Dave Anderson wrote on Sat, 13 January 2007 23:07A program called "Project 64" can play ROMS if that is what you mean by "extract from". As for getting the content of a ROM, I have not ever seen such a thing.

Well, I want to extract the weapons models from Perfect Dark because I want to make some models based off of them.

  http://www.renegadeforums.com/index.php?t=msg&goto=179952&rid=1737&s rch=facility#msg_179952 <-- sloth extracted facility from the Goldeneye ROM there

unfortunately, the link to the tutorial on how to get stuff out of the ROM is broken.