

RECIPE
ON BACK

Omelets done right.

Plain
Skillet

Cheddar
Cheese

Shredded
Cheese

Zero
Cholesterol

Garden
Vegetable

Western
Frittata

MENU BENEFITS

- ideal centre-of-plate menu alternatives to scrambled eggs
- made from farm fresh eggs
- homestyle taste and appearance
- omelet options at every price point

KITCHEN BENEFITS

- consistent taste, appearance & product performance
- ideal for portion control & menu cost planning
- frees up labour and improves operation efficiency

HEATING INSTRUCTIONS

- Can be reheated from frozen or thawed in steamer (recommended), retherm oven, convection oven, flat top grill, panini press or microwave

Let Q Foods Canada help streamline your menu costs and kitchen prep time. **Contact us today.**

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 **SQF**
LEVEL 3 CERTIFIED "EXCELLENT"

 **PROUDLY
CANADIAN**

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We've done the work for you.

Plain Skillet Omelet

30168

48 x 85 g (3 oz)



Cheddar Cheese Skillet Omelet

30169

48 x 99 g (3.5 oz)



Shredded Cheese Omelet

30171

48 x 85 g (3 oz)



HealthPLUS™ Zero Cholesterol Skillet Omelet

30165

48 x 85 g (3 oz)



Garden Vegetable Cheese Omelet

30175

48 x 85 g (3 oz)



Western Skillet Frittata®

30186

48 x 85 g (3 oz)



STORAGE

- 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 2-3 days.

| SUPC | Product Description | Pack Size | Format | Shelf Life* | SCC |
|-------|---------------------------------|--------------------|--------------|-------------|-------------------|
| 30168 | Plain Skillet Omelet | 48 x 85 g (3 oz) | 4.08 kg case | 1 year | 106 65079 30168 6 |
| 30169 | Cheddar Cheese Skillet Omelet | 48 x 99 g (3.5 oz) | 4.75 kg case | 1 year | 106 65079 30169 3 |
| 30171 | Shredded Cheese Omelet | 48 x 85 g (3 oz) | 4.08 kg case | 1 year | 006 65079 30171 9 |
| 30165 | Zero Cholesterol Skillet Omelet | 48 x 85 g (3 oz) | 4.08 kg case | 9 months | 106 65079 30165 5 |
| 30175 | Garden Vegetable Cheese Omelet | 48 x 85 g (3 oz) | 4.08 kg case | 1 year | 006 65079 30175 7 |
| 30186 | Western Skillet Frittata® | 48 x 85 g (3 oz) | 4.08 kg case | 9 months | 100 38057 30186 0 |

*Shelf life for unopened or frozen product.

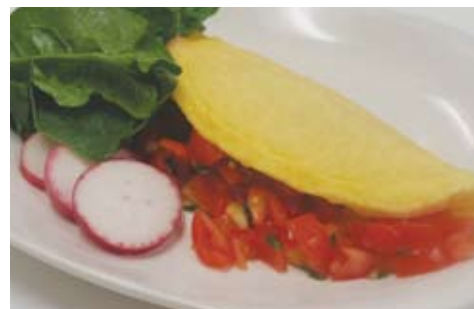
RECIPE

Bruschetta Omelet

Ingredients:

- 25 omelets, thawed
- 8 ea tomatoes, finely diced
- 3 ea green onions, finely chopped
- 1 ea red onions, finely chopped
- 2 tbsp olive oil
- ½ cup shredded parmesan cheese
- 2 tsp oregano
- 2 tsp basil
- 2 tsp garlic, chopped
- 1 tsp black pepper (to taste)

Makes 25 servings.



Directions: Mix tomatoes, onions, parmesan cheese, oregano, garlic, basil, pepper & olive oil together. Place 2 tbsp of filling inside each omelet, then place on lined baking tray. Heat stuffed omelets in preheated 400°F oven, until omelet reaches an internal temperature of 165°F.



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