



Eggs. Cheese.  
Onions. Peppers.  
**Perfection.**

## Garden Vegetable Cheese Omelet



**We've done the work for you.**

We've cracked farm fresh eggs and seasoned them just right. Then we blended in **flavourful red & green peppers, onions and cheeses**, and skillet cooked them to get that natural, homestyle look – **every single time.**

Let EggSolutions® help streamline your menu costs and kitchen prep time. **Contact us today.**



Shell Eggs. Simplified.™





We've done the work for you.

**HEATING INSTRUCTIONS\***

For best results, prepare omelets from a fully- or semi- thawed state.

Heat to an internal temperature of 165°F (74°C).

**Can be reheated using:**

- steamer (recommended)
- retherm oven
- convection oven
- flat top grill
- panini press
- microwave

**STORAGE AND SHELF LIFE**

Store frozen at -18°C (0°F) or colder.

Once thawed, do not refreeze.

Refrigerate thawed product at 4°C (39°F) or colder and use within 3 days.

**Shelf Life = 1 year**

<b>Nutrition Facts</b>	
Serving Size 85 g	
<b>Calories 117.89</b>	<b>% Daily Value*</b>
<b>Fat</b> 8.29 g	<b>13 %</b>
Saturated 2.65 g	<b>14 %</b>
+ Trans 0.07 g	
<b>Carbohydrate</b> 2.76 g	<b>1 %</b>
Fibre 0.16 g	<b>1 %</b>
Sugars 1.34 g	
<b>Protein</b> 7.67 g	
<b>Cholesterol</b> 195.50 mg	
<b>Sodium</b> 284.41 mg	<b>12 %</b>
Potassium 107.86 mg	<b>2 %</b>
Vitamin A 76.50 RE	<b>8 %</b>
Vitamin C 2.80 mg	<b>4 %</b>
Calcium 64.85 mg	<b>6 %</b>
Iron 0.96 mg	<b>6 %</b>

\*5% or less is a little  
15% or more is a lot

**INGREDIENTS:**

Whole egg, water, onions, red peppers, green peppers, processed cheese food [cheese (milk, bacterial culture, salt, calcium chloride, lipase, microbial enzyme, colour), natural cheese flavour, modified milk ingredients, sodium phosphate, cellulose, lactic acid, salt, sorbic acid, citric acid, colour], soybean oil, whole milk powder, modified corn starch, salt, xanthan gum, citric acid.

**ALLERGENS:** Egg, milk, soy.

\*For suggested cooking times and reheating tips, visit [www.eggsolutions.com](http://www.eggsolutions.com)



**Garden Vegetable Cheese Omelet**

48 x 85 g (3 oz)

- a great alternative to plain or cheese omelets
- made with farm fresh eggs, peppers, onions and cheese
- homestyle taste and appearance
- re-heat from frozen or thawed

**KITCHEN BENEFITS**

- suitable for all types of food service operations - restaurants, deli, catering, health care
- consistent taste, appearance & product performance
- pre-portioned and ready to heat-and-serve
- ideal for portion control & menu cost planning
- frees up labour and improves operation efficiency

Order Code	Product Description	Pack Size	Format	Shelf Life	SCC
30175	Garden Vegetable Cheese Omelet	48 x 85 g (3 oz)	4.08 kg case	1 year	006 65079 30175 7

**Also available from EggSolutions®:**

- Plain Skillet Omelet (30168)
- Cheddar Cheese Skillet Omelet (30169)
- Western Skillet Frittata® (30186)
- Zero Cholesterol Plain Skillet Omelet (30165)

Our value-add eggs add value to your bottom line. Let EggSolutions® help streamline your menu costs and kitchen prep time. **Contact us today.**



Shell Eggs. Simplified.™



[www.eggsolutions.com](http://www.eggsolutions.com) • [info@eggsolutions.com](mailto:info@eggsolutions.com) • 1-866-EGGS-4-YOU (1-866-344-7496)