**
121D Beef Plate, Inside Skirt

**ORDER SPECIFICATIONS**
- Quality grade
- Removal of the membrane – skinned
- Removal of surface fat
- Portion by weight
- Benefits from tenderization

**COOKING METHOD**
Dry heat

**RECOMMENDED MENU APPLICATIONS**
Slice thin for steak entrée, sandwiches, fajitas, tacos, pasta topping and salads

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**OUTSIDE SKIRT STEAK**
121C Beef Plate, Outside Skirt

**ORDER SPECIFICATIONS**
- Quality grade
- Removal of the membrane – skinned
- Removal of surface fat
- Portion by weight
- Benefits from tenderization

**COOKING METHOD**
Dry heat

**RECOMMENDED MENU APPLICATIONS**
Slice thin for steak entrée, sandwiches, fajitas, tacos, pasta topping and salads
FLANK STEAK
193 Beef Flank, Flank Steak

ORDER SPECIFICATIONS
• Quality grade
• Removal of the membrane – skinned
• Removal of surface fat
• Portion by weight
• Benefits from tenderization

COOKING METHOD
Dry heat

RECOMMENDED MENU APPLICATIONS
Steak entrée; slice thinly and fan on plate or serve in sandwiches, salads, wraps, fajitas and tacos

HANGER STEAK
140 Beef, Hanging Tender

ORDER SPECIFICATIONS
• Quality grade
• Removal of fat
• Removal of connective tissue – denuded
• Cut against the direction of the muscle fibers
• Whole or portion by weight
• Specify 1140 for portioned

COOKING METHOD
Dry heat

RECOMMENDED MENU APPLICATIONS
Steak entrée; slice for use in fajitas, tacos and salads

GROUND BEEF
137 Ground Beef, Special

ORDER BY SPECIFIC PRIMAL PORTIONS
Style 1: Ground Beef, Special
Style 2: Ground Beef, Chuck
Style 3: Ground Beef, Round
Style 4: Ground Beef, Sirloin

ORDER BY SPECIFIC FAT CONTENT
Fat Content – Unless otherwise specified, the fat content shall be 20% fat. The purchaser may specify a different fat content provided it does not exceed 30%.

RECOMMENDED MENU APPLICATIONS
Burgers/sliders; filling for sandwiches, wraps, chili, meatloaf, soup, stroganoff and pasta topping
Use this at-a-glance guide to help identify the best beef cuts to use for the most common foodservice applications.

- ● Indicates cuts that are highly recommended
- ■ Indicates alternative cuts
- ▲ Indicates uses for leftovers

<table>
<thead>
<tr>
<th>Cuts</th>
<th>Description</th>
<th>Recommended Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chuck</td>
<td>Chuck Roll</td>
<td>● ● ● ● ● ● ● ● ● ●</td>
</tr>
<tr>
<td>Chuck Eye</td>
<td>Delmonico Steak</td>
<td>● ▲ ● ● ● ● ● ● ● ● ● ●</td>
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| Country-Style Ribs | | ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● •