

Steak Ribeye vs Sirloin (vsdiff.com)

Attribute	Ribeye	Sirloin
Primary muscle (anatomy)	Longissimus dorsi (<i>rib section</i>)	Top sirloin / Gluteus medius (rear back)
Typical marbling	High — intramuscular fat	Moderate — leaner grain
Relative tenderness	Very tender (high fat)	Moderately tender (firmer)
Flavor profile	Rich, beefy, buttery	Lean, beef-forward, slightly nutty
Common cooking methods	High-heat sear, pan, grill, reverse-sear	Grill, pan-sear, broil, cut into steaks/kabobs
Typical portion size	8–16 oz (thicker cuts)	6–10 oz (usually leaner portions)
Price (approx.)	Higher — ~20–40% premium	Lower — value cut

Source: <https://vsdiff.com/steak-ribeye-vs-sirloin/>